

TRAINING PLAN

Upper / Lower

LEVEL

All Levels

DURATION

10 weeks

FREQUENCY

4 days / week

Four sessions a week with balanced volume and enough recovery to keep progressing while you eat for a natural recomp.

DAY 1

Upper A

Chest, back, shoulders, arms

EXERCISE	SETS	REPS	NOTES
Barbell bench press	4	6-8	
Chest-supported row	4	8-10	
Seated dumbbell shoulder press	3	8-10	
Lat pulldown	3	10-12	
Cable curl	2	10-12	
Triceps pushdown	2	10-12	

DAY 2

Lower A

Quads, hamstrings, calves

EXERCISE	SETS	REPS	NOTES
Back squat	4	5-8	
Romanian deadlift	3	8-10	
Leg press	3	10-12	
Lying leg curl	3	10-12	
Standing calf raise	4	12-15	

DAY 3	Upper B	Shoulders, back, chest, arms
-------	---------	------------------------------

EXERCISE	SETS	REPS	NOTES
Overhead press	4	6-8	
Pull-up or lat pulldown	4	6-10	
Incline dumbbell press	3	8-10	
Seated cable row	3	10-12	
Lateral raise	3	12-15	
Hammer curl	2	10-12	

DAY 4	Lower B	Glutes, hamstrings, quads
-------	---------	---------------------------

EXERCISE	SETS	REPS	NOTES
Deadlift	3	5	
Hip thrust	3	8-10	
Walking lunge	3	10 per leg	
Leg extension	3	12-15	
Seated calf raise	4	12-15	

NOTES

Train Upper A, Lower A, rest, Upper B, Lower B, then rest for two days, or space the four sessions across the week to suit you.

Progress by adding a little weight or a rep each week while keeping form tidy.

Natural, no fat burners: consistent training, enough protein and patience do the work.

General information only, not medical advice. Stop if something hurts, and check with a qualified professional if you have a health condition or injury.