

# 5 DAY UPPER LOWER SPLIT ROUTINE FOR BODYBUILDING

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Check out [article](#) for more info

## Program Summary and Description

- 1. Suggested Program Duration:** You can follow this program for as long as you want but try at least for 12 to 16 weeks to see noticeable changes.
- 2. Goal** – This program will help you build up strength, muscle mass and improve your physique definition.
- 3. Sessions/week** – You'll train five times a week in this program, including the 3 upper body and 2 lower body days.
- 4. Duration/session** – The one training session will take 60-90 minutes to complete.
- 5. Who can use it?** Anyone, from male to female, can use this program to improve their strength and shape.
- 6. Workout Level** – This program is for intermediates who have been working out for a while. If you're a beginner, consider this [three-day split routine](#).
- 7. How much weight should you lift?** – You can lift as heavy as possible as long as you maintain the proper form during each rep. It is also best to increase the 10-15% of load after every set.
- 8. Workout Routine to Follow Next:** [6-Day Upper Lower Split with PDF](#)
- 9. Warm-up:** It is best to perform warm-up exercises for 5 to 10 minutes prior to lifting weights. For that, you can run on the Treadmill, perform [bodyweight cardio exercises](#), or do lightweight lifting.
- 10. Post-Workout Stretches:** Post workout stretching help your muscles recover faster and reduce muscle soreness. Here is a list of [various stretching exercises](#) you can incorporate into your resistance training program.

## Program Schedule

- Day 1 (Monday) – Upper Body (Chest and Triceps)
- Day 2 (Tuesday)- Lower Body (Quadriceps, Hamstrings, and Calves)
- Day 3 (Wednesday)- Upper Body (Back and Biceps)
- Day 4 (Thursday) – Lower Body (Quad, Hammies, and Glutes)
- Day 5 (Friday) – Upper Body (Shoulder and Core)

### Day 1 – Upper Body (Chest and Triceps)

Workout	Reps	Rest
Flat Barbell Bench Press	15, 10, 8, 6	2-3 min
Incline DB Bench Press	12, 10, 8, 6	1-2 min
Machine/Cable Fly	12, 10, 8	1-2 min
Bar Dips	6-10 x 3	1-2 min
Triangle Pushup	6-10 x 3	1-2 min
Skull Crushers	15, 12, 10	1-2 min
Rope Pushdown	15, 12, 10	1-2 min

Here are the replacement exercises for the second, third, and fourth week:

- [Cable Crossover](#)
- Dumbbell Pullover
- Decline Bench Press
- Incline Smith Machine Bench Press
- Flat Dumbbell Bench Press
- Deficit Pushup
- Dumbbell Overhead Triceps Extension
- Single-arm Reverse Pushdown

- Triceps Kickback
- Bench Dips
- Cable Overhead Triceps Extension

Make sure your chest and triceps workout include variation of flat and incline bench press, machine and cable fly, and overhead and pushdown triceps extension for targeting your triceps and chest from every angle.

## Day 2 (Tuesday) – Quadriceps and Calves

Workout	Reps	Rest
Barbell Back Squat	15, 12, 10, 8	2-3 min
Machine Leg Press	12, 10, 8, 6	2-3 min
Leg Extension	15, 12, 10	1-2 min
Dumbbell Lunges	10/leg x 2	1-2 min
Standing SM Calf Raises	20, 15, 15, 10	1-2 min

Here are some alternate exercises for the 2nd, 3rd, and 4th week:

- Sumo Squat
- Step-up
- Hack Squat
- Landmine Squat
- Seated Machine Calf Raises

## Day 3 (Wednesday) – Back and Biceps

Workout	Reps	Rest
Pullup/Assisted PU	6-8 x 3	1-2 min
Lat Pulldown	15, 12, 10, 8	2-3 min
Seated Cable Rowing	15, 12, 10, 8	2-3 min
Barbell Bent-over Row	12, 10, 8	2-3 min
EZ Barbell Curl	12, 10, 8	1-2 min
Incline Dumbbell Hammer Curl	12, 10, 8	1-2 min
Preacher/Spider Curl	12, 10, 8	1-2 min

