

4 Day Upper Lower Split Workout Routine At Home with Barbell

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Article Link - [Thefitnessphantom.com/barbell-workout-routine-at-home/](#)

- Day 1 (Monday) – Upper Body (Chest, Triceps, and Shoulder)
- Day 2 (Tuesday) – Lower Body (Quadriceps, Hamstrings, Glutes and Calves)
- Day 3 (Thursday) – Upper Body (Back, Biceps, and Core)
- Day 4 (Friday) – Lower Body (Quadriceps, Hamstrings, Glutes, and Calves)

Day 1 (Monday) – Upper Body (Chest, Triceps, and Shoulder)

Exercise	Muscle Build	Reps	Rest
Barbell Bench Press	Chest	15, 12, 10	1-3 mins
Incline Bar Bench Press	Chest	12, 10, 8	1-3 mins
Landmine Press	Chest	12, 10, 8	1-2 mins
Narrow Grip Bench Press	Triceps	12, 10, 8	1-3 mins
Skull Crushers	Triceps	12, 10, 8	1-3 mins
Bar Overhead Extension	Triceps	12, 10, 8	1-3 mins
Barbell Overhead Press	Shoulder	12, 10, 8	1-3 mins
Barbell Front Raises	Shoulder	12, 10, 8	1-3 mins
Barbell Shrugs	Shoulder	12, 10, 8	1-2 mins

Day 2 (Tuesday) – Lower Body (Quadriceps, Hamstrings, Glutes, and Calves)

Exercise	Muscle Build	Reps	Rest
Barbell Back Squat	Quad	20, 15, 12	2-3 mins
Barbell Lunges	Quad and Hams	12, 10, 8	1-2 mins
Barbell Sumo Squat	Entire Legs	12, 10, 8	1-2 mins
Hip Thrust	Hips and Glutes	10, 10, 8	1-2 mins
Romanian Deadlift	Hams and LB	10, 8, 6	1-2 mins
Barbell Good Morning	Hams and LB	10, 8, 6	1-2 mins
Barbell Calf raises	Calves	12, 10, 8	1-2 mins

Day 3 (Thursday) – Upper Body (Back, Biceps, and Core)

Exercise	Muscle Build	Reps	Rest
Barbell Deadlift	Back and Legs	6, 5, 4, 2	1-3 mins
Barbell Bent Over Row	Back	10, 8, 6	1-2 mins
Barbell T Rowing	Back	12, 10, 8	1-2 mins
Incline Prone Rowing	Back	12, 10, 8	1-2 mins
Barbell Drag Curl	Biceps & Back	12, 10, 8	1-2 mins
Barbell Curl	Biceps	12, 10, 8	1-2 mins
Barbell Landmine Curl	Biceps	12, 10, 8	1-2 mins

Exercise	Muscle Build	Reps	Rest
Barbell Ab Rollout	Core	5 x 2	30-60 sec
Barbell Sit-ups	Core	6 x 2	30-60 sec
Bar Seated Oblique Twist	Core	6 x 2	30-60 sec
Barbell Wrist Curl	Wrists	10 x 2	1-2 mins

Day 4 (Friday) – Lower Body (Quadriceps, Hamstrings, Glutes, and Calves)

Exercise	Muscle Build	Reps	Rest
Barbell Back Squat	Quad	20, 15, 12	2-3 mins
Barbell Reverse Lunges	Quad and Hams	12, 10, 8	1-2 mins
Sumo Deadlift	Legs		
Barbell Jammer	Entire Legs	12, 10, 8	1-2 mins
Barbell Bulgarian Squat	Total Legs	10, 10, 8	1-2 mins
Hip Thrust	Hips and Glutes	10, 10, 8	1-2 mins
Romanian Deadlift	Hams and LB	10, 8, 6	1-2 mins

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