

Workout Program #9
 4 Day Upper/Lower Split (2 x 15)

Name _____

Day #1: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Machine Bench Press	15		15	
Lat Pulldown	15		15	
Machine Shoulder Press	15		15	
Seated Tricep Extension	15		15	
DB Bicep Curl	15		15	
Rev Crunch (Ball)	15		15	
Machine Chest Fly	15		15	
1 Arm DB Row	15		15	
Cable Lateral Raise	15		15	
Tricep Pushdown	15		15	
Concentration Curl	15		15	
Abdominal Machine	15		15	

Day #2: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Parallel Squat	15		15	
Hip Sled	15		15	
Leg Extension	15		15	
Leg Curl	15		15	
Machine Hip Adduction	15		15	
Machine Hip Abduction	15		15	
Situps	15		15	
Side Crunch	15		15	

Day #3: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Machine Bench Press	15		15	
Lat Pulldown	15		15	
Machine Shoulder Press	15		15	
Seated Tricep Extension	15		15	
DB Bicep Curl	15		15	
Rev Crunch (Ball)	15		15	
Machine Chest Fly	15		15	
1 Arm DB Row	15		15	
Cable Lateral Raise	15		15	
Tricep Pushdown	15		15	
Concentration Curl	15		15	
Abdominal Machine	15		15	

Day #4: Date _____

	Set #1		Set #2	
	Reps	Weight	Reps	Weight
Parallel Squat	15		15	
Hip Sled	15		15	
Leg Extension	15		15	
Leg Curl	15		15	
Machine Hip Adduction	15		15	
Machine Hip Abduction	15		15	
Situps	15		15	
Side Crunch	15		15	