



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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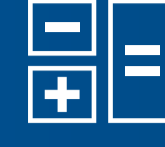
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## DAVE'S UPPER / LOWER SPLIT

This upper/lower body split is designed for growth while avoiding overtraining. If you're an intermediate to advanced lifter, give this workout a shot!

Link to Workout: <https://www.muscleandstrength.com/workouts/daves-upper-lower-split.html>

**Main Goal:** Build Muscle  
**Training Level:** Intermediate  
**Program Duration:** 8 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Dave Herber

### Monday: Lower A

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Squats</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">45 Degree Leg Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Stiff Leg Deadlifts</a>	-	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Leg Curl</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Smith Machine Standing Calf Raise</a>	-	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Seated Calf Raise</a>	-	2 - 3 x 10 - 12	1 - 2 Mins

### Tuesday: Upper A

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Barbell Row</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Reverse Grip Pulldown</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Bench Press</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Incline Bench Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Tricep Dips</a>	-	1 - 2 x AMAP	1 - 2 Mins
<a href="#">Preacher Curls</a>	-	1 - 2 x 10 - 12	1 - 2 Mins

AMAP: As Many As Possible

### Thursday: Lower B

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Squats</a>	2 x 12 - 15	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">45 Degree Leg Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Stiff Leg Deadlifts</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Step Back Lunge</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Smith Machine Standing Calf Raise</a>	-	2 - 3 x 8 - 10	2 - 3 Mins
<a href="#">Seated Calf Raise</a>	-	2 - 3 x 12 - 15	1 - 2 Mins

### Friday: Upper B

Exercise	Warm Up Sets	Work Sets	Rest
<a href="#">Pull Ups</a>	-	2 - 3 x AMAP	2 - 3 Mins
<a href="#">One Arm Dumbbell Row</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Bench Press</a>	2 x 12 - 15	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Incline Bench Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Lying Tricep Extensions</a>	-	1 - 2 x 10 - 12	1 - 2 Mins
<a href="#">Incline Dumbbell Curls</a>	-	1 - 2 x 10 - 12	1 - 2 Mins



## Option 2: 3 Day Split

### Week 1

Exercise	Warm Up Sets	Work Sets	Rest
<b>Monday: Lower A</b>			
<a href="#">Squats</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">45 Degree Leg Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Stiff Leg Deadlifts</a>	-	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Leg Curl</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Smith Machine Standing Calf Raise</a>	-	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Seated Calf Raise</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<b>Wednesday: Upper A</b>			
<a href="#">Barbell Row</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Reverse Grip Pulldown</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Bench Press</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Incline Bench Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Tricep Dips</a>	-	1 - 2 x AMAP	1 - 2 Mins
<a href="#">Preacher Curls</a>	-	1 - 2 x 10 - 12	1 - 2 Mins
<b>Friday: Lower B</b>			
<a href="#">Squats</a>	2 x 12 - 15	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">45 Degree Leg Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Stiff Leg Deadlifts</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Step Back Lunge</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Smith Machine Standing Calf Raise</a>	-	2 - 3 x 8 - 10	2 - 3 Mins
<a href="#">Seated Calf Raise</a>	-	2 - 3 x 12 - 15	1 - 2 Mins
AMAP: As Many As Possible			

### Week 2

Exercise	Warm Up Sets	Work Sets	Rest
<b>Monday: Upper A</b>			
<a href="#">Barbell Row</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Reverse Grip Pulldown</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Bench Press</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Incline Bench Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Tricep Dips</a>	-	1 - 2 x AMAP	1 - 2 Mins
<a href="#">Preacher Curls</a>	-	1 - 2 x 10 - 12	1 - 2 Mins
<b>Wednesday: Lower A</b>			
<a href="#">Squats</a>	2 x 12 - 15	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">45 Degree Leg Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Stiff Leg Deadlifts</a>	-	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Leg Curl</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Smith Machine Standing Calf Raise</a>	-	3 - 4 x 6 - 8	2 - 3 Mins
<a href="#">Seated Calf Raise</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<b>Friday: Upper B</b>			
<a href="#">Pull Ups</a>	-	2 - 3 x AMAP	2 - 3 Mins
<a href="#">One Arm Dumbbell Row</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Bench Press</a>	2 x 12 - 15	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Incline Bench Press</a>	-	2 - 3 x 10 - 12	1 - 2 Mins
<a href="#">Lying Tricep Extensions</a>	-	1 - 2 x 10 - 12	1 - 2 Mins
<a href="#">Incline Dumbbell Curls</a>	-	1 - 2 x 10 - 12	1 - 2 Mins