


Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.

The ABCD split is often used by people who train four times a week, but it can also be used by those who train more. Here, the key is adapting to each individual's needs.

DISTRIBUTION: If you train 5 times a week, repeat workout A. If you don't train on Saturday, start the next week with workout B, and so on.

MOM	TUE	WED	THU	FRI	SAT	SUN
WORKOUT A	WORKOUT B	WORKOUT C	WORKOUT D	WORKOUT A	REST	REST

CHEST



BENCH PRESS

SETS

4


⌚

REPS

8 - 10

INTERVALS

CHEST



CHEST INCLINE PRESS

SETS

4

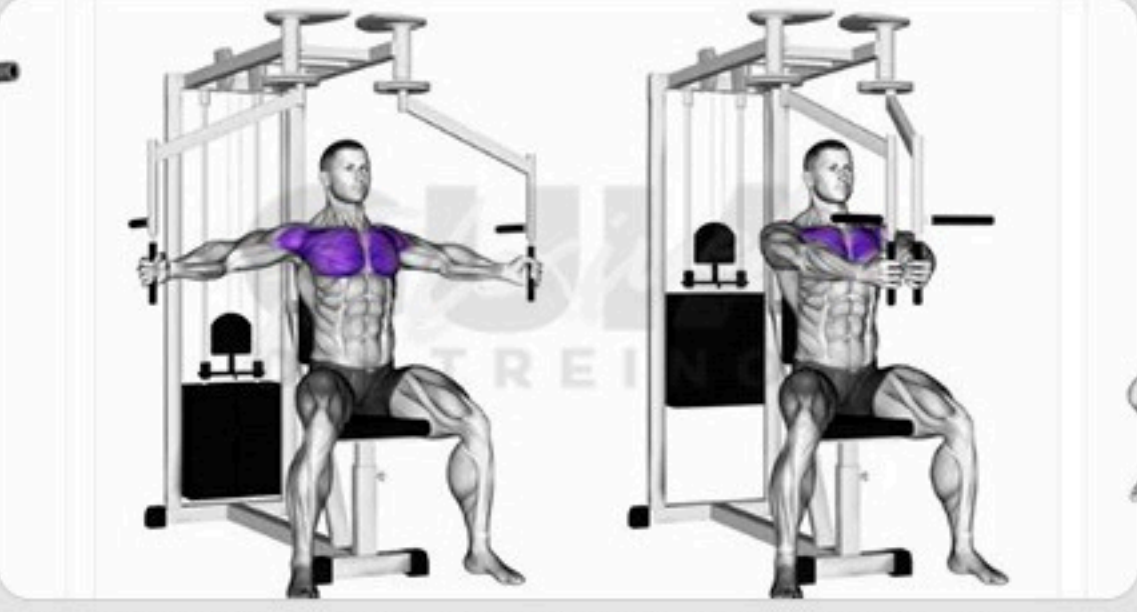
