

4 Day Upper/Lower Body Split Workout

Based on the Push-Pull Principle for Toning
Beginner-Intermediate Level

Schedule This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2		Workout #3	Workout #4	

Workout #1 – Warm up on a Treadmill for 5 minutes before training

EXERCISE	Set #1	Set #2	Set #3	Set #4
Always warm up shoulders first with very light weight before upper body training See “Protect Those Shoulders” at the end of this workout				
Flat Bench DB Press – 12-15 Reps				
Wide Grip Pull Ups - 6 Reps				
DB Bench Chest Flye - 12-15 Reps				
Bench-Suppt 1 Arm DB Row – 15 Reps				
Incline Bench Press - 12-15 Reps				
Wide Grip Lat Pull Down - 12-15 Reps				
Seated Palms-Out DB Curl - 15-20 Reps				
Rope or Bar Tricep Pushdowns – 15-20 Reps				
Close Grip Preacher Curl - 15-20 Reps				
One Arm Cable Tricep Extensions - 15-20 Reps				

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Workout #2

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squats - 15-20 Reps				
Leg Press Or Hack Squats - 15 Reps				
Leg Extension - 15-20 Reps				
Seated Or Standing 3-Way Calf Raises - 15 Reps (3 each position)				
Abs - 200 total Reps				

Workout #3

EXERCISE	Set #1	Set #2	Set #3	Set #4
Close Grip Cable Row - 8-10 Reps				
DB Shoulder Press – 12-15 Reps				
Bent Over Barbell or T-Bar Row – 15-18 Reps				
Side Lateral DB Raises – 12-15 Reps				
Wide Grip Cable Row - 15-20 Reps				
Upright Rows - 15-20 Reps				
Bent Over Lateral DB Raises - 15-20 Reps				
Barbell Bicep 21's (7 Bottom-1/2 way up>7 Top-1/2 way down>7 Full Curl)				
Close Grip Skull Crushers - 15 Reps				

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Workout #4

EXERCISE	Set #1	Set #2	Set #3	Set #4
Straight Leg Barbell Deadlifts - 15 Reps				
Lying Leg Curl - 15-20 Reps				
Seated Abduction – 20 Reps				
Seated Or Standing 3-Way Calf Raises - 15 Reps (3 each position)				
Abs - 200 total Reps				

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FOCUS-X

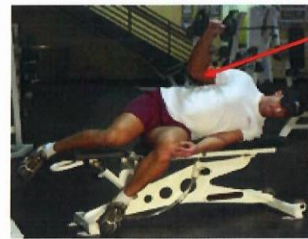
Protect Those Shoulders!

Is this you? You have been training for awhile and you decide to focus on building a beautiful chest and shoulders. So you watch people in the gym to see how they lift and follow the directions in your favorite fitness magazine and really go for it.

For the next 4 weeks you pound out shoulder presses galore using progressively heavier weights, followed by side laterals and upright rows. Then it's off to the chest press and you lift moderately heavy on the vertical chest press, the flat bench, and the flye machine.

Pretty soon you start noticing pains in your shoulders - almost pinpoint pain, like a pinching inside, each time you lift your arm to the front, side or overhead. You try to work through it, but it gets worse. Finally, it becomes so painful that you have to stop and let whatever is wrong heal. Sound familiar? This injury is referred to as shoulder impingement, and is a very common gym injury. It is caused by lifting incorrectly and/or lifting too heavy.

Before you do any chest or shoulder work you must warm up the rotator cuffs with simple, small range of motion, and movements using very light weights. Some people do these in a standing position; I prefer lying on a bench on my side to better isolate the region being worked. See pics:



Elbow should be on his waist, and it's not because his weight is too heavy for this move. Use very light weights

Then do these -->

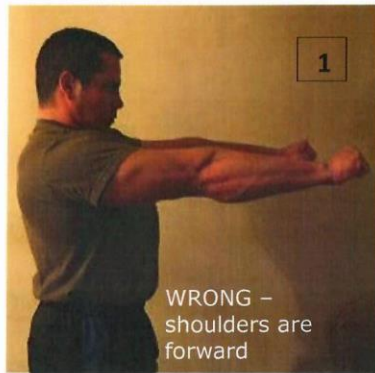


15-20 reps x 2 is good. Now you are ready for your first set of a bench press using a bar or dumbbells. Be sure to use light weight for this exercise – 1-5 lbs depending on your strength. It's just a warmup – not a working move. Do 15-20 reps on one side – Flip over – 15-20 reps on the other side. Support your head with the free hand. This guy looks uncomfortable laying on his resting arm. **Weight looks too heavy – his right elbow should be on his body, not up in the air. This indicates the weight is too heavy for internal rotator-cuff muscles.**

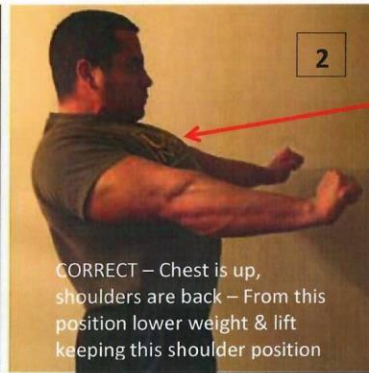
4 Day Upper/Lower Body Split Workout

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Once the shoulders are warmed up, then you can move into chest presses. Start with light weight and practice perfect form! What is that? Any time you push weight away from your body, it is imperative to focus on and use the larger pectoralis major muscles that comprise the front of the chest, and try and keep the smaller deltoids (shoulder girdle) out of the movement as much as possible. How do you do that? By keeping your shoulder blades contracted back, toward each other (see picture #2 below). Keep them there - don't let them expand out or forward. Then, as you are lying on a bench, bring your feet back toward your body so that they are on their toes. See pics:



