



My Best Results Routine: 4 Day Upper/Lower Body Split #2

This is probably my favourite programme that gave me the best results. But it takes a big commitment to do this routine -- expect to be in the gym for 60-75 minutes

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: 4 sets of no less than 6 and no more than 8 reps (or 4-6 reps if you're comfortable with the movements)

Day 1 - Upper Body

	Week 1	Week 2	Week 3	Week 4
Incline Bench Press				
T-Bar Row				
Lat Pulldowns				
Dumbbell Pullover				
Machine Chest Flys				
Upright Row				
Preacher Curls				
One Armed Cable Pulldown				
Push-ups to failure				

Day 2 - Lower Body

	Week 1	Week 2	Week 3	Week 4
Stiff Leg Deadlifts				
Deep Step-Ups				
Vertical Leg Press				
Seated Leg Curl				
Side Lunge				
Single Leg Deadlifts				
Ab Roll				
Dumbbell V-Up				

Day 3 - Upper Body

	Week 1	Week 2	Week 3	Week 4
Wide-Grip Assited Pull-Ups				
Triangle Pushups				
Reverse Flys				
Dumbbell Front Raises				
Low Row				
Dumbbell Bench Press				
Cable Tricep Extensions				
Incline Bicep Curls				
Tricep Pushups to Failure				
Chim-Ups to Failure				

Day 4 - Lower Body

	Week 1	Week 2	Week 3	Week 4
Barbell Squats				
Dumbbell Bulgarian Split Squats				
Weighted Plie Squats				
Hack Squat				
Machine Calf Raises				
Walking Dumbbell Lunges				
Single Leg Bridge on a Stability Ball				
Stability Ball Crunch				
Oblique Twist Machine				