⌚

REPS

8 - 10

INTERVALS

CHEST



MACHINE PEC DECK

SETS

3

⌚

REPS


10-12

INTERVALS

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CHEST




DIPS

SETS 3

REPS 10

INTERVALS  3-5


TRICEPS



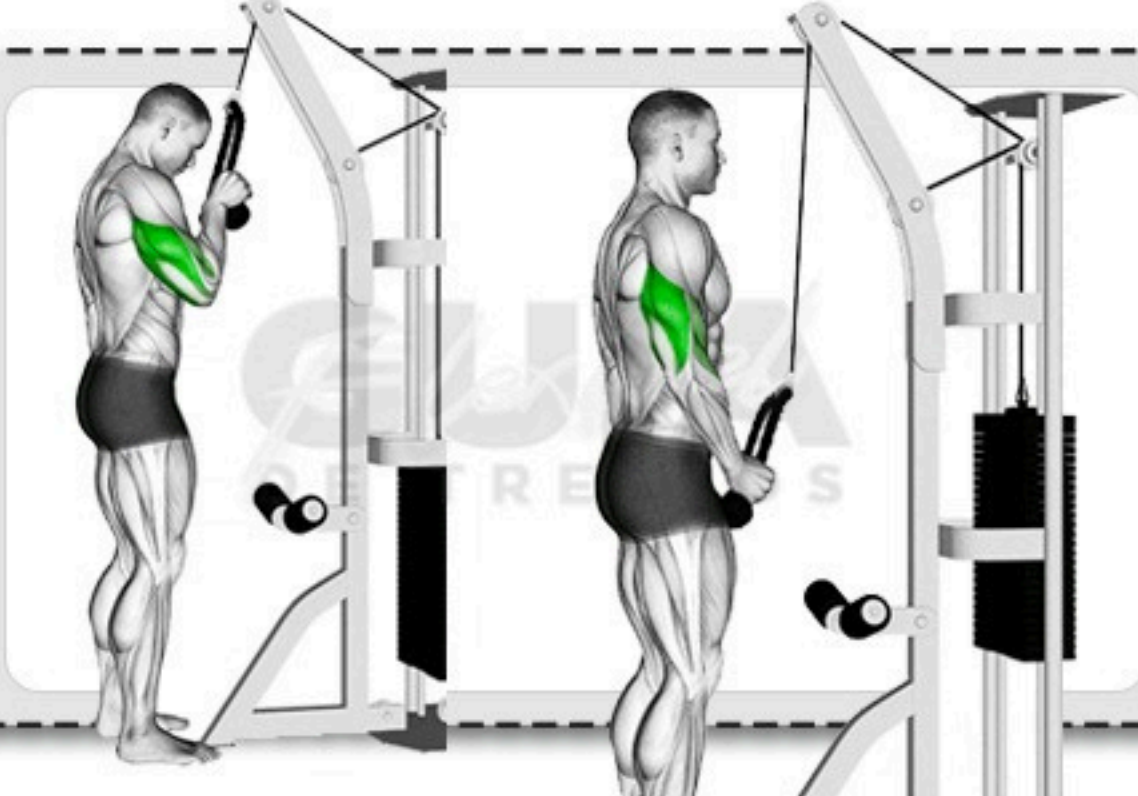
EZ BAR TRICEPS EXTENSION

SETS 3

REPS 10

INTERVALS  3-5


TRICEPS




CABLE PUSHDOWN

SETS 3

REPS 10

INTERVALS  3-5


TRICEPS



OVERHEAD TRICEPS EXTENSION

SETS 3

REPS 10

INTERVALS  3-5

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MOM	TUE	WED	THU	FRI	SAT	SUN
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LEGS




