**Lesson #5: Upper Body-Lower Body Split**

Upper Body-Lower Body Split.

This routine is similar to the full body every other day, but now you have individual days for each body part. Upper body and lower body so we can increase the total amount of volume for each body part.

After you've been training for about a year, you will probably start to hit a plateau. This increase in volume will help you break it.

I would recommend doing this split for your second year of training. This routine has five to six exercises with two to four sets per exercise.

For upper body day, we have four sets of bench press. Then we have four sets of rack pulls. I like rack pulls rather than dead lifts because, remember, we're hitting legs the next day and dead lifts hit your hamstrings, so you don't want to be working your legs two days in a row. All right, so four sets of incline press, four sets of lat pull downs. Again, I would suggest your palms facing towards you. Then again to finish off the workout, do an isolation exercise of your choice. That could be your lagging body part or your favorite body part.

Now for lower body. I think a good routine would be four sets of squats, four sets of leg press, three sets of hamstring curls, three sets of quad extensions and four sets of calf raises. In this routine you're doing upper body one day and lower body the next, then repeating. I would do this several times and then maybe take one rest day when needed probably on a Sunday at the end of the week.

Remember that the volume per workout is actually slightly less than the full body every other day routine so the workout should actually take the same amount of time or even less, but the volume per body part is much greater. For example, in the full body every other day routine we work chest for six sets, but in this routine we work chest for eight sets.