

8 Week Upper / Lower Program

Week	Upper 1			Lower 1			Upper 2			Lower 2		
1 (A)	Bench Press	4x8		Back Squat	4x8		Incline Bench Press	4x8		Deadlift	4x5	
	Barbell Bent-Over Row	4x8		Romanian Deadlift	4x8		Pull-Ups	4x6-10		Front Squat	3x8	
	Overhead Press	3x10		Walking Lunge	3x10/leg		Overhead Press	3x8		Reverse Lunge	3x10/leg	
	One-Arm Dumbbell Row	3x10/arm		Standing Calf Raise	3x15		Chest-Supported Row	3x10		Kettlebell Swing	3x15	
	Curls	3x12		Hanging Knee Raise	3x15		Hammer Curl	3x12		Ab / Core Work	3x45-60 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x12				
2 (A)	Bench Press	4x8		Back Squat	4x8		Incline Bench Press	4x8		Deadlift	4x5	
	Barbell Bent-Over Row	4x8		Romanian Deadlift	4x8		Pull-Ups	4x6-10		Front Squat	3x8	
	Overhead Press	3x10		Walking Lunge	3x10/leg		Overhead Press	3x8		Reverse Lunge	3x10/leg	
	One-Arm Dumbbell Row	3x10/arm		Standing Calf Raise	3x15		Chest-Supported Row	3x10		Kettlebell Swing	3x15	
	Curls	3x12		Hanging Knee Raise	3x15		Hammer Curl	3x12		Ab / Core Work	3x45-60 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x12				
3 (A)	Bench Press	4x8		Back Squat	4x8		Incline Bench Press	4x8		Deadlift	4x5	
	Barbell Bent-Over Row	4x8		Romanian Deadlift	4x8		Pull-Ups	4x6-10		Front Squat	3x8	
	Overhead Press	3x10		Walking Lunge	3x10/leg		Overhead Press	3x8		Reverse Lunge	3x10/leg	
	One-Arm Dumbbell Row	3x10/arm		Standing Calf Raise	3x15		Chest-Supported Row	3x10		Kettlebell Swing	3x15	
	Curls	3x12		Hanging Knee Raise	3x15		Hammer Curl	3x12		Ab / Core Work	3x45-60 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x12				
4 (B)	Bench Press	5x5		Back Squat	5x5		Incline Bench Press	5x5		Deadlift	5x3	
	Barbell Bent-Over Row	5x5		Romanian Deadlift	4x6		Pull-Ups	4x6-8		Front Squat	4x6	
	Overhead Press	4x8		Walking Lunge	3x8/leg		Overhead Press	4x6		Reverse Lunge	3x8/leg	
	One-Arm Dumbbell Row	4x8/arm		Standing Calf Raise	4x12		Chest-Supported Row	4x8		Kettlebell Swing	4x12	
	Curls	3x10		Hanging Knee Raise	3x12		Hammer Curl	3x10		Ab / Core Work	3x45 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x10				
5 (B)	Bench Press	5x5		Back Squat	5x5		Incline Bench Press	5x5		Deadlift	5x3	
	Barbell Bent-Over Row	5x5		Romanian Deadlift	4x6		Pull-Ups	4x6-8		Front Squat	4x6	
	Overhead Press	4x8		Walking Lunge	3x8/leg		Overhead Press	4x6		Reverse Lunge	3x8/leg	
	One-Arm Dumbbell Row	4x8/arm		Standing Calf Raise	4x12		Chest-Supported Row	4x8		Kettlebell Swing	4x12	
	Curls	3x10		Hanging Knee Raise	3x12		Hammer Curl	3x10		Ab / Core Work	3x45 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x10				
6 (B)	Bench Press	5x5		Back Squat	5x5		Incline Bench Press	5x5		Deadlift	5x3	
	Barbell Bent-Over Row	5x5		Romanian Deadlift	4x6		Pull-Ups	4x6-8		Front Squat	4x6	
	Overhead Press	4x8		Walking Lunge	3x8/leg		Overhead Press	4x6		Reverse Lunge	3x8/leg	
	One-Arm Dumbbell Row	4x8/arm		Standing Calf Raise	4x12		Chest-Supported Row	4x8		Kettlebell Swing	4x12	
	Curls	3x10		Hanging Knee Raise	3x12		Hammer Curl	3x10		Ab / Core Work	3x45 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x10				
7 (C)	Bench Press	3x12		Back Squat	3x12		Incline Bench Press	3x12		Deadlift	3x6	
	Barbell Bent-Over Row	3x10		Romanian Deadlift	3x10		Pull-Ups	3x8-12		Front Squat	3x10	
	Overhead Press	3x12		Walking Lunge	3x10/leg		Overhead Press	3x10		Reverse Lunge	3x10/leg	
	One-Arm Dumbbell Row	3x10/arm		Standing Calf Raise	3x15		Chest-Supported Row	3x12		Kettlebell Swing	3x15	
	Curls	3x12		Hanging Knee Raise	3x15		Hammer Curl	3x12		Ab / Core Work	3x45-60 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x12				
8 (C)	Bench Press	3x12		Back Squat	3x12		Incline Bench Press	3x12		Deadlift	3x6	
	Barbell Bent-Over Row	3x10		Romanian Deadlift	3x10		Pull-Ups	3x8-12		Front Squat	3x10	
	Overhead Press	3x12		Walking Lunge	3x10/leg		Overhead Press	3x10		Reverse Lunge	3x10/leg	
	One-Arm Dumbbell Row	3x10/arm		Standing Calf Raise	3x15		Chest-Supported Row	3x12		Kettlebell Swing	3x15	
	Curls	3x12		Hanging Knee Raise	3x15		Hammer Curl	3x12		Ab / Core Work	3x45-60 sec	
	Close-Grip Bench / Push-Up	3xAMRAP					Skull Crusher	3x12				