

Upper, Lower x 2 – Workout Plan (Superset version – non-machine based)

Program Overview

Upper, Lower x 2 Workout Plan with Core three times weekly

Suggested Training Breakdown:

U1, L1, Rest, U2, L2, Rest, Repeat

U1,L1,U2, Rest, L2, Rest, Repeat

Lower 1

Workout

Superset

A1 Back Squats Sets: 3 Reps: 12-15

A2 Stiff leg deadlift Sets: 3 Reps: 12-15 REST: 1 min

Superset

B1 Bulgarian Split Squats Sets: 3 Reps: 12-15

B2 DB Calf Raises Sets: 3 Reps: 15-20 REST: 1 min

Superset

C1 Dumbbell Lunges Sets: 3 Reps: 8-12

C2 Banded Hip Adduction Sets: 3 Reps: 12-15 REST: 1 min

Upper 1

Workout

Superset

A1 Single DB row Sets: 2 Reps: 12-15

A2 Barbell Row Sets: 2 Reps: 8-12 REST: 1 min

Superset

B1 Deadlift Sets: 2 Reps: 8-12

B2 Bench press Sets: 2 Reps: 12-15 REST: 1 min

Superset

C1 Incline bench press Sets: 3 Reps: 8-12

C2 DB Seated Lateral Raises Sets: 3 Reps: 8-12 REST: 1 min

Superset

D1 Barbell Curl Sets: 3 Reps: 8-12

D2 Dumbbell triceps extension Sets: 3 Reps: 8-12 REST: 1 min

Lower 2

Workout

Superset

A1	Front squat	Sets: 3	Reps: 15-20	
A2	Hamstring Nordic Curls	Sets: 3	Reps: 12-15	REST: 1 min

Superset

B1	DB Sumo Squat	Sets: 3	Reps: 12-15	
B2	Standing Calf Raise	Sets: 3	Reps: 12-15	REST: 1 min

C	Side plank hip abduction	Sets: 3	Reps: 12-15	REST: 1 min
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Upper 2

Workout

Superset

A1	Squat Rack Pull Up	Sets: 2	Reps: 8-12	
A2	T Bar Row	Sets: 2	Reps: 8-12	REST: 1 min

Superset

B1	DB pull over	Sets: 3	Reps: 12-15	
B2	Flat DB press	Sets: 3	Reps: 12-15	REST: 1 min

Superset

C1	Incline Fly	Sets: 3	Reps: 12-15	
C2	Rear delt fly	Sets: 3	Reps: 12-15	REST: 1 min

Superset

D1	DB Hammer Curls	Sets: 3	Reps: 12-15	
D2	Triceps Dips on a Bench	Sets: 3	Reps: 12-15	REST: 1 min

Core

Workout

A	Crunches	Sets: 2	Reps: 15-20	REST: 1 min	
B	Ab Roll Out	Sets: 2	Reps: 20	REST: 1 min	Notes: Ab roll out using the wheel
C	Lying leg raises 3	Sets: 2	Reps: 15-20		