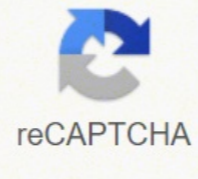




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How Long Should I Rest In Between Sets? Everyone's warm ups will look different based on their individual mobility levels. Shoulders - 2 sets, isolation or machine/moderate compound. Use 3 second negatives when it makes sense. Lastly, the hyperextensions, if performed properly, will place the majority of its tension on the glutes. And if you are already at your ideal weight, make sure to eat the proper amount of calories to maintain. To increase the total number of calories burned each day, we've also added some recommended cardio sessions that you can do either in the morning or after that day's workout. This can be accomplished in a number of different ways. For instance, on a bench press, the negative would be lowering the bar to your chest. The questions were questions we noticed we received often in the comments section. The type and duration of the style of cardio will highly depend on your goals and time restraints. Back - 2 sets, isolation or machine/moderate compound. Use 3 second negatives when it makes sense. Lastly, you work smaller muscle groups with 3 sets each, using 3 second negatives when it makes sense. Whichever you prefer will do the trick. Should I Increase The Weight Each Set? 6. You may add additional core exercises to this program if you like. If your goal is to lose weight, subtract ~250 calories from this number. Why So Many Deadlift Variations? Biceps - 3 sets, isolation or machine/cable exercises. If done properly, the majority of the tension should be placed on the hamstrings and glutes. Whether that means increasing the weight you use or the amount of rep and sets you perform is going to be based on your individual preference. Either way works and will help you see great results. 9. Tracking Progress It is important to track your results to show you've made progress with this program. 3. A good rule of thumb is 60-90 seconds depending on the exercise. What Should I Do After The 12 weeks? If you are underweight, try to add ~250 calories to this number. The deadlift is a mass builder. Recommended: Need help building muscle? For an article on how to build out an appropriate warm up routine, check out this article. If your goal is to develop your midsection, you'll be better off focusing on creating a calorie deficit and improving your strength levels throughout the duration of the program. They will also depend on the total effort exuded on any given set. Upper/Lower Bodybuilding Workout Overview This is a muscle building workout that I have been using lately now that I am training more often at commercial gyms. Make sure you get 7-9 hours of sleep each night and eat enough calories to help you get the results you desire. It takes full advantage of the three factors needed within workout routines to increase hypertrophy: Mechanical tension Muscle damage Metabolic stress By splitting your workouts between your upper body musculature and lower body musculature, you are able to optimize training frequency and volume distribution in a way that will also allow for maximum intensity in any given session. Another strategy for making upper/lower workouts beginner-friendly is changing the training frequency from 4 days of training per week to 3 days of training. Progressing with This Workout You should strive to increase some variable within your workout each week. 2. The only things that may differ is the weight used, possibly some volume, and the inclusion of more advanced training techniques if necessary. The more data you have on yourself, the better you can tinker with variables such as increasing reps, sets, or weight used during your workouts, increasing the hours you sleep each night, increasing the amount of cardio you do each week, and/or increasing or decreasing the amount of calories you eat each day. The answers to these eight questions will help Steve Zim provide you with a program recommendation that's specifically designed for you: Upper/lower workouts are thought to be the most optimal training style for those looking to build lean muscle naturally. However, if you are limited on time, they are not required to see progress with this workout. The workout itself targets your lower body three times a week with a strong focus on your glutes, and your upper body twice a week with a focus on sculpting the muscles of the arms. Use 3 second negatives when it makes sense. If you are a beginner, however, upper/lower workouts can definitely be a good style of training to start out with. Our BMR calculator will help you know how many calories you need to maintain your current body weight. It's more or less a matter of knowing how to make your training most effective based on your goals, capabilities, and lifestyle. With any split, it's important to individualize to optimize for your specific goals and training needs. Yes, you can add cardio to this program. After you've completed the 12 weeks of this women's trainer, you should take a week to deload. For isolation lifts or accessory movements, you may want to keep rest periods shorter as you will likely need less time to recover. Rest periods for this program should be kept to 30-90 seconds in between sets and exercises. 