

4-Day Upper/Lower Split

Irish Peptides and Nutrition - irishpeptides.ie

Evidence-based training. Not medical advice.

4-DAY UPPER/LOWER PROGRAMME

Day 1 - Upper Strength

Bench Press 4x4-6

Barbell Row 4x4-6

Overhead Press 3x6-8

Pull-Ups 3x6-8

Day 2 - Lower Strength

Back Squat 4x4-6

Romanian Deadlift 3x6-8

Bulgarian Split Squat 3x8-10

Day 3 - Upper Hypertrophy

Incline DB Press 4x10-12

Cable Row 4x10-12

DB Shoulder Press 3x12-15

Lat Pulldown 3x12-15

Day 4 - Lower Hypertrophy

Leg Press 4x10-12

Leg Curl 3x12-15

Walking Lunges 3x12 each

Calf Raise 4x15-20

Rest at least 1 day between upper/lower pairs.