GEG PRESS 45°

SETS	4
REPS	8 - 10



 1 Min
 INTERVALS

POSTERIOR




STIFF

SETS	3
REPS	10 - 12



 1 Min
 INTERVALS

LEGS



SQUAT

SETS	4
REPS	8 - 10


 1 Min
 INTERVALS

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QUADRICEPS



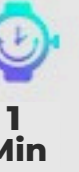
LEG EXTENSION

SETS

3

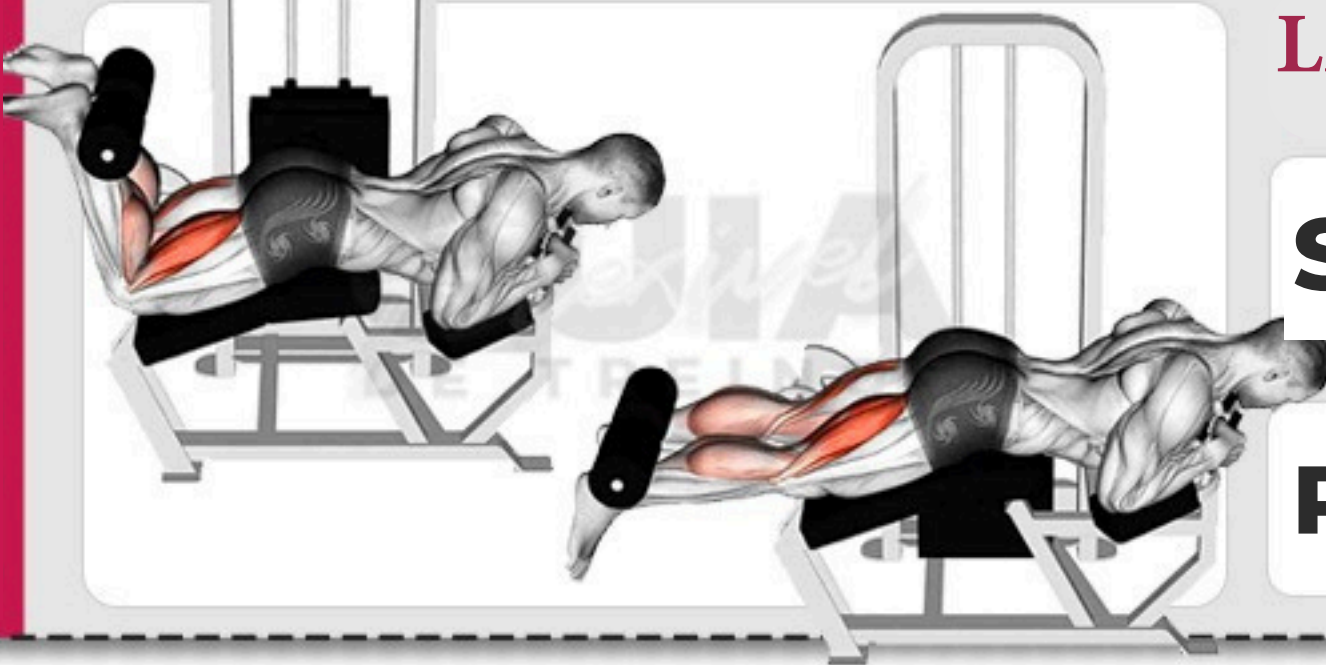
REPS

12-15



INTERVALS

