4 days: upper / lower

For when you have trained a few months. Each muscle twice a week.

Upper, lower, rest, upper, lower, rest, rest

Upper 1

Exercise	Sets	Reps
Flat Bench Press	4	6-8
Barbell Row	4	8
Barbell Overhead Press	3	8
Lat Pulldown	3	10
Bicep Curls	3	12
Triceps Pushdown	3	12

Lower 1

Exercise	Sets	Reps
Back Squat	4	6-8
Barbell Romanian Deadlift	3	8
Leg Curl	3	12
Standing Calf Raise	4	12
Plank	3	40 sec

Upper 2

Exercise	Sets	Reps
Incline Dumbbell Press	4	10
Seated Cable Row	4	10
Dumbbell Shoulder Press	3	10
Pull-ups	3	to near failure
Hammer Curls	3	12
Dumbbell Overhead Triceps Extension	3	12

Lower 2

Exercise	Sets	Reps
Leg Press	4	10
Hip Thrust	3	10
Walking Lunges	3	10 each leg
Leg Extension	3	12
Seated Calf Raise	3	15
Cable Crunch	3	12

Sets × reps

Do the reps written with good form. The last two reps should feel hard but clean.

Going heavier

When you reach the top of the reps in every set, add the smallest weight next time. That is progressive overload.

Rest

2 to 3 minutes after the big lifts (squat, bench, rows), 60 to 90 seconds after the small ones.

Warm up first

Five minutes of easy movement, then two or three light sets before your first heavy exercise.

Let Shulah run this plan for you

A PDF stays the same. Shulah reads every set you log and sets your next weights, plans lighter weeks, and swaps an exercise for one your gym has.

shulah.app/join

If you have an injury or a medical condition, ask your doctor before starting any training plan.