

APEX NUTRITION

UPPER LOWER SPLIT

Introduction into Muscle Building



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Start your journey into building a lean physique.

Upper/Lower 4 Day Gym Bodybuilding Split Workout

Release Your APEX

Workout Description

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

Main Goal: Build Muscle

Time Per Workout: 45-60 Mins

Training Level: Beginner

Equipment: Barbell, Cables, Dumbbells, EZ Bar

Program Duration: 10 weeks

Days per Week: 4 Days

Day 1: Upper Body

Exercise	Sets	Reps
Bench Press	3	6-12
Barbell Row	3	6-12
Seated Overhead Dumbbell Press	3	8-12
Pec Dec	2	10-12
V-Bar Lat Pull Down	2	10-12
Side Lateral Raise	2	10-15
Cable Tricep Extension	3	8-12
Cable Curl	3	8-12

Day 2: Lower Body

Exercise	Sets	Reps
Squats	3	6-12
Stiff Leg Deadlift	3	8-12
Standing Calf Raise	3	10-15
Leg Extensions	2	10-12
Leg Curl	2	10-12
Seated Calf Raise	2	10-12
Cable Crunch	3	10-12
Cable Pull Through w/Rope	3	10-12

Day 4: Upper Body

Exercise	Sets	Reps
Incline Dumbbell Bench Press	3	8-12
Rack Lifts	3	5-8
Military Press	3	8-12
Machine Chest Press	2	8-12
Pull Ups	2	8-12
Machine Shoulder Press	2	8-12
Dumbbell Curls	3	8-12
Machine Tricep Dips	3	8-12

Day 5: Lower Body

Exercise	Sets	Reps
Leg Press	3	10-20
Dumbbell Stiff Leg Deadlift	3	8-12
Leg Press Calf Raise	3	10-15
Hack Squat	2	8-12
Seated Leg Curl	2	10-12
Seated Calf Raise	2	10-12
Planks	3	60 secs
Hyperextensions	3	10-12



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