POSTERIOR



LEG CURLS

SETS

4

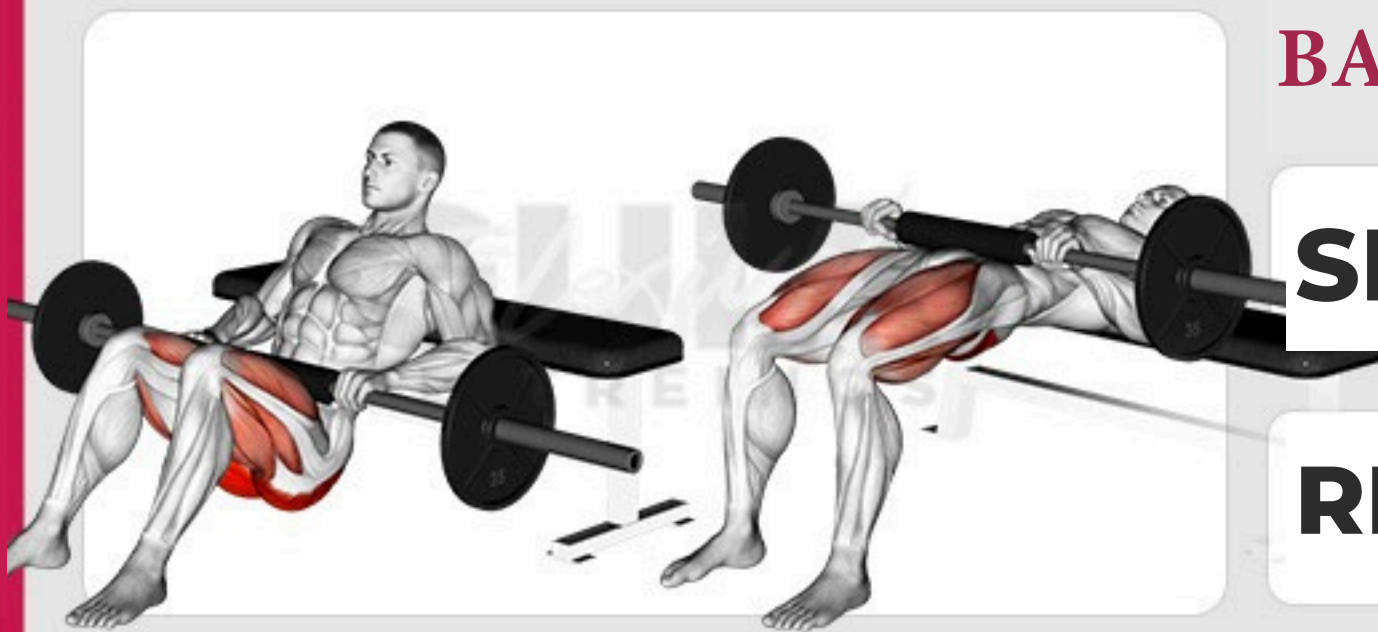
REPS

10 - 12



INTERVALS

LEGS



BARBELL HIP THRUST

SETS

4

REPS

12 - 15



INTERVALS

LEGS



SEATED CALVES RAISE

SETS

4

REPS

12 - 15



INTERVALS

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MON	TUE	WED	THU	FRI	SAT	SUN
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SHOULDER



