

Workout Program #11  
 4 Day Upper/Lower Split (3 x 12)

Name \_\_\_\_\_

Day #1: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
DB Lunge (front or back)	12		12		12	
Situps (do not anchor feet)	15		15		15	
Box Steps	12		12		12	
Abdominal Machine	15		15		15	
Hip Sled	12		12		12	
Hanging Leg Raise	15		15		15	
Leg Extension	12		12		12	
Leg Curl	12		12		12	

Day #2: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
DB Military Press (or Smith Machine)	12		12		12	
Cable Upright Row	12		12		12	
Seated Cable Row	12		12		12	
Stiff Arm Pulldown	12		12		12	
DB Incline Bench	12		12		12	
Dips	12		12		12	
Lying Tricep Extension	12		12		12	
Rev Cable Pushdown	12		12		12	
DB Incline Curl	12		12		12	

Day #3: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
DB Lunge (front or back)	12		12		12	
Situps (do not anchor feet)	15		15		15	
Box Steps	12		12		12	
Abdominal Machine	15		15		15	
Hip Sled	12		12		12	
Hanging Leg Raise	15		15		15	
Leg Extension	12		12		12	
Leg Curl	12		12		12	

Day #4: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
DB Military Press (or Smith Machine)	12		12		12	
Cable Upright Row	12		12		12	
Seated Cable Row	12		12		12	
Stiff Arm Pulldown	12		12		12	
DB Incline Bench	12		12		12	
Dips	12		12		12	
Lying Tricep Extension	12		12		12	
Rev Cable Pushdown	12		12		12	
DB Incline Curl	12		12		12	