

### 4 Day Upper/Lower Body Split #1

Do this program for 8 weeks.

First 4 weeks: 3 sets of minimum 8 reps but no more than 12 reps (you should be spent if you make it to rep #12).

Second 4 weeks: Increase the weights and lower the repetitions to no less than 6 and no more than 8 (or 4-6 reps if you're comfortable with the movements)

#### Day 1 - Upper Body

	Week 1	Week 2	Week 3	Week 4
Bench Press				
Bent Over Barbell Row				
Dumbbell Shoulder Press				
Skull Crushers				
Barbell Curl				

#### Day 2 - Lower Body

	Week 1	Week 2	Week 3	Week 4
Barbell Squat				
Deadlift				
Leg Extension				
Lying Leg Curls				
Standing Calf Raises				
Lying Leg Raises				
Exercise Ball Crunches				

#### Day 3 - Upper Body

	Week 1	Week 2	Week 3	Week 4
Chest Dips				
Pullups				
Lateral Raises				
Triceps Pushdowns				
Cable Curls				

#### Day 4 - Lower Body

	Week 1	Week 2	Week 3	Week 4
Deadlift				
Leg Press				
Dumbbell Lunges				
Seated Calf Raises				
Dumbbell Shrugs				
Decline Crunches				
Back Extensions				