MILITARY PRESS

SETS

4

REPS

8 - 10


 3-5
 MIN
 INTERVALS

SHOULDER



SIDE RAISES

SETS

4

REPS

12-15


 3-5
 MIN
 INTERVALS

SHOULDER



FRONT RAISES

SETS

3

REPS

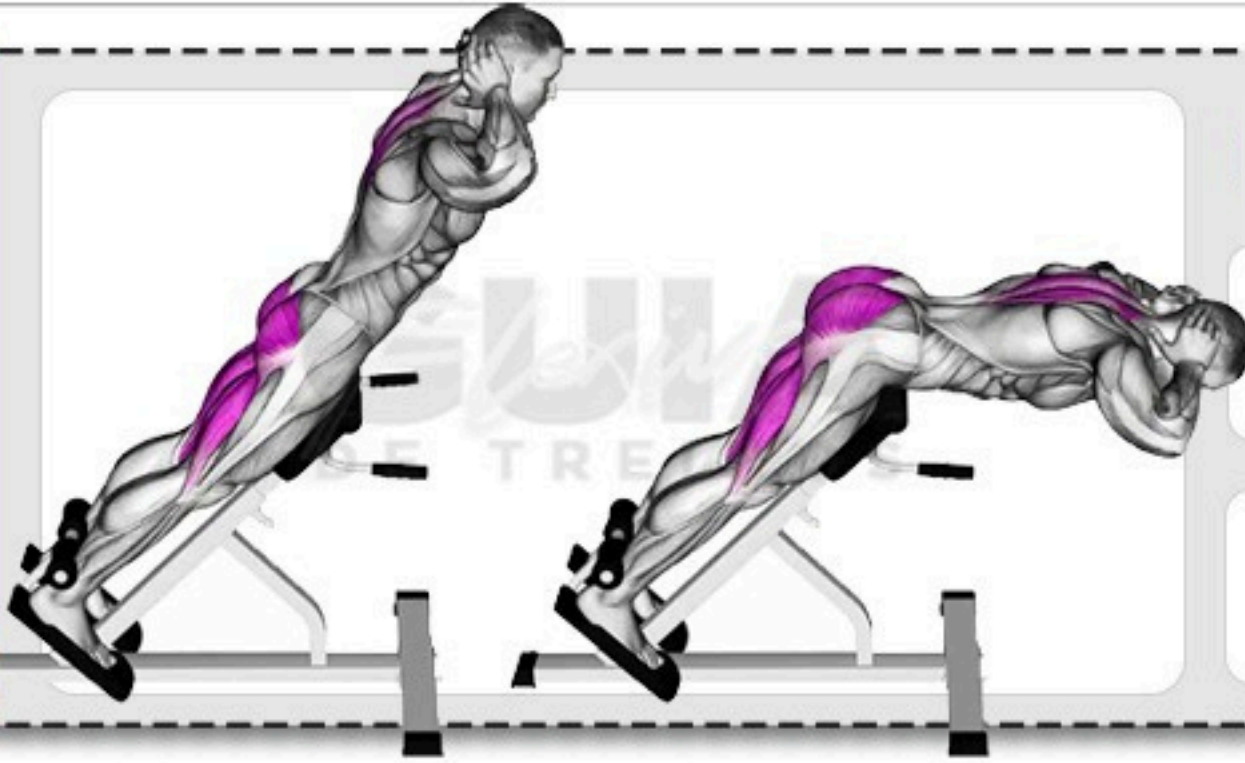
10 - 12


 3-5
 MIN
 INTERVALS

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LUMBAR



BACK EXTENSION

SETS

4

REPS

15-20



Min
INTERVALS

ABDOMEN



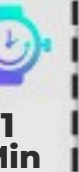
ABS WHEEL

SETS

