

## **Sample Upper/Lower Split – By Alan Aragon**

---

### **Split**

What works well for many busy folks is doing upper on Monday, lower on Tuesday, Wed off (or cardio if desired), Thursday upper, Friday lower, weekends off (or cardio on one of the weekend days if desired).

#### **Upper body**

- 1) Chest
- 2) Back
- 3) traps
- 4) Tris
- 5) Bis
- 6) Delts
- 7) Forearms

#### **Lower body**

- 1) Quads
- 2) Hams
- 3) Abs
- 4) Lower back
- 5) Core Rotation (ie, cable twists in the transverse plane, etc)
- 6) Calves
- 7) Tibialis

### **Exercises**

- 2 per muscle, choose a different set of exercises (where applicable) each time you hit the muscle during the week.
- For certain bodyparts it's tough to find more than 1 exercise. In this case, simply do 3 warmups sets and 4 heavy sets. Keep the 1st 2 heavy sets in the 4-7 rep range. Keep the second 2 heavy sets in the 10-15 rep range.

### **Sets per body part**

- 1st exercise: 2 warmup, 2 heavy. Rest liberally (2-4 minutes).
- 2nd exercise: 1 warmup, 2 heavy. Rest minimally (you can opt to do a single drop-set here, no rest between sets, just cut the weight by appx 50% once you fatigue, then keep going for the prescribed amount of reps).
- Total working sets per bodypart (excluding warmup sets) = 4. You'll be doing 49 total sets (including warm-ups) per workout. Your workouts should take 70-90 minutes depending on rest length between sets.
- This is a lower volume of sets per muscle group than many people are used to, but then again, in my opinion, most people are doing more volume than necessary to optimally recover and grow.

### **Reps**

- Reps in warmup sets: 10-15 on 1st set, 4-7 on 2nd set. 1st warmup set should be really easy, 2nd warmup set is a "feel" set. It should be moderately easy & nowhere near exhaustive.
- Reps in heavy sets: 4-7 on 1st exercise, 10-15 on 2nd exercise
- Note that the 2nd exercise of each bodypart only has only 1 warmup "feel" set of 4-7 reps.
- Feel free to go either above or below the listed rep ranges on occasion, it might even benefit you. The thing to remember is that if you spend MOST of your time below 4 reps or above 15 reps, I don't care what bodypart you're training, optimal rates of hypertrophy aren't gonna occur.

### **Rotate/mix up your proximity to failure**

- Rotate your proximity to failure on your working sets. People bicker all the time about whether or not you should go to failure, but the answer is yes for both techniques. It amazes me that everyone always thinks in black & white terms, when the grey area in between is really the truth. Here's what I've been doing lately that I've been getting good results from: I rotate and/or combine nonfailure, failure without partials, & failure + 1-2 partials. Occasionally I'll do 1-2 rest-pause reps after concentric failure. I never do negatives, simply because what I'm currently doing works fine.
- Don't attempt or expect improvements in lifts every week. Every other week or so, strive for improvements in one lift per bodypart. As long as you "trend" towards overall improvement month to month, strength gains don't have to happen every time you hit the muscle. If improvements happen faster than every other week, then more power to you.

### **Cardio**

Some people seem to think that formal cardio is absolutely necessary at all times. Bullshit. When your heart is working hard, it has no idea whether your body is running or repping iron. Keep in mind that you're already getting a very significant cardio-respiratory effect from the way this weight training split is set up, and I suggest you see how well you do without cardio altogether. Indiscriminately adding cardio on top of an already voluminous weight training program is not necessarily conducive to optimal gains. Use cardio only as needed, pinpointing the least amount necessary begins with starting at ZERO cardio, & only add it as needed.

### **Individualize these suggestions!**

I'm a HUGE believer in adjusting anyone & everyone's ideas to fit your OWN individual response. Unless you're a 100% beginner, no one can tell you for sure that this or that is the best thing for you to do at the moment. Heck, I've been at this for years & I still like to experiment with new protocols. That said, some of the principles listed above may be dead on for you, others might need to be either adjusted or kicked out altogether. Good luck!