

Upper Lower Workout (4-Day Split)

Monday – Upper Body

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Pulldown	3	8-12
Shoulder press	3	8-12
high row	3	8-12
Incline press dumbbells	3	8-12
Seated row	3	8-12
Chest press	3	8-12
Low row	3	8-12
Decline press	3	8-12
Upright row	3	8-12
Dip	3	8-12

Tuesday – Lower Body

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Squats	3	8-12
Split Squats (Bulgarian squats)	3	8-12
Leg extensions	3	8-12
Romanian deadlift	3	8-12
Calves	3	8-12
Tibialis raise	3	8-12

Friday – Upper Body

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Pulldown	3	8-12
Shoulder press	3	8-12
High row	3	8-12
Incline press dumbbells	3	8-12
Seated row	3	8-12
Chest press	3	8-12
Low row	3	8-12
Decline press	3	8-12
Upright row	3	8-12
Dip	3	8-12

Saturday – Lower Body

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Squats	3	8-12
Leg extensions	3	8-12
Leg (Hamstring) curls	3	8-12
Romanian Deadlift	3	8-12
Glute bridges	3	8-12
Calves	3	12-15
Abs	3	12-15

Wednesdays, Thursdays and Sundays are rest days