3

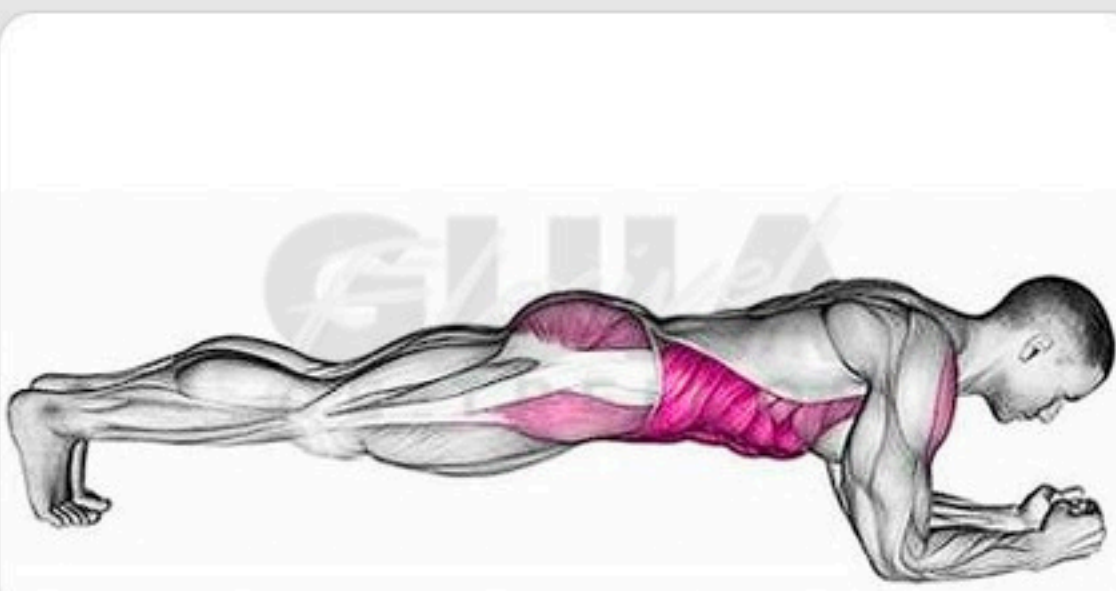
REPS

10



Min
INTERVALS

ABDOMEN



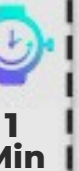
PLANK

SETS

3

REPS

30/40s



Min
INTERVALS

ABDOMEN



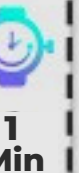
ABS CRUNCH

SETS

3

REPS

10 -15



Min
INTERVALS

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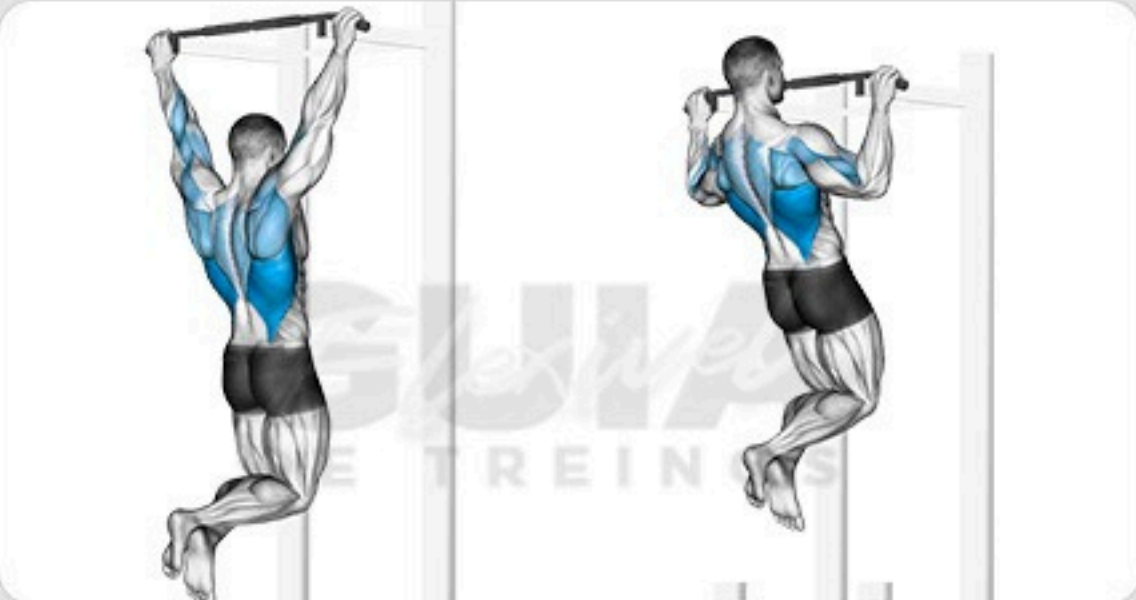
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BACK



