

Upper / Lower Split — 4 Days a Week

For lifters who have done a few months of full-body training and want a fourth day.

Week: Mon Upper A · Tue Lower A · Thu Upper B · Fri Lower B. Rest or walk on the other days.

Upper A

Exercise	Sets	Reps	In reserve	Weight used
Barbell bench press	3	6-8	2	
Barbell row	3	8-10	2	
Overhead press	2	8-10	2	
Lat pulldown	3	10-12	1-2	
Dumbbell curl	2	10-15	1-2	
Cable triceps pushdown	2	10-15	1-2	

Lower A

Exercise	Sets	Reps	In reserve	Weight used
Back squat	3	6-8	2	
Romanian deadlift	3	8-10	2	
Leg press	2	10-12	1-2	
Lying leg curl	2	10-15	1-2	
Standing calf raise	3	10-15	1-2	

Upper B

Exercise	Sets	Reps	In reserve	Weight used
Incline dumbbell press	3	8-10	2	
Pull-up or assisted pull-up	3	6-10	2	
Seated cable row	3	10-12	1-2	
Dumbbell lateral raise	3	12-15	1-2	
Incline dumbbell curl	2	10-15	1-2	
Overhead cable triceps extension	2	10-15	1-2	

Lower B

Exercise	Sets	Reps	In reserve	Weight used
Deadlift	3	4-6	2	
Bulgarian split squat	3	8-10 each leg	2	
Hip thrust	3	8-12	1-2	
Leg extension	2	10-15	1-2	
Seated calf raise	3	12-15	1-2	

How to use this plan

How to progress (double progression). Pick a weight you can lift for the bottom of the rep range with the reps in reserve shown. When every set reaches the top of the range, add the smallest weight jump next session and build the reps back up.

Reps in reserve means how many more good reps you could have done. 2 means you stopped with about two left.

Rest about 2-3 minutes on the big lifts and 1-2 minutes on the smaller ones.

Warm up with a few easy, low-rep ramp-up sets before your first lift:

bodywise.io/hub/tools/barbell-warm-up-calculator

Stop any exercise that causes sharp pain or a joint pinch. This plan is general education for healthy adults aged 18+, not medical advice.

Free from the Muscle & Strength Hub — bodywise.io/hub