



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



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Workouts



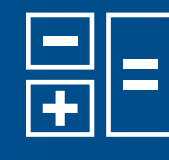
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## UPPER/LOWER 4 DAY GYM BODYBUILDING SPLIT WORKOUT

Reach your muscle building goals with this balanced 4 day training split that mixes heavy compound exercises, machines, cables and incorporates 3 second negatives.

Link to Workout: <https://www.muscleandstrength.com/workouts/upper-lower-4-day-gym-bodybuilding-workout>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 10 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines  
**Author:** Steve Shaw

### Day 1

Exercise	Sets	Reps
<b>Upper Body</b>		
<a href="#">Bench Press</a>	3	6 - 12
<a href="#">Barbell Row</a>	3	6 - 12
<a href="#">Seated Overhead Dumbbell Press</a>	3	8 - 12
<a href="#">Pec Dec*</a>	2	10 - 12
<a href="#">V-Bar Lat Pull Down*</a>	2	10 - 12
<a href="#">Side Lateral Raise</a>	2	10 - 15
<a href="#">Cable Tricep Extensions*</a>	3	8 - 12
<a href="#">Cable Curls*</a>	3	8 - 12
*3 sec negative		

### Day 2

Exercise	Sets	Reps
<b>Lower Body</b>		
<a href="#">Squats</a>	3	6 - 12
<a href="#">Stiff Leg Deadlifts</a>	3	8 - 12
<a href="#">Standing Calf Raise</a>	3	10 - 15
<a href="#">Leg Extensions*</a>	2	10 - 12
<a href="#">Leg Curl*</a>	2	10 - 12
<a href="#">Seated Calf Raise*</a>	2	10 - 12
<a href="#">Cable Crunch*</a>	3	10 - 12
<a href="#">Cable Pull Through w/Rope</a>	3	10 - 12
*3 sec negative		

### Day 4

Exercise	Sets	Reps
<b>Upper Body</b>		
<a href="#">Incline Dumbbell Bench Press</a>	3	8 - 12
<a href="#">Rack Deadlifts**</a>	3	5 - 8
<a href="#">Military Press</a>	3	8 - 12
<a href="#">Machine Chest Press*</a>	2	8 - 12
<a href="#">Pull Ups</a> or <a href="#">Machine Rows*</a>	2	8 - 12
<a href="#">Machine Shoulder Press*</a>	2	8 - 12
<a href="#">Dumbbell Curls*</a>	3	8 - 12
<a href="#">Machine Tricep Dip*</a>	3	8 - 12
*3 sec negative **3" - 5" off ground		

### Day 5

Exercise	Sets	Reps
<b>Lower Body</b>		
<a href="#">Leg Press</a>	3	10 - 20
<a href="#">Dumbbell Stiff Leg Deadlifts</a>	3	8 - 12
<a href="#">Leg Press Calf Raise</a>	3	10 - 15
<a href="#">Hack Squat</a>	2	8 - 12
<a href="#">Seated Leg Curl*</a>	2	10 - 12
<a href="#">Seated Calf Raise*</a>	2	10 - 12
<a href="#">Planks</a>	3	60 sec
<a href="#">Hyperextension</a>	3	10 - 12
*3 sec negative		