

## UPPER LOWER SPLIT WORKOUT PLAN

### What Is Upper Lower Split Workout Plan?

An Upper Lower Split Workout Plan is a training routine where you divide your body parts.

UPPER BODY	LOWER BODY
Chest	Quads
Back	Hamstring
Shoulder	Glutes
Biceps	Calves
Triceps	Core or Abs

#### Weekly Workout Split:

- **Monday** – Upper Body
- **Tuesday** – Lower Body
- **Wednesday** – Rest or Light Cardio
- **Thursday** – Upper Body
- **Friday** – Lower Body
- **Saturday** – Rest or light cardio
- **Sunday** – Rest

This training style is great because each muscle group gets trained **two times per week**, which is very useful for **muscle growth** and **strength**.

## UPPER LOWER SPLIT WORKOUT PLAN

### Day 1 – Upper Body

Exercise	Sets	Reps	Rest
Barbell Bench Press	3	6-8	60-90 Secs
Barbell Bent Over Row	3	8-10	60-90 Secs
Incline Dumbbell Press	3	8-10	60-90 Secs
Lat Pulldown	3	10-12	60-90 Secs
Seated Dumbbell Shoulder Press	3	8-10	60-90 Secs
Dumbbell Biceps Curl	3	10-12	60-90 Secs
Triceps Push Down	3	10-12	60-90 Secs

### Day 2 – Lower Body

Exercise	Sets	Reps	Rest
Body Weight Squat	3	10-12	60-90 Secs
Barbell Squat	3	6-8	60-90 Secs
Romanian Deadlift	3	8-10	60-90 Secs
Leg Press	3	10-12	60-90 Secs
Walking Lunges	3	10-12	60-90 Secs
Leg Curl	3	10-12	60-90 Secs
Standing Calf Raise	3	12-15	60-90 Secs

## UPPER LOWER SPLIT WORKOUT PLAN

Plank Hold	3	30-60 Secs	60-90 Secs
------------	---	------------	------------

### Day 3 – Rest / Light Cardio

- 20–30 min walking
- light stretching
- mobility work

### Day 4 – Upper Body

Exercise	Sets	Reps	Rest
Overhead Shoulder Press	3	6-8	60-90 Secs
Lat Pull Down	3	8-10	60-90 Secs
Flat Dumbbell Press	3	8-10	60-90 Secs
Machine Row	3	8-12	60-90 Secs
Lateral Raise	3	8-12	60-90 Secs
Hammer Curl	3	10-12	60-90 Secs
Overhead Triceps Ext.	3	10-12	60-90 Secs

## UPPER LOWER SPLIT WORKOUT PLAN

### Day 5 – Lower Body

Exercise	Sets	Reps	Rest
Barbell or Trap Bar Deadlift	3	5-6	60-90 Secs
DB Front Squat	3	8-10	60-90 Secs
Leg Extension	3	10-12	60-90 Secs
Leg Curl	3	10-12	60-90 Secs
Calf Raise	3	15-20	60-90 Secs
Hanging Leg Raise	3	15-20	60-90 Secs

#### Important Tips:

- Beginners training session will not last for 30 to 45 minutes.
- Rest period will be 60-90 seconds between sets.
- 5-10 Min Warm Up Before Every Workout.
- Focus on Proper Form.
- Use Progressive Overload.
- Eat Enough Protein 1.6 to 2.2 grams per kilogram of body weight.
- Try to sleep for 7 to 9 hours every night.