

# UPPER, LOWER SPLIT

## (WEEK 6+)

### INTRO

Ready to put more focus into specific muscle groups? The Upper, Lower Split gives each part of your body dedicated attention across the week. It works best when you're training four days and want to feel the difference between a leg day and an upper body day. More structure, more variety, and more reason to keep coming back.

### WORKOUT SUMMARY

The plan spans four days, with each workout completed twice per week. Each workout includes warm-up routines, a main weight training section, and cardio finishers! Increase the weight whenever a set starts to feel easy.

UPPER BODY				
WARM UP				
Exercise	Sets	Reps / Time (mins / secs)	Rest (secs)	Notes / Instructions
Elliptical Trainer, low intensity	1	5m	60s	
Upper back roll - FR	2	30s	0s	
Dead bug leg, right	2	20s	0s	
Dead bug leg, left	2	20s	0s	
Chest stretch standing, right	2	20s	0s	
Chest stretch standing, left	2	20s	0s	
Arm raise prone position	2	30s	0s	
WORKOUT				
Bench press - DBs	3	10	60s	
Lat pulldown wide grip front	3	10	60s	
One arm row, right - DB	2	12	60s	
One arm row, left - DB	2	12	60s	
Preacher curl machine	2	12	60s	
Tricep pushdown - Pulley	2	12	60s	
Plank	3	30s	60s	
Rowing machine, interval	5	20s	40s	Push as hard as you can for 20 seconds
Elliptical Trainer, high intensity	1	10m	60s	



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## (WEEK 6+)

LOWER BODY				
WARM UP				
Exercise	Sets	Reps / Time (mins / secs)	Rest (secs)	Notes / Instructions
Elliptical Trainer, low intensity	1	5m	60s	
Upper back roll - FR	2	30s	0s	
Hip airplanes assisted, right	2	20s	0s	
Hip airplanes assisted, left	2	20s	0s	
Worlds greatest stretch	2	30s	0s	
Sumo squat stretch	2	30s	0s	
WORKOUT				
Seated leg press machine	3	10	60s	
Deadlift half range - DBs	3	10	60s	
Lying leg curl machine	2	12	60s	
Seated leg extension	2	12	60s	
Goblet squat - KB	2	12	60s	
Calf machine	2	12	60s	
Crunch	3	15	60s	
Stationary Bike, interval	5	20s	40s	Push as hard as you can for 20 seconds
Elliptical Trainer, high intensity	1	10m	60s	



### APP INSTRUCTIONS

You can log this workout on the Buzz Gym app. Open the app, click on 'Calendar', press the '+' button, and scan this QR code! Alternatively, click on 'Workouts', and type in 'Beginners Workout - Phase 3 - Upper, Lower Split'.