

Upper/ Lower

4 Day Split

2 Days on 1 Day Off.

# Petra's Upper/Lower

| Exercise                               | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | Week 10 | Week 11 | Week 12 |
|--|--------|--------|--------|--------|--------|--------|--------|--------|--------|---------|---------|---------|
| <b>Monday</b>                          |        |        |        |        |        |        |        |        |        |         |         |         |
| Bench press 3 X 8-12 rep               |        |        |        |        |        |        |        |        |        |         |         |         |
| Dumbbell shoulder press 3 X 8-12 rep   |        |        |        |        |        |        |        |        |        |         |         |         |
| Barbell row 3 X 8-12 rep               |        |        |        |        |        |        |        |        |        |         |         |         |
| Lying tricep extension 3 X 8-12 rep    |        |        |        |        |        |        |        |        |        |         |         |         |
| Ez bar curl 3 X 8-12 rep               |        |        |        |        |        |        |        |        |        |         |         |         |
| Lying leg raises 3 X 10-15 rep         |        |        |        |        |        |        |        |        |        |         |         |         |
|  |        |        |        |        |        |        |        |        |        |         |         |         |
| <b>Tuesday</b>                         |        |        |        |        |        |        |        |        |        |         |         |         |
| Squat 3 X 8-12 rep                     |        |        |        |        |        |        |        |        |        |         |         |         |
| Stiff leg deadlift 3 X 8-12 rep        |        |        |        |        |        |        |        |        |        |         |         |         |
| Leg extension 3 X 8-12 rep             |        |        |        |        |        |        |        |        |        |         |         |         |
| Lying leg extensions 3 X 8-12 rep      |        |        |        |        |        |        |        |        |        |         |         |         |
| Standing calf raises 3 X 8-12 rep      |        |        |        |        |        |        |        |        |        |         |         |         |
| Swiss ball crunch 3 X 10-15 rep        |        |        |        |        |        |        |        |        |        |         |         |         |
|  |        |        |        |        |        |        |        |        |        |         |         |         |
| <b>Thursday</b>                        |        |        |        |        |        |        |        |        |        |         |         |         |
| Dips 3 X 8-12 rep                      |        |        |        |        |        |        |        |        |        |         |         |         |
| Pull ups or Lat pull down 3 X 8-12 rep |        |        |        |        |        |        |        |        |        |         |         |         |
| Dumbbell lat raise 3 X 8-12 rep        |        |        |        |        |        |        |        |        |        |         |         |         |
| Tricep pull down 3 X 8-12 rep          |        |        |        |        |        |        |        |        |        |         |         |         |
| Cable curl 3 X 8-12 rep                |        |        |        |        |        |        |        |        |        |         |         |         |
| Crunch 3 X 10-15 rep                   |        |        |        |        |        |        |        |        |        |         |         |         |
|  |        |        |        |        |        |        |        |        |        |         |         |         |
| <b>Friday</b>                          |        |        |        |        |        |        |        |        |        |         |         |         |
| Deadlift 3 X 8-12 rep                  |        |        |        |        |        |        |        |        |        |         |         |         |
| Leg press 3 X 8-12 rep                 |        |        |        |        |        |        |        |        |        |         |         |         |
| Donkey kick back 3 X 8-12 rep          |        |        |        |        |        |        |        |        |        |         |         |         |
| Lunges 3 X 8-12 rep                    |        |        |        |        |        |        |        |        |        |         |         |         |
| Seated calf raise 3 X 8-12 rep         |        |        |        |        |        |        |        |        |        |         |         |         |
| Back extension 3 X 10-15 rep           |        |        |        |        |        |        |        |        |        |         |         |         |
|  |        |        |        |        |        |        |        |        |        |         |         |         |
|  |        |        |        |        |        |        |        |        |        |         |         |         |
|  |        |        |        |        |        |        |        |        |        |         |         |         |

Track the weight you use and the reps each week.