

# Upper Lower in Calorie Deficit

# 4 Day Split

# Keep Rest to a minimum

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 Day 1</b>												
Bench Press 4 X 6-12 reps												
Barbell Row 4 X 6-12 reps												
Seated Dumbbell Shoulder Press 4 X 6-12 reps												
Machine Bench Press 3 X 8-12 reps												
V- Bar Pull down 3 X 8-12 reps												
Side Lat Raise 3 X 8-12 reps												
Cable Tri-Extension 3 X 8-12 reps												
Cable Curls 3 X 8-12 reps												
<b>Lower Day 2</b>												
Squats 4 X 6-12 reps												
Stiff Leg Deadlift 4 X 6-12 reps												
Leg Extensions 3 X 8-12 reps												
Leg Curls 3 X 8-12 reps												
Skipping Rope 6 X 1min												
Legs Raised crunches 3 X 12-20 reps												
Ab wheel 3 X 12-20 reps												
<b>Upper Day 3</b>												
Incline Dumbbell Bench Press 4 X 8-12 reps												
Seated Row or T Bar Row 4 X 8-12 reps												
Seated Barbell Shoulder Press 4 X 8-12 reps												
Cable Fly 3 X 8-12 reps												
Pull Ups 3 X 8-12 reps												
Bent Over Lat Raise 3 X 8-12 reps												
Dumbbell Curls 3 X 8-12 reps												
Dips 3 X 8-12 reps												
<b>Lower Day 4</b>												
Squats 4 X 6-12 reps												
Dumbbell Stiff Legged Deadlift 4 X 6-12 reps												
Leg Press 3 X 8-12 reps												
Standing Leg Curl 3 X 8-12 reps												
Skipping Rope 6 X 1min												
Plank 3 X 1 min												
Woodchoppers 3 X 12-20 reps												

Track the weight you use and the reps each week.