PULL-UP

SETS

4


⌚
1 Min

REPS

8 - 10

INTERVALS

BACK



BENT OVER ROW

SETS

4


⌚
1 Min

REPS

8 - 10

INTERVALS

BACK



CABLE ROPE PULLDOWN

SETS

4

⌚
1 Min

REPS

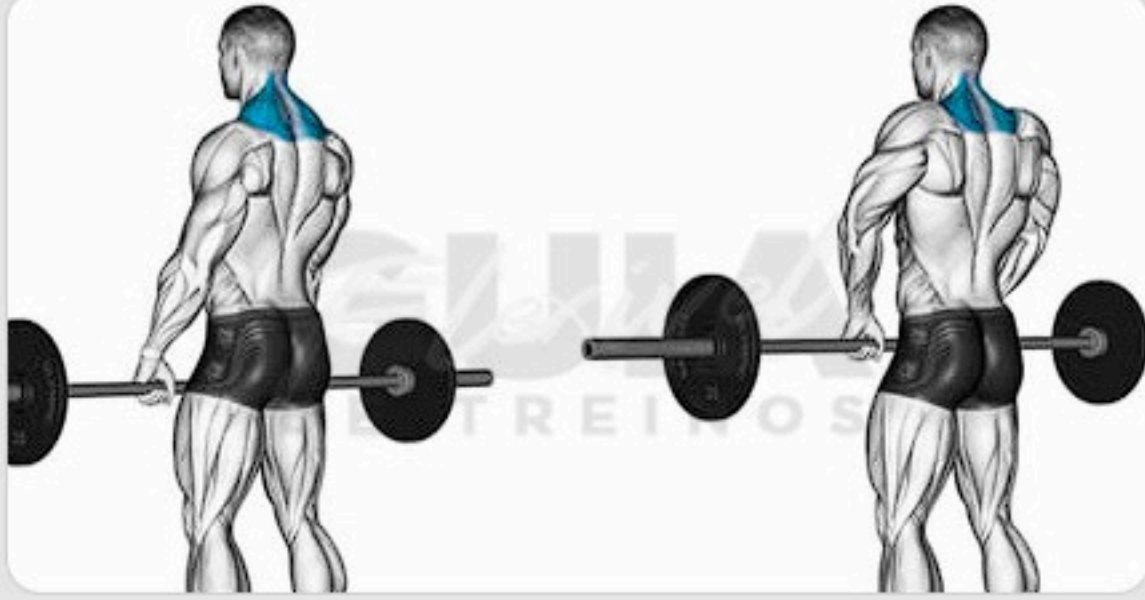
10 - 12

INTERVALS

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TRAPEZIUS



BARBELL SHRUGS

SETS

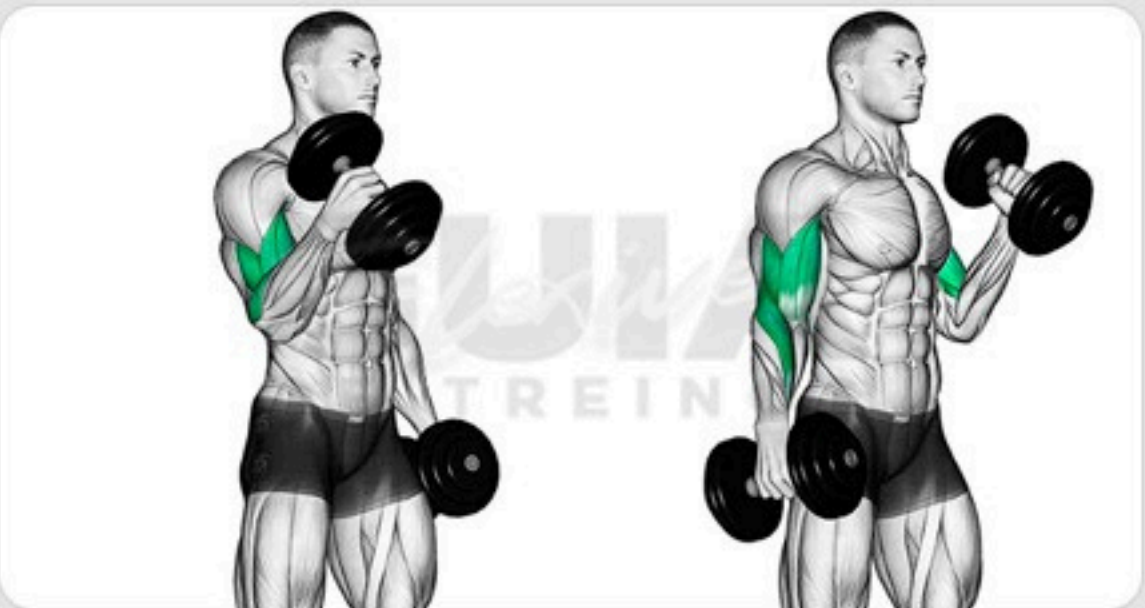
3

REPS

8



BICEPS



DUMBBELL HAMMER CURLS

SETS

3

REPS

10



BICEPS



STANDING BARBELL CURLS

SETS

4

REPS

10



BICEPS



REVERSE GRIP CURLS

SETS

4

REPS

10

