

Workout Program #15
4 Day Split (12-10-8-8)

Name _____

Day #1: Date _____

| | Set #1 | | Set #2 | | Set #3 | | Set #4 | |
|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight |
| Bench Press | 12 | | 10 | | 8 | | 8 | |
| Lying Tricep Extension | 12 | | 10 | | 8 | | 8 | |
| Cable Crossover Fly | 12 | | 10 | | 8 | | 8 | |
| Rev. Dips | 12 | | 10 | | 8 | | 8 | |
| Push-ups | 15 | | 15 | | 15 | | 15 | |
| DB Kickbacks | 12 | | 10 | | 8 | | 8 | |

Day #2: Date _____

| | Set #1 | | Set #2 | | Set #3 | | Set #4 | |
|-------------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight |
| Wide Grip Pullup | 12 | | 10 | | 8 | | 8 | |
| Straight Bar Curl | 12 | | 10 | | 8 | | 8 | |
| Close Grip Lat Pulldown | 12 | | 10 | | 8 | | 8 | |
| Preacher Curl | 12 | | 10 | | 8 | | 8 | |
| T-Bar Row | 12 | | 10 | | 8 | | 8 | |
| DB Incline Curl | 12 | | 10 | | 8 | | 8 | |

Day #1: Date _____

| | Set #1 | | Set #2 | | Set #3 | | Set #4 | |
|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight |
| Barbell Lunge | 12 | | 10 | | 8 | | 8 | |
| Hip Sled | 12 | | 10 | | 8 | | 8 | |
| Standing Calf Raise | 12 | | 10 | | 8 | | 8 | |
| Leg Extension | 12 | | 10 | | 8 | | 8 | |
| Leg Curl | 12 | | 10 | | 8 | | 8 | |
| Front Squat | 12 | | 10 | | 8 | | 8 | |

Day #2: Date _____

| | Set #1 | | Set #2 | | Set #3 | | Set #4 | |
|-------------------|--------|--------|--------|--------|--------|--------|--------|--------|
| | Reps | Weight | Reps | Weight | Reps | Weight | Reps | Weight |
| Military Press | 12 | | 10 | | 8 | | 8 | |
| DB Lateral Raise | 12 | | 10 | | 8 | | 8 | |
| DB Rear Delt Fly | 12 | | 10 | | 8 | | 8 | |
| Shoulder Shrugs | 12 | | 10 | | 8 | | 8 | |
| Cable Upright Row | 12 | | 10 | | 8 | | 8 | |