



4 Day Split

UPPER BODY DAY 1

DATE:							
REPS/ SETS:							
CYCLE PHASE:	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L
<u>WARM-UP</u>							
LIFT/ MUSCLE(S)							
<u>DB BENCH PRESS</u> Chest 							
<u>RB LAT PULL DOWN</u> <u>OR PULL-UPS</u> Lats 							
<u>CURLS</u> Biceps 							
<u>ROTATING FRONT</u> <u>RAISE</u> Shoulders 							
<u>REVERSE FLIES</u> Rhomboids/ Traps 							
NOTES:							

Cooldown

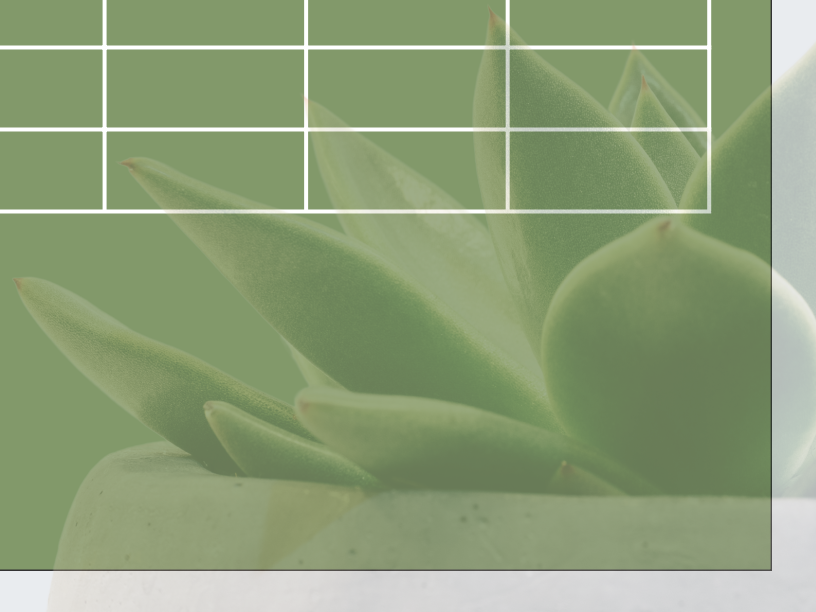


4 Day Split

UPPER BODY DAY 2

DATE:							
REPS/ SETS:							
CYCLE PHASE:	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L
<u>WARM-UP</u>							
LIFT/ MUSCLE(S)							
<u>OVERHEAD PRESS</u>  Front Delts							
<u>SINGLE ARM ROWS</u>  Rhomboids/ Traps							
<u>FLIES</u>  Chest							
<u>TRICEP KICKBACKS</u>  Triceps							
<u>OBLIQUE RAISE</u>  Obliques							
NOTES:							

Cooldown





4 Day Split

LOWER BODY DAY 1

DATE:							
REPS/ SETS:							
CYCLE PHASE:	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L
<u>WARM-UP</u> <u>GOOD MORNINGS</u> <u>FORWARD STEP</u> <u>DOWNS</u>							
LIFT/ MUSCLE(S)							
<u>RDLS</u> Hamstrings 							
<u>DECLINE SQUATS</u> Quads 							
<u>WALKING LUNGES</u> Glutes/ Quads Hamstrings 							
<u>SINGLE LEG CALVES</u> Calves 							
<u>WEIGHTED SITUPS</u> Front Abs 							
NOTES:							

Cooldown



4 Day Split

LOWER BODY DAY 2

DATE:							
REPS/ SETS:							
CYCLE PHASE:	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L
<u>WARM-UP</u> <u>KOT SQUATS</u> <u>TIB RAISES</u>							
LIFT/ MUSCLE(S)							
<u>HIP THRUSTS</u>  Glutes							
<u>BULGARIAN SPLIT SQUATS</u>  Glutes/ Quads							
<u>STEP UPS</u>  Glutes/ Quads/ Hams							
<u>CLAM SHELLS</u>  Glute Meds							
<u>SUPERWOMANS</u>  Lower Lats							
NOTES:							

Cooldown