

# 4-6 Day Per Week Upper/Lower Hypertrophy Split

This program involves an upper/lower split, with two upper body and two lower body workouts.

This program can be performed 4, 5, or 6 days per week. Each muscle group is trained 2-3 times per week, with weekly volumes ranging from 12 - 24 sets per muscle group depending upon which frequency and volume combination you choose. These volume and frequency combinations are in line with the guidelines established by my [Volume Bible](#) and [Frequency Bible](#).

## 4 Days Per Week

A 4 day per week routine would involve doing two upper body workouts and two lower body workouts during the week.

For example, you can do a sequence like this:

- Monday: Lower Body A
- Tuesday: Upper Body A
- Thursday: Lower Body B
- Friday Upper Body B

Set volume is 12 sets per muscle group per week. You can increase that to 16 sets by doing one additional set per exercise. Each muscle group is hit twice per week.

## 5 Days Per Week

A 5 day per week routine would rotate between doing three upper body workouts and two lower body workouts, and two upper body workouts and three lower body workouts each week.

For example, you can do a sequence like this:

- Monday: Lower Body A

- Tuesday: Upper Body A
- Wednesday: Lower Body B
- Thursday: Upper Body B
- Friday: Lower Body A
  
- Monday: Upper Body A
- Tuesday: Lower Body B
- Wednesday: Upper Body B
- Thursday: Lower Body A
- Friday: Upper Body A

...and so on.

You could also add a C workout with different exercises. It would look something like this:

- Monday: Lower Body A
- Tuesday: Upper Body A
- Wednesday: Lower Body B
- Thursday: Upper Body B
- Friday: Lower Body C
  
- Monday: Upper Body C
- Tuesday: Lower Body A
- Wednesday: Upper Body A
- Thursday: Lower Body B
- Friday: Upper Body B

...and so on.

Each muscle group is hit 2 times per week on one week, then 3 times the next. Weekly volume is 12 sets when it's hit twice per week, and 18 sets when it's hit three times. If you do an additional set per exercise, weekly volume reaches 18 sets when it's hit twice per week, and 24 sets when it's hit three times per week.

## **6 Days Per Week**

In a 6-day per week program, you would perform three lower body workouts and

three upper body workouts each week. If you alternate A and B workouts, it would look something like this:

- Monday: Lower Body A
- Tuesday: Upper Body A
- Wednesday: Lower Body B
- Thursday: Upper Body B
- Friday: Lower Body A
- Saturday: Upper Body A
  
- Monday: Lower Body B
- Tuesday: Upper Body B

...and so on.

You could also add a C workout with different exercises. It would look something like this:

- Monday: Lower Body A
- Tuesday: Upper Body A
- Wednesday: Lower Body B
- Thursday: Upper Body B
- Friday: Lower Body C
- Saturday: Upper Body C

Each muscle group is hit 3 times per week. Weekly volume is 18 sets per muscle group. If you do an additional set per exercise, weekly volume reaches 24 sets per muscle group.

Feel free to substitute similar exercises based on your preference.

## Lower Body A

<b>Exercise</b>	<b>Sets * Reps @ RPE</b>
Barbell Back Squat	3 * 10-12 @ 8-9
Barbell Hip Thrust	3 * 10-12 @ 8-9
Leg Extension	3 * 10-15 @ 9-10

<b>Exercise</b>	<b>Sets * Reps @ RPE</b>
Lying Leg Curl	3 * 10-15 @ 9-10
Standing Calf Raise	6 * 10-15 @ 9-10

## Upper Body A

<b>Exercise</b>	<b>Sets * Reps @ RPE</b>
Barbell Bench Press	3 * 10-12 @ 8-9
Medium Width Pronated or Neutral Grip Pullups (weighted if necessary)	3 * 10-12 @ 8-9
Machine Fly	3 * 12-20 @ 9-10
Rope Pushdown	3 * 12-20 @ 9-10
One Arm Dumbbell Row	3 * 12-20 @ 8-9
Dumbbell Bicep Curl	3 * 10-12 @ 9-10
Dumbbell Lateral Raise	3 * 15-20 @ 9-10

## Lower Body B

<b>Exercise</b>	<b>Sets * Reps @ RPE</b>
Leg Press	3 * 10-12 @ 8-9
Romanian Deadlift	3 * 10-12 @ 8-9
Sissy Squat	3 * 15-20 @ 9-10
Standing Leg Curl	3 * 10-15 @ 9-10
Calf Press on Leg Press	6 * 10-15 @ 9-10

## Upper Body B

<b>Exercise</b>	<b>Sets * Reps @ RPE</b>
Incline Dumbbell Bench Press	3 * 10-12 @ 8-9
Close Grip Lat Pulldown	3 * 10-12 @ 8-9
Cable Crossover	3 * 15-20 @ 9-10

<b>Exercise</b>	<b>Sets * Reps @ RPE</b>
Skullcrusher	3 * 12-20 @ 9-10
Cable Row	3 * 10-12 @ 8-9
Cable Curl	3 * 10-12 @ 9-10
Upright Cable Row	3 * 12-15 @ 9-10