

4-Day Split Chart

Day 1: Upper Body: Chest

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight
Chest	5	1st exercise: Multi-joint	Incline Chest Press	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
				4	10 – Med-Heavy	8 – Heavy	8 – Heavy
		2nd exercise: Multi-joint	Seated Chest Press	1	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
				2	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
				3	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
				4	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
		3rd exercise: Multi-joint	Decline Push-ups/ Decline Press	1	12 – Medium	15 – Light	10 x bodyweight
				2	12 – Medium	12 – Medium	10 x bodyweight
				3	12 – Medium	10 – Med-Heavy	10 x bodyweight
				4	12 – Medium	8 – Heavy	10 x bodyweight
		4th exercise: Single-joint	Chest Fly	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
				4	10 – Med-Heavy	8 – Heavy	8 – Heavy
		5th exercise: Single-joint	Cable Fly	1	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
				2	12 – Medium	10 – Med-Heavy	12 – Medium
				3	12 – Medium	10 – Med-Heavy	15 – Light
		Abs	1	Single-joint	Crunches	1	15 x
2	20 x					20 x	15 – weighted
3	20 x					25 x	15 – weighted
4	25 x					25 x	15 – weighted

Day 2: Upper Body: Back

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight
Legs	5	1st exercise: Multi-joint	Seated Row	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
				4	10 – Med-Heavy	8 – Heavy	8 – Heavy
		2nd exercise: Multi-joint	Lat Pull-down	1	12 – Medium	15 – Light	10 – Med-Heavy
				2	12 – Medium	12 – Medium	10 – Med-Heavy
				3	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
				4	12 – Medium	8 – Heavy	10 – Med-Heavy
		3rd exercise: Multi-joint	One-Arm Row	1	12 – Medium	10 – Med-Heavy	8 – Heavy
				2	12 – Medium	10 – Med-Heavy	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
				4	12 – Medium	10 – Med-Heavy	8 – Heavy
		4th exercise: Single-joint	Pullover	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
				4	10 – Med-Heavy	8 – Heavy	8 – Heavy
		5th exercise: Single-joint	Reverse Fly	1	10 – Med-Heavy	12 – Medium	10 – Med-Heavy
				2	12 – Medium	12 – Medium	10 – Med-Heavy
				3	15 – Light	12 – Medium	10 – Med-Heavy
		Lower Back	1	Single-joint	Hyperextension	1	10 x
2	10 x					15 x	20 x
3	10 x					15 x	20 x
4	10 x					15 x	20 x

Day 3: Lower Body: Legs and Shoulders

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight		
Legs	5	1st exercise: Multi-joint	Leg Press	1	15 – Light	15 – Light	15 – Light		
				2	12 – Medium	12 – Medium	12 – Medium		
				3	12 – Medium	10 – Med-Heavy	10 – Med-Heavy		
				4	10 – Med-Heavy	8 – Heavy	8 – Heavy		
				5			24 – Light		
		2nd exercise: Multi-joint	Wall or Ball Squat	1	12 – Medium	10 – Med-Heavy	8 – Heavy		
				2	12 – Medium	10 – Med-Heavy	8 – Heavy		
				3	12 – Medium	10 – Med-Heavy	8 – Heavy		
				4	12 – Medium	10 – Med-Heavy	8 – Heavy		
		3rd exercise: Multi-joint	Lunge	1	15 x bodyweight	12 – Medium	12 – Medium		
				2	15 x bodyweight	12 – Medium	10 – Med-Heavy		
				3	15 x bodyweight	12 – Medium	8 – Heavy		
		4th exercise: Single-joint	Leg Extension	1	12 – Medium	10 – Med-Heavy	8 – Heavy		
				2	12 – Medium	10 – Med-Heavy	8 – Heavy		
				3	12 – Medium	10 – Med-Heavy	8 – Heavy		
		5th exercise: Single-joint	Leg Curl	1	12 – Medium	10 – Med-Heavy	8 – Heavy		
				2	12 – Medium	10 – Med-Heavy	8 – Heavy		
				3	12 – Medium	10 – Med-Heavy	8 – Heavy		
		Shoulders	3	1st exercise: Multi-joint	Shoulder Press	1	15 – Light	15 – Light	15 – Light
						2	12 – Medium	12 – Medium	12 – Medium
3	12 – Medium					12 – Medium	10 – Med-Heavy		
4	12 – Medium					10 – Med-Heavy	8 – Heavy		
2nd exercise: Single-joint	Laterals			1	12 – Medium	10 – Med-Heavy	8 – Heavy		
				2	12 – Medium	10 – Med-Heavy	8 – Heavy		
				3	12 – Medium	10 – Med-Heavy	8 – Heavy		
3rd exercise: Multi-joint	Front Arm Rise			1	12 – Medium	12 – Medium	10 – Med-Heavy		
				2	12 – Medium	12 – Medium	10 – Med-Heavy		
				3	15 – Light	12 – Medium	10 – Med-Heavy		

Day 4: Upper Body: Arms

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight
Triceps	3	1st exercise: Single-joint	Overhead Tricep Extension	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
				4	10 – Med-Heavy	8 – Heavy	8 – Heavy
		2nd exercise: Single-joint	Tricep Push-down	1	12 – Medium	15 – Light	10 – Med-Heavy
				2	12 – Medium	12 – Medium	10 – Med-Heavy
				3	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
				4	12 – Medium	8 – Heavy	10 – Med-Heavy
		3rd exercise: Single-joint	Tricep Kickback	1	10 – Med-Heavy	12 – Medium	8 – Heavy
				2	12 – Medium	10 – Med-Heavy	8 – Heavy
				3	15 – Light	8 – Heavy	8 – Heavy
Biceps	2	1st exercise: Single-joint	Bicep Curl	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
				4	10 – Med-Heavy	8 – Heavy	8 – Heavy
		2nd exercise: Single-joint	Hammer Curl	1	10 – Med-Heavy	12 – Medium	10 – Med-Heavy
				2	12 – Medium	12 – Medium	10 – Med-Heavy
				3	15 – Light	12 – Medium	10 – Med-Heavy
Abs	1	Single-joint	Vertical Knee Raise	1	15 x	20 x	25 x
				2	15 x	20 x	25 x
				3	15 x	20 x	25 x