

# Upper Lower Split

## Upper/Lower Split

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
<b>Upper A</b>												
Bench press 3 X 6-8 reps												
Barbell row 3 X 6-8 rep												
Incline dumbbell 3 X 8-12 rep												
Lat pulldown 3 X 3-12 rep												
Lat raises 3 X 12-16 rep												
Tricep pressdown 3 X 12-16 rep												
Dumbbell bicep curl 3 X 12-16 rep												
<b>Lower A</b>												
Deadlift 3 X 6-8 rep												
Leg Press 3 X 8-12 rep												
Hamstring/ Donkey kickback 3 X 8-12 rep												
Standing calf raise 3 X 12-16 rep												
Weighted crunch 3 X 12-20 rep												
Hanging leg raises 3 X failure												
<b>Upper B</b>												
Pullups 3 X 6-8 rep												
Incline bench press barbell 3 X 6-8 rep												
Seated cable row 3 X 8-12 rep												
Cable fly 3 X 8-12 rep												
Barbell shoulder press 3 X 6-8 rep												
EZ bar curl 3 X 12-16 rep												
Overhead tricep extension 3 X 12-16 rep												
<b>Lower B</b>												
Single leg. leg press 3 X 6-8 rep												
Split squat 3 X 8-12 rep												
Leg extension 3 X 8-12 rep												
Seated calf raise 3 X 12-16												
Plank 3 X failure												
Woodchoppers 3 X 12 -20 rep												

Track the weight you use and the reps each week.