

4 DAY WORKOUT PLAN

UPPER / LOWER SPLIT



- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – UPPER BODY

Exercise	Reps
Barbell Bench Press	4 x 10–12
Barbell Lat Pulldown	4 x 10–12
Seated Dumbbell Shoulder Press	3 x 10–12
One-Arm Dumbbell Row	3 x 12 each side
Lateral Raises Dumbbells	3 x 12–15
Small Bar Biceps Curl	3 x 10–12
Cable Rope Triceps Pushdown	3 x 10–12

DAY 2 – LOWER BODY

Exercise	Reps
Barbell Squat	4 x 10–12
Romanian Deadlift	4 x 10–12
Standing Lunges	3 x 12/leg
Bulgarian Split Squat	3 x 10–12/leg
Seated Hamstring Curl	3 x 10–12
Standing Calf Raises	4 x 12–15

DAY 3 – UPPER BODY 2

Exercise	Reps
Incline Dumbbell Bench Press	4 x 10–12
Wide Grip Row	4 x 10–12
Dumbbells Front Raise	3 x 10–12
Face Pulls	3 x 12–15
Cable Fly (Low to High)	3 x 12
Hammer Curls	3 x 10–12
Overhead Rope Triceps Extension	3 x 10–12

DAY 4 – LOWER BODY 2

Exercise	Reps
Leg Extensions	4 x 10–12
Hip Thrust	4 x 10–12
Cable Hip Abductions	3 x 10–12/leg
Back Extensions	3 x 10–12
Stiff Leg Deadlift	3 x 12