

UPPER/LOWER WORKOUT SPLIT

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LOWER 1	Exercise	Sets	Reps	Rest
1	Barbell squats	4	6-8	3'
2	Barbell romanian deadlift	3	8-10	3'
3	Dumbbell lateral raises	3	15-20	1'30
4	Hanging leg raises x Superman	3	15-20	1'30
5	One-leg standing calf raises	3	12-15	1'

UPPER 1	Exercise	Sets	Reps	Rest
1	Barbell bench press	4	6-8	3'
2	Chest supported row	3	8-10	1'30
3	Cable lateral raises	3	12-15	1'30
4	Barbell IBP x NGLP	3	8-10	1'30
5	One-arm horizontal pull	3	8-10	1'30
6	EZ skull crushers x Bicep curls	3	8-10	1'30

IBP = Incline bench press

NGLP = Neutral grip lat pulldown

LOWER 2	Exercise	Sets	Reps	Rest
1	Walking lunges	3	8-10	3'
2	Conventional deadlift	3	6-8	3'
3	Leg extension x Leg curl	3	10-12	1'30
4	Cable crunches x LBE	3	12-15	1'30
5	One-leg sitting calf raises	3	15-20	1'

LBE = Lower back extensions

UPPER 2	Exercise	Sets	Reps	Rest
1	Weighted pull-ups	4	6-8	3'
2	Incline bench press	3	8-10	3'
3	Cable lateral raises	3	12-15	1'30
4	One-knee cable diagonal pull	3	10-12	1'30
5	Weighted dips	3	6-8	3'
6	One-arm reverse pec deck	3	15-20	1'