

# EXERCISE *with Style*

## Upper/Lower Split Workout Plan PDF

The beginner workout is based on a three-day upper/lower split. There is a rest day between each session and two days off for the weekend.

The advanced workout program is based on a 4 day upper lower split with a rest day mid-week and on the weekends.

This can also extend to a five-day upper lower split should you feel like your training is progressing and want an additional challenge.

Each of the workouts below will be displayed with exercises, sets, reps, rest times, and a weekly schedule to help you kick off into a solid routine.

## Beginner Upper/Lower Body Workout Program

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper	Rest	Lower	Rest	Upper	Rest	Rest

### Upper Body (Duration 35-40 Minutes)

Exercise	Sets	Reps	Rest
Bench Press	3	8-10	45-60 secs
Dumbbell Incline Press	3	8-10	30-45 secs
Lat Pulldown	3	8-10	30-45 secs
Cable Row	3	8-10	30-45 secs
Dumbbell Overhead Press	3	8-10	30-45 secs
Barbell Bicep Curls	3	8-10	30-45 secs

### Lower Body (Duration 30 Minutes)

Exercise	Sets	Reps	Rest
Barbell Hip Thrust	3	8-12	45-60 secs
Goblet Squat	3	8-12	30-45 secs
Dumbbell Walking Lunge	3	10	30-45 secs
Leg Press	3	10	30-45 secs
Lying Leg Curl	3	12	30-45 secs

## Advanced Upper Lower Body Workout Program

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper	Lower	Rest	Upper	Lower	Rest	Rest

### Upper Body (Duration 55-60 Minutes)

Exercise	Sets	Reps	Rest
Bench Press	4	8	45-60 secs
Incline Dumbbell Press	3	8-12	30-45 secs
Deadlift	4	8	45-60 secs
Pull-Ups	4	8	30-45 secs
Cable Row	3	8-12	30-45 secs
Shoulder Press	3	10	30-45 secs
Dips	4	8	30-45 secs
Barbell Bicep Curls	3	10-12	30-45 secs

### Lower Body (Duration 45-50 Minutes)

Exercise	Sets	Reps	Rest
Barbell Hip Thrust	3	8	45-60 secs
Back Squat	4	8	45-60 secs
Dumbbell Walking Lunge	3	8-12	45-60 secs
Belt Squat	4	8	30-45 secs
Leg Press	3	10	30-45 secs
Lying Leg Curl	3	12	30-45 secs
Goblet Squat	3	15	30-45 secs