

4 Day Upper/Lower Body Split

- 4 Day Split: Upper Body days 1&3, Lower Body days 2&4
- Method: 4 sets of 6-8 reps, unless otherwise indicated

	Week 1	Week 2	Week 3	Week 4
Bench Press				
Assisted Chin-up				
DB Shoulder Press				
Push-Ups				
External Rotation				
Isolateral Low Row				
Alternating DB Bicep Curls				
Tricep Rope Pulldowns				

Upper Body

	Week 1	Week 2	Week 3	Week 4
Machine Chest Flyes				
Parallel Grip Pull-Ups	to failure max - 1 max - 2 max - 3			
One Arm DB Snatch				
Inverted Row	to failure max - 1 max - 2 max - 3			
Push-Ups				
Upright Rows				
Close Grip Bench Press				
Hammer Curl				

Lower Body

	Week 1	Week 2	Week 3	Week 4
Back Squats				
Split Squat				
DB Hang Clean to Push Press to Squat				
Turkish Get-Ups				
12" Box Jumps				
Wall Sits/Get-ups				

Lower Body

	Week 1	Week 2	Week 3	Week 4
Deadlifts				
Reverse Lunge to Good Morning				
Leg Press				
Turkish Get-Ups				
Leg Curls				
Calf Raises				
Tibia Raise				