

4-DAY SPLIT

Upper / Lower — 4 Sessions a Week



Keith O'Beirne · nononsensefitness.ie

Strength work early in the week, hypertrophy later. Rest at least one day between upper/lower pairs.

01 Day 1 — Upper Strength

- **Bench Press** — 4 sets of 4–6
- **Barbell Row** — 4 sets of 4–6
- **Overhead Press** — 3 sets of 6–8
- **Pull-Ups** — 3 sets of 6–8

02 Day 2 — Lower Strength

- **Back Squat** — 4 sets of 4–6
- **Romanian Deadlift** — 3 sets of 6–8
- **Bulgarian Split Squat** — 3 sets of 8–10

03 Day 3 — Upper Hypertrophy

- **Incline DB Press** — 4 sets of 10–12
- **Cable Row** — 4 sets of 10–12
- **DB Shoulder Press** — 3 sets of 12–15
- **Lat Pulldown** — 3 sets of 12–15

04 Day 4 — Lower Hypertrophy

- **Leg Press** — 4 sets of 10–12
- **Leg Curl** — 3 sets of 12–15
- **Walking Lunges** — 3 sets of 12 each leg
- **Calf Raise** — 4 sets of 15–20
- Rest at least 1 day between upper/lower pairs

KEY TAKEAWAYS

Progressive overload is the whole game: when you hit the top of a rep range on every set, add a small amount of weight next session and start again at the bottom of the range. Log every session — memory lies.

TODAY'S ACTION

Training only works alongside the eating. Track your food free with our own app: **nononsensefitness.ie/tracker** — barcode scanner, no account, no ads.

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