



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



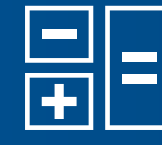
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MODIFIED STRENGTH HYPERTROPHY UPPER LOWER (S.H.U.L) WORKOUT

Build both size and strength in this 4 day split that incorporates both strength training and hypertrophy training. It's truly the best of both worlds.

Link to Workout: <https://www.muscleandstrength.com/workouts/shul-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 45 - 90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines, Other

Target Gender: Male & Female

Author: Josh England

Day 1: Lower Strength

Exercise	Sets	Reps
Safety Bar or Front Squat	3 - 4	3 - 5
Trap Bar Deadlift	3 - 4	3 - 5
Hack Squat Machine	3 - 5	10 - 15
Glute Ham Raise	3 - 4	6 - 10
Seated Calf Raise	4	6 - 10

Day 2: Upper Strength

Exercise	Sets	Reps
Dumbbell Bench Press	3 - 4	3 - 5
One Arm Dumbbell Row	3 - 4	3 - 5 Each
Overhead Press	3	3 - 5
Pull Up	3 - 4	6 - 10
Incline Bench Press	3 - 4	6 - 10
Triceps Dips	2 - 3	6 - 10
Farmer's Carry	2 - 4	40 - 80 Yards

Day 4: Lower Hypertrophy

Exercise	Sets	Reps
Front Squat or Goblet Squat	3 - 4	8 - 12
Dumbbell Reverse Lunge	3 - 4	8 - 12
Barbell Hip Thrust	3 - 4	8 - 12
Leg Extension	3 - 4	10 - 15
Romanian Deadlift	3 - 4	10 - 15
Standing Machine Calf Raise	3 - 4	8 - 12

Day 5: Upper Hypertrophy

Exercise	Sets	Reps
Incline Dumbbell Bench Press	3 - 4	8 - 12
Decline Bench Press	3 - 4	8 - 12
Lat Pull Down	3 - 4	8 - 12
Inverted Row	3 - 4	8 - 12
Cable Face Pull	3 - 4	8 - 12
Lateral Raise	3 - 4	8 - 12
Barbell Curl	3 - 4	8 - 12
Incline Skullcrusher	3 - 4	8 - 12