

Workout Program #10
 4 Day Upper/Lower Split (3 x 10)

Name _____

Day #1: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Walking Lunge DB	10		10		10	
Seated Calf Raise	10		10		10	
Crunches	15		15		15	
Parallel Squat (SmithMachine)	10		10		10	
Rev Crunch (Ball)	15		15		15	
Machine Hip Adduction	15		15			
Machine Hip Abduction	15		15			
Hip Extensor	15		15			

Day #2: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press (Smith Machine)	10		10		10	
DB Lateral Raise	10		10		10	
Close Grip Lat Pulldown	10		10		10	
DB Kickbacks	10		10		10	
EZ Bar Curl	10		10		10	
Machine Chest Fly	10		10		10	
DB Front Raise	10		10		10	
DB Pullovers	10		10		10	
Overhead Cable Extension	10		10		10	

Day #1: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Walking Lunge DB	10		10		10	
Seated Calf Raise	10		10		10	
Crunches	15		15		15	
Parallel Squat (SmithMachine)	10		10		10	
Rev Crunch (Ball)	15		15		15	
Machine Hip Adduction	15		15			
Machine Hip Abduction	15		15			
Hip Extensor	15		15			

Day #2: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press (Smith Machine)	10		10		10	
DB Lateral Raise	10		10		10	
Close Grip Lat Pulldown	10		10		10	
DB Kickbacks	10		10		10	
EZ Bar Curl	10		10		10	
Machine Chest Fly	10		10		10	
DB Front Raise	10		10		10	
DB Pullovers	10		10		10	
Overhead Cable Extension	10		10		10	