10. Can I Use The Workout If I Follow A Keto Diet? Then each week add a single set on one exercise each day of each week. Your grip will provide a limiting factor on this variation as it is more difficult to grip dumbbells compared to barbells. You know what I'm talking about. Workout Schedule Monday - Legs & Glutes, Cardio (optional) Tuesday - Back & Arms, Cardio (optional) Wednesday - Legs & Glutes, Cardio (optional) Thursday - Chest & Shoulders, Cardio (optional) Friday - Legs & Arms, Cardio (optional) Saturday - Abs/Rest Sunday - Abs/Rest Monday - Legs & Glutes Cardio - 15 min of HIIT on Stationary Bike Tuesday - Back & Arms Cardio - 30 mins of moderate intensity on Stairmill Wednesday - Legs & Glutes Cardio - 30 min low intensity on treadmill at a 10-15% incline Thursday - Chest & Shoulders Cardio - 15 min of HIIT on rower or stationary bike Friday - Legs & Arms Cardio - 30 min of moderate intensity on a Stairmill Weekends: Light activity - recovery walks and optional ab workout Ab Workout (Optional) Nutrition It is important to note that your success with any workout program depends greatly on your nutrition and sleep habits. All those magazine articles that promote those highly restrictive diet plans and hours of monotonous treadmill based cardio. On lower body workout days, you'll focus on the muscles of the lower body. Here is the training schedule: Monday - Upper Body Tuesday - Lower Body Wednesday - Rest Thursday - Upper Body Friday - Lower Body Saturday - Rest Sunday - Rest Upper Body Training Days Upper body training days follow this scheme: Chest - 3 sets, compound Back - 3 sets, compound Shoulders - 3 sets, compound Chest - 2 sets, isolation or machine/moderate compound. Most training styles are universal among training experience. Or you can keep them as straight sets. Some may want to consider evaluating the total volume and eliminating sets if needed to optimize recovery. They may want to consider altering the exercise selection depending on their individual goals (a lot of women want to focus on glute growth) - however, it's already pretty glute and hamstring emphasized via the deadlift variations and may not warrant additional alterations. Yes, you can use this program with any sort of diet. One way you could go about it is to start off with the low end on all of the set and rep counts. You can increase the weight after each set if you enjoy performing your workouts in a pyramiding set fashion. Dumbbell stiff leg deadlifts will again train the hamstrings and glutes. Hamstrings - 2 sets, isolation or machine/moderate compound. Use 3 second negatives when it makes sense. Calves - 2 sets, isolation or machine/moderate compound. Use 3 second negatives when it makes sense. If you have any questions or would like to leave a review for this program, please feel free to leave a comment in the comments section below! Introductory Quiz TAKE THE A-T-U MOBILE QUIZ TO GET YOUR PERSONALIZED WORKOUT PROGRAM FROM STEVE ZIM. Typically, they are used to help keep the workouts more focused. The total amount of volume in this workout routine is appropriate for a beginner level trainee. This program is based on your goals, body type and lifestyle. Lower Body Training Days Lower body training days follow this scheme: Quads - 3 sets, compound Hamstrings - 3 sets, compound Calves - 3 sets, isolation or machine/moderate compound. Everyone is different though. With all of the incorrect information out there, it's tough to find something that actually works. If training with a partner, I recommend keeping rest periods brief. For women, starting a new weight training program can be a daunting and frustrating process. Can Women Perform This Workout? Absolutely! Women can utilize this workout for whatever goals they may have. Upper/Lower Workout Schedule Each training day is balanced. Post your post-workout selfies in M&S gear on IG and tag @muscleandstrength, #muscleandstrength, or DM them to us to get a shoutout on Muscle & Strength stories! However, the easiest to track is by increasing the weight used session to session over time. 8. After your partner's set is finished, you should waste little time before hitting your next set. Can Beginners Do Upper/Lower Splits? For rack pull deadlifts, the barbell is elevated and the focus is on the upper back and traps. Beginners are absolutely capable of performing upper lower workout splits. Can I Add Core Exercises? Stiff leg deadlifts will allow you to maximize the total poundage you use for the exercise since it's a barbell compound. Take our Free Muscle Building Course What is an Upper/Lower Split? Once you're doing all the maximum amount of recommended sets for each exercise, you could then add in 1-2 reps to each set of each exercise for the remaining weeks. Can I Add Cardio? The same one's that go on to describe the "toning" process as picking a light set of dumbbells and performing sets of 20-30 repetitions on any given exercise. These measurements can include progress pictures, scale weighing, tape measurements, and skinfold caliper measurements. Continue to diet and exercise in whatever ways work best for you. You start by challenging major muscle groups with 3 sets of compound or taxing machine exercises. All workout routines can be used by all levels of experience. As you get stronger, you may need more time to rest in between sets. 4. The workout listed below can be a good workout for beginner lifters. This will include the chest, shoulders, back, biceps, triceps, traps, forearms, and possