



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



Diet Plans



Expert Guides



Videos



Tools

4 DAY UPPER/LOWER BODYWEIGHT SPLIT WORKOUT

You don't need a gym to get stronger, just a burning desire to improve. This versatile, no-nonsense upper/lower body workout will show you how to use household items for a serious workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/upper-lower-bodyweight-split>

Main Goal: General Fitness

Training Level: Beginner

Days Per Week: 4

Time Per Workout: 45 Mins

Equipment: Bodyweight, Other

Target Gender: Male & Female

Author: [Damon Weinhold](#)

WORKOUT A: LOWER BODY FOCUS

Exercise	Sets/Reps	Time	Rest
Jog Around the Block ²	1	-	1 min
Lunges (Alternating) ³	3xAMRAP	40s	45s
Goblet Squats ³	3xAMRAP	40s	45s
Side Lunges (Alt.) ³	3xAMRAP	30s	45s
Stiff-Leg Deadlifts ³	3xAMRAP	45s	45s
Leg Curls w/ Exercise Ball ⁴	3xAMRAP	30s	45s
Russian Twists (Abs) ³	3xAMRAP	1 min	45s

WORKOUT B: UPPER BODY FOCUS

Exercise	Sets/Reps	Time	Rest
Jog Around the Block ²	1	-	1 min
Push Up (knees + 10 sec) ³	3xAMRAP	40s	45s
Tricep Dips ³	3xAMRAP	30s	45s
Renegade Rows ³	3xAMRAP	40s	45s
Pull-Ups or Bent Over Rows ³	3xAMRAP	30s	45s
3-Way Shoulder Raises ³	3xAMRAP	40s	45s
Planks: Front and Sides	3xAMRAP	45s (front), 30s (sides)	45s

Editor's Notes:

- As you adapt to these workouts, challenge yourself to decrease the amount of rest time between each set/workout and increase the amount of set time. Both can be done gradually in increments of 5-10 seconds.
- ² Can be replaced with (3 Sets of 45 Sec.) Burpees, Jumping Jacks, [Mountain Climbers](#), etc.
- ³ Weighted, if possible, even if it's unconventional (i.e. bookbag, paint can, laundry detergent — get creative)
- ⁴ If you do not have an exercise ball, any chair with wheels can work; if you do not have a chair on wheels, sub these for Single-Leg RDLs — control each rep