

Upper/lower split workbook

Distribute a four-day routine and audit each region's weekly work.

01 / Understand the starting point

A split organizes training across your schedule. Choose it because four appointments fit your life, not because a split automatically outperforms a full-body plan.

02 / Make the useful distinction

Upper sessions cover horizontal and vertical pushing and pulling. Lower sessions cover knee-dominant, hinge and suitable unilateral work. Accessories support a goal without replacing the main patterns.

03 / Put it into practice

Count working sets for each major region across the whole week. Compound exercises overlap muscles, so this is an approximate audit rather than perfect arithmetic. Begin with a dose you recover from.

04 / Review and adapt

Avoid making all four days maximal. Record effort and use a lighter or shorter version when life stress rises. If sessions are repeatedly missed, switch to a simpler program rather than constantly restarting.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Mon upper A, Tue lower A, Thu upper B, Fri lower B. Wednesday and the weekend offer easier activity or rest. Open the Upper/Lower catalog program for individual technique links.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Session	Main movements	Working sets	Target region	Recovery observation

Evidence and original clinical reading

<https://acsm.org/resistance-training-guidelines-update-2026/>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.