INTERMEDIATE/ADVANCED MUSCLE-BUILDING SPLIT PROGRAMS

EXAMPLE 4-DAY UPPER/LOWER SPLIT:

Monday – Upper Body:

1A.	Barbell flat bench press	4 x 6-8
1B.	Chest-supported rows	4 x 6-8
2A.	Incline DB press	3 x 8-12
2B.	1-arm DB row	3 x 8-12
3A.	1-arm DB overhead press	3 x 8-12
3B.	Side delt raises	2 x 8-12
3C.	Rear delt raises	2 x 8-12
4A	Standing barbell curls	3 x 8-12
4B.	Concentration curls	3 x 8-12
5.	EZ-bar lying triceps extensions + close-grip bench press	3 x 8-12

Tuesday – Lower Body:

1.	Squats	5 x 8-12
2.	Reverse lunges	3 x 8-12/side
3A.	Romanian deadlift	4 x 8-12
3B.	Calf presses	3 x 10-15
4.	Hanging knee or leg raises	3 x max good reps

- No rest between exercises in a superset
- Rest 1 min after each superset

Thursday – Upper Body:

1A.	Standing overhead barbell press	4 x 6-8
1B.	Pull-ups (hang weight from waist if you can do more than 15 reps)	4 x 6-8 if weighted; 4 x max good reps if not
2A.	Dips (hang weight from waist if you can do more than 15 reps)	3 x 8-12 if weighted; 3 x max good reps if not
2B.	Chin-ups (hang weight from waist if you can do more than 15 reps)	3 x 6-8 if weighted; 3 x max good reps if not
3A.	Incline curls	3 x 8-12
3B.	Diamond pushups	3 x max
3C.	Standing incline rows	3 x 8-12

Friday – Lower Body:

1.	Deadlifts	5 x 3
2.	Bulgarian split squats	3 x 8-12/side
3A.	Leg curls	3 x 8-12
3B.	Seated calf raises	3 x 10-15
4A.	1-arm pushup hold	2 x max time
4B.	Side bridge – arm extended, lift top leg or elevate both feet	2 x max time

- No rest between exercises in a superset
- Rest 1 min after each superset

EXAMPLE CHEST AND BACK DAYS IN AN ADVANCED PROGRAM:

<u>Chest:</u>

Barbell bench press	5 x 10,8,6,4,2, then 3 back-off sets at 80% for 8 reps
Incline DB bench press	4 x 8-12
Weighted dips	3 x 6-8
Pec deck flies	3 x 10-12
Drop-set pushups	2 sets of 3 drops, doing max reps at each level

<u>Back:</u>

Power Cleans	5 x 3
Weighted pullups	4 x 6-8
Barbell row	4 x 6-8
Neutral-grip pullups	3 x max
1-arm row	3 x 6-8 with drop sets
Straight-arm pulldowns	3 x 10-12

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