



PLUG AND PLAY PROGRAM

4-Day Upper / Lower

Intermediate / Hypertrophy

4 days a week | 4-week block | 6+ months training experience

Fully populated. Assign as-is or swap exercises using the Assessment to Program Engine (folder 05).

Built to work.

Who this is for

Clients with a consistent training base who want a hypertrophy-focused split with enough frequency to drive growth without the daily time commitment of a body-part split.

4-Week Progression

Apply this progression to every exercise below across the 4-week block.

Week	Target
Week 1	Establish baseline load and form at the prescribed reps, RPE 6-7
Week 2	Add 1 rep per set at the same load, RPE 7
Week 3	Add load (2.5-5%) and reset to the bottom of the rep range, RPE 7-8
Week 4	Repeat Week 3's load for full reps, RPE 8. Deload next block if needed

Day 1: Upper A

Exercise	Sets x Reps	Rest	Cue
DB Flat Press	3-4 x 8-12	60-90s	Lower DBs wide, feel deep pec stretch at bottom, press and squeeze
Cable Row (Elbows Out)	3-4 x 8-12	60-90s	Squeeze shoulder blades at end, constant cable tension
DB Shoulder Press (Seated)	3-4 x 8-12	60-90s	Sit on bench, press from ear height, fundamental pressing movement
Assisted Pull-Up (Band)	3-4 x 8-12	60-90s	Band over bar under knees, assists pull-up, step down resistance as you improve
DB Incline Fly	3-4 x 8-12	60-90s	Arms wide on incline, lower until deep upper chest stretch

Day 2: Lower A

Exercise	Sets x Reps	Rest	Cue
Dumbbell Goblet Squat	3-4 x 8-12	60-90s	Hold KB at chest, stay upright, great quad emphasis with depth

Dumbbell Romanian Deadlift	3-4 x 8-12	60-90s	Push hips back, lower DBs along legs, feel hamstring stretch
Bodyweight Bulgarian Split Squat (Quad Focused)	3-4 x 8-12	60-90s	Upright torso biases quads, keep front shin vertical
Lying Leg Curl Machine	3-4 x 8-12	60-90s	Toes plantarflexed, 3s eccentric, gold standard ham isolation
Standing Calf Raise	3-4 x 8-12	60-90s	Full ROM, heel below step at bottom, full plantarflexion at top.

Day 3: Upper B

Exercise	Sets x Reps	Rest	Cue
Incline Barbell Press	3-4 x 8-12	60-90s	30-45° bench, bar to upper chest, retract scapula throughout
Lat Pulldown (Wide Grip) (Machine / Cable)	3-4 x 8-12	60-90s	Pull to upper chest, retract scapulae first, primary width builder
Machine Lateral Raise	3-4 x 8-12	60-90s	Dedicated machine, most isolated and consistent stimulus
Cable Seated Row	3-4 x 8-12	60-90s	Squeeze shoulder blades at end, constant cable tension
Barbell Bicep Curl	3-4 x 8-12	60-90s	Shoulder-width supinated, curl to chin, primary barbell mass builder

Day 4: Lower B

Exercise	Sets x Reps	Rest	Cue
Barbell Front Squat	3-4 x 8-12	60-90s	Bar on front delts, elbows high, most quad-dominant barbell squat
Barbell Hip Thrust	3-4 x 8-12	60-90s	Bar with pad at hip crease, full hip extension, pause & squeeze at top
Leg Extension (Machine / Cable)	3-4 x 8-12	60-90s	Squeeze at top, slow 3s eccentric, best quad isolation exercise
Nordic Hamstring Curl (Bodyweight / Plyometric)	3-4 x 8-12	60-90s	Kneel with anchored feet, lower body slowly, most effective eccentric

Seated Calf Raise	3-4 x 8-12	60-90s	Heavy load possible. Slow eccentric. 3×15-20.
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Need to swap an exercise for equipment, injury, or a crowded gym? Use the Assessment to Program Engine in folder 05, this program's exercises are drawn from the same vault.