

Beginners 4-Day Upper/Lower Split Workout

If you're a beginner at working out and want to use an Upper/Lower Split to build strength, you can use this workout routine. You can do this workout routine on Monday, Tuesday, Thursday & Friday; Tuesday, Thursday, Friday & Saturday; or Wednesday, Thursday, Saturday & Sunday. Start at a weight you can comfortably lift. For Progressive Overload Increase the Lower Body Exercises by 2.5kg to 5kg & Upper Body Exercises by 1.25kg to 5kg each week.

Day 1: Upper Body Workout A

- Dumbbell Bench Press: 3 Sets of 8 - 12 Reps
- Machine Rows: 3 Sets of 8 - 12 Reps
- Lat Pulldowns: 3 Sets of 8 - 12 Reps
- Dumbbell Shoulder Press: 3 Sets of 8 - 12 Reps
- Tricep Extension: 2 Sets of 12 - 15 Reps
- Dumbbell Reverse Curl: 2 Sets of 12 - 15 Reps

Day 2: Lower Body Workout A

- Barbell Squats: 3 Sets of 8 - 12 Reps
- Dumbbell Bulgarian Split Squats: 3 Sets of 8 - 12 Reps Each Leg
- Stiff Leg Deadlift: 3 Sets of 8 - 12 Reps
- Leg Curl: 2 Sets of 12 - 15 Reps
- Leg Extension: 2 Sets of 12 - 15 Reps
- Calf Extension: 2 Sets of 12 - 15 Reps

Day 3, 6 & 7: Rest or Active Rest

Day 4: Upper Body Workout B

- Incline Dumbbell Press: 3 Sets of 8 - 12 Reps
- Single Arm Dumbbell Row: 3 Sets of 8 - 12 Reps Each Side
- Reverse Grip Lat Pulldown: 3 Sets of 8 - 12 Reps
- Lateral Raises: 2 Sets of 12 - 15 Reps
- Dumbbell Skullcrusher: 2 Sets of 12 - 15 Reps
- Dumbbell Curl: 2 Sets of 12 - 15 Reps

Day 5: Lower Body Workout B

- Dumbbell Lunges: 3 Sets of 8 - 12 Reps Each Leg
- Leg Press: 3 Sets of 8 - 12 Reps
- Romanian Deadlift: 3 Sets of 8 - 12 Reps
- Barbell Hip Thrust: 3 Sets of 8 - 12 Reps
- The Leg Abduction (Inner Thigh Focus): 2 Sets of 12 - 15 Reps
- The Leg Abduction (Outer Thigh Focus): 2 Sets of 12 - 15 Reps

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