You can alternate the following exercises with the above-mentioned ones in the second, third, and fourth week of the 5 day split workout:

- Conventional Deadlift
- One-arm Dumbbell Row
- Standing Lat Pulldown

- [Unilateral Pulldown](#)
- V-Grip Lat Pulldown
- Barbell T-Bar Row
- Concentration Curl
- Incline Dumbbell Curl
- Alternating 1-arm Curl
- Chin-ups

## Day 4 (Friday) – Quads, Hammies, and Glutes

Workout	Reps	Rest
Dumbbell Sumo Squat	15, 12, 10	1-2 min
Dumbbell Step-up	10/leg x 2	1-2 min
<a href="#">DB Romanian Deadlift</a>	12, 10, 8	1-2 min
Machine Leg Curl	20, 15, 12, 10	1-2 min
Barbell Hip Thrust	12, 10, 8, 6	2-3 min
Glutes Kickback	10/leg x 2	1-2 min

The alternate exercises you can perform on the 4th day of this schedule are:

- [15 Best Glute and Hamstring Exercises](#)

## Day 5 (Saturday) – Shoulder and Core

Workout	Reps	Rest
Dumbbell Overhead Press	15, 12, 10	2-3 min
Dumbbell Front Raises	10-12 x 3	1-2 min
Dumbbell Lateral Raises	10-12 x 4	1-2 min
<a href="#">Rear Delt Dumbbell Fly</a>	10-12 x 4	1-2 min
<a href="#">Barbell Shrug</a>	10-12 x 3	1-2 min
Hanging Knee Raises	10 x 2	30-45 sec
Cable H2L Chop	10 x 2	30-45 sec
Kneeling Cable Crunches	10 x 2	30-45 sec
Forearm Plank	60-sec	

# How Split Training is Different Than Full body?

The split workout and [full-body routines](#) are both safe, efficient, and effective.

The split workout routine is excellent for building muscle mass; on the other hand, full-body exercises are great for increasing strength in trained men – shown in a comparative study published by the Journal of Strength and Conditioning Research.

It is true because I've personally experienced that. I've followed various workout routines, such as upper/lower split, PPL, Bro split, and entire body.

Upper/lower and PPL split helped me gain muscles. However, full-body workouts helped me boost my strength. That's why sometimes, I combine them in my monthly workout routine.

So, if your primary goal is to maximize mass, do split training, whether it's upper/lower or [push/pull/legs \(PPL\)](#). Otherwise, the full-body workout routine will be suitable for you.

## Top 5 Tips for Achieving Best Results from This Program

- 1. Pre-Workout Meal:** For an effective training session, it is best to have your meal 1 to 3 hours before the training, depending on what kind of food you consume.
- 2. Post-Workout Meal:** Consuming high-protein food is essential when it comes to muscle growth. You can have some high-protein foods and supplements after the workout to rebuild muscle the damaged muscles. For example, you can consume 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case).
- 3. Progressive Overload:** It's best to increase the loads, the number of reps, and sets gradually to scale your fitness level and progressively increase strength and build muscles.

**4. Calculate Your Macros and Eat Nutritious Foods:** Getting results with only exercises is pretty tough. If you want to build muscles, make sure to incorporate [rich protein and nutritious foods](#) as well as [whey isolate protein](#) into your diet.

**5. Repetitions:** Repeating the same thing can be boring but will help you achieve better results in the long run.

### Recommended Supplements:

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testosterone Activator</a>

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### Alternate Workout Plans

- [The 5 Day Full Body Workout Routine](#)
- [The Best 5 Day Bro Split Routine](#)
- [Push Pull Legs 5 Day Split Workout](#)
- [5 Day Compound Workout Routine to Build Muscle](#)

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