

# 4 DAY UPPER LOWER SPLIT FOR STRENGTH & HYPERTROPHY

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Check out [article](#) for more info

## Summary

Routine Type	Upper/Lower Body Split
Program Duration	12-16 Weeks
Routine Goal	Strength and Mass Building
Training Level	Intermediate
Duration Per Session	90 Minutes
Sessions/week	4 Days
Target Gender	Male
Suitable Age Group	18-35 Years
Plan to Follow Next	<a href="#">5-Day Split for Strength and Size</a>
Alternate Program for Beginners	<a href="#">4 Day Gym Workout Schedule</a>

From free weights to machines, I've included a variety of exercises in this program. The primary focus will be on lifting [compound movements](#) as they are more functional, target multiple muscles simultaneously, and helps [promote strength and hypertrophy](#), followed by isolation exercises, exercises that help train the specific muscles, and improve strength imbalance and symmetry.

The routine is split into two parts, in this first part (first two days), you'll lift moderate weight and perform hypertrophy sets, and in the other part (last two days), you'll [perform heavy load low rep sets to focus on strength gain](#).

If you only want to focus on hypertrophy sets (10-20 reps), you can try this [30-day workout plan](#).

# The Ultimate 4 Day Upper Lower Split Schedule

- Monday: Upper Body (Back, Chest, Side Delt, and Arms)
- Tuesday: Leg and Core
- Thursday: Upper Body (Back, Chest, and Shoulder)
- Friday: Leg and Glutes

Start your training session with 10 minutes of warm-up workout, then perform the main lifting exercises. Here are some examples of warm-up exercises you can do before strength training:

Warm-up 1	Warm-up 2
Front Leg Swings (10 reps/leg)	5-min Full Body Foam Rolling
Ankle Hops (15-sec)	Straight leg marches (15-sec)
Jumping Jacks (15-sec)	Inchworm (15-sec)
Mountain Climber (15-sec)	Lateral Leg Swings (10 reps/leg)
High Knees (15-sec)	Burpees (5 reps)
Bear Crawls (30-sec)	Squat Jumps (10 reps)
Treadmill (5-min)	Stationary Bike (5 min)

**Okay! Let's uncover the upper/lower 4 day workout split:**

## Day 1 – Back, Chest, Side Delt, and Arms

Upper Body Workout	Sets	Reps	Rest
V-Grip Lat Pulldown	3	12-15	1-3 min
Seated Cable Rowing	3	12-15	1-3 min
Incline DB Bench Press	3	12-15	1-3 min
Machine/Cable fly	3	12-15	1-2 min
Lateral Raises	3	12-15	1-2 min
Chinups + Bar Dips (Superset)	3	Failure	1-min

## Day 2 – Leg and Core

Lower Body Workout	Sets	Reps	Rest
Machine Leg Press	3	12-15	2-3 min
Leg Extension + Hanging Knee Raise	3 + 2	10-15	1-min
Dumbbell Lunges	3	10/leg	1-2 min
Leg Curl + High to Low Chop	3 + 2	10-15	1-min
Calf Raises + Cable/Machine Crunch	3 + 2	10-15	1-min

- All pairing exercises will be supersets. Perform three sets of leg and two sets of ab exercises.

## Day 3 – Back, Chest, and Shoulder

Upper Body Workout	Sets	Reps	Rest
Medium Grip Lat Pulldown	3	5-10	3-min
Seated Cable Rowing	3	5-10	3-min
Flat Bench Press	3	5-10	3-4 min
<a href="#">Incline Hammer Bench Press</a>	3	5-10	2-3 min
Military Press	3	5-10	2-3 min
Barbell Shrug	3	5-10	2-3 min

## Day 4 – Leg and Glutes

Lower Body Workout	Sets	Reps	Rest
Back Squat	4-6	4-8	3-4 min
<a href="#">Lying Leg Curl</a>	3	8-10	2-3 min
Barbell Hip Thrust	3-4	8-10	2-3 min
Trap Bar/ DB Romanian Deadlift	3	6-8	2-3 min

**Note:** You can make some adjustments in the program based on fitness level.

If you want to replace existing exercises with different ones, here are all the options for you:

- One-arm Dumbbell Row (Back)
- [Deficit Pushups](#) (Chest)
- Arnold Press (Shoulder)
- [The Ultimate Biceps and Triceps Exercises](#)
- Conventional Deadlift (Back)
- Step-up (Lower Body)
- Machine Leg Curl (Hamstrings)
- Reverse Pec Deck Fly (Posterior Delt)
- Cable Facepull (Upper Back)
- [Wrist Extension](#) (Forearm)
- DB Cossack Squat (Legs)
- [Plank Dumbbell Drag](#) (Core)
- [25 Gym Exercises for Abs and Obliques](#)

# Top 5 Tips for Achieving Optimal Results

## 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.

**Examples of pre-workout foods include:**

1. Protein Shake
2. Chicken Salad
3. Dried Fruits
4. Oatmeal
5. Energy Bars
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

**Recommended supplement:**

- [Optimum Nutrition Gold Standard Pre-Workout](#)

## 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).

**Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

**Post workout recommended protein:**

- [Dymatize ISO100 Hydrolyzed Protein Powder, 100% Whey Isolate](#)
- [BSN SYNTHA-6 Whey Protein Powder](#)
- [Bulk Extreme - Superior Muscle Building](#)

## 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.

## Is The Upper/Lower Split Best for Bodybuilding?

There are no perfect workout schedules. A workout plan that works for me doesn't mean it will work for you too. So, you can give this try for a few months and see if it works for you or not. If the upper/lower split doesn't work, try a [full-body workout](#) routine or [push/pull/legs \(PPL\)](#).

## Is Working Out 4 Days a Week Enough to Build Muscle?

Yes, working out four times a week can help you build strength and size as long as you train the big muscles (chest, back, and legs) twice a week and focus more on compound liftings (squats, deadlift, bench press, military press, chinups, pull-ups, dips, etc).

## 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.

I've also designed a customized [12-Week Workout plan](#) for serious fitness enthusiasts who want to put on muscles, increase strength, and build a defined physique.

**Also, read:**

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)

- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
- [12 Week Shoulder Workout Program for Defined Delts](#)
- [12 Week Arms Workout Routine for Mass Gain](#)

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