Typical Flat Back Set Up



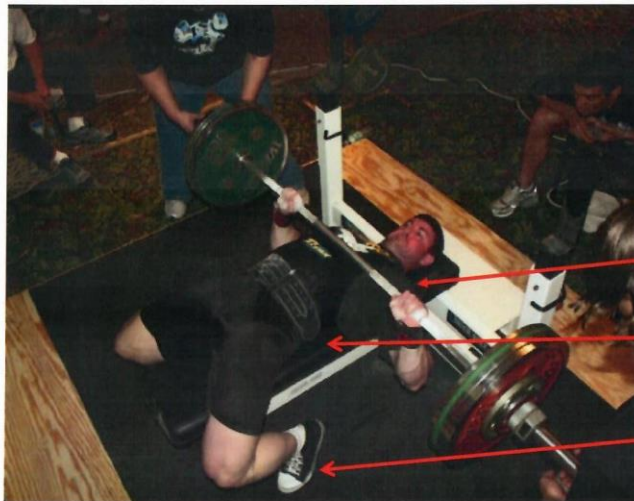
Chest & Rib Cage Expanded
Shoulders Pulled Back Set Up

HIGH CHEST -
Shoulders are back
and chest is up – ready
for the lift.
Now get in that same
position only lying flat
on a bench with feet
on the floor, back on
their toes and lower
back will be arched off
the bench.

See the difference? The guy above in pictures 1 & 2 is standing up but pretend he is flat on a bench. When the shoulders go back, the chest comes up and out ready for engagement. See how high his chest is in picture #2?

4 Day Upper/Lower Body Split Workout

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Shoulders are pinned to the bench

Back is arched

See his feet? Perfect!

Now, with your shoulders back and your toes back, the only bodyparts that should be touching the bench are your head, butt and your shoulder blades - your lower back will be arched off the bench. From that position, push the weight away from your body and do not allow your shoulder blades to come off the bench! It will feel like a shorter move. At the top of the move, your hands and bar or dumbbells should not be over your face, but over the fullest part of your chest. Inhale on the way down, exhale on the push upward.

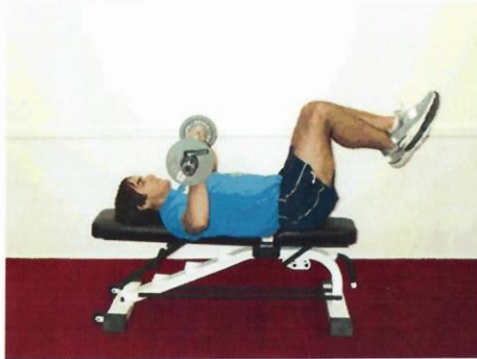
*REMEMBER!: Keep a little arch in your back by bending your knees more to bring your feet back and on their toes on the floor. Why do we do this? To keep your shoulders pinned to the bench and your chest high. It's for this reason that I cringe every time I see people bench-pressing heavy weight with their feet on the bench or worse, in the air! That is a recipe for injury!

See illustration below:

4 Day Upper/Lower Body Split Workout

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DON'T DO THIS



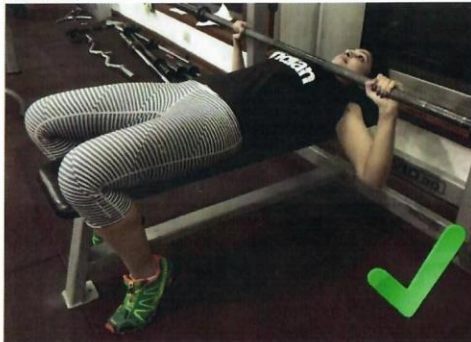
I cringe every time I see someone in the gym in this position. I'm assuming the purpose for this move is to strengthen core and build pecs at the same time..? The truth is, neither goal is accomplished with this move. And worse, it's dangerous.

In order to progressively build a strong chest, the shoulders have to get out of the way to fully engage the pectoralis major muscles. To do that, feet need to be on the floor in the correct position that creates an arch in the back and a high, chest-up position, as shown in the picture above on page 3.

The position shown in this picture offers no safety or stability at all. One false move with an arm or hand and there is no chance for recovery here. This person will lose the barbell probably on himself or someone close by and/or fall off the bench and injure himself. Besides, it just looks silly.

KEY POINT: Whenever you lift weight over your body or push weight away from your body, NEVER lift your feet off the floor.

DO THIS



One more tip:

This lady is lifting much lighter weight than the guy in the picture above on page 3. Her feet are in the correct position to accommodate the weight she is lifting (60 lbs including the bar)

However, if she was lifting substantially heavier weight, the feet would come back accordingly to help sustain a higher back arch which would lift the chest higher, pin the shoulders to the bench and thereby facilitate greater power for the heavier lift.

Got it? Yeah, it's not hard. Just don't take risks. Think before you lift.