

Upper/Lower body weekly split routine

The **Upper-Lower split** is by far one of the most effective splits for gaining strength and muscle mass. It was very popular in the old days, but today it's losing its popularity thanks to the muscle magazines that preach about 5 or 6 day splits, "pumping", and "scientific" approach to weightlifting - that usually work only for the drug enhanced weightlifters.

The upper/lower split is a type of weight training schedule that revolves around splitting the body up into two groups - upper body and lower body. Each group is then trained separately on its own workout day. A great thing about the upper/lower split is that legs get a day all to their own, so you have a very balanced workout since you train your legs, the largest muscles in your body, as much as the upper body.

You can work 3 or 4 days a week using the upper/lower split. Training 4 days a week allows you to perform more volume per body part in each training session. For some athletes and bodybuilders, this is ideal. Bodybuilders need plenty of volume, and high intensity for maximal muscle growth. Training 3 days a week, on the other hand leaves you with more recovery time.

So depending on your conditioning and recovery capacity you can workout 4 days a week:

Week1

Monday - **upper body**

Tuesday - **lower body**

Wednesday - rest or light cardio

Thursday - **upper body**

Friday - **lower body**

Saturday - rest or cardio

Sunday - rest or cardio

Monday – repeat

or 3 days a week:

Week 1

Monday - **upper body**

Tuesday - rest or light cardio

Wednesday - **lower body**

Thursday - rest or light cardio

Friday - **upper body**

Saturday - rest or cardio

Sunday - rest or cardio

Week 2

Monday -**lower body**

Tuesday - rest or light cardio

Wednesday - **upper body**

Thursday - rest or light cardio

Friday - **lower body**

Saturday - rest or cardio

Sunday - rest or cardio

Lower Body

Barbell Squat:

3-4 sets X 6-8 reps

Lying leg curl:

3-4 sets X 6-8 reps

Leg press:

2-3 sets X 10-12 reps

Calf raise: +

3-4 sets X 10-12 reps

Upper Body

Incline bench or shoulder press: ^

4 sets X 10-12 reps

Cable Seated Row:

4 sets X 6-8 reps

Flat bench:^

3 sets X 6-8 reps

Lat Pull-down / chin up: *

2-3 sets X 10-12 reps

Close grip bench press:

2 sets X 12-15 reps (light)

Biceps Barbell Curls:

2 sets X 12-15 reps (light)

+Alternate seated and standing calve raises every 2nd workout .

* Superset these exercises.

^ Every 4th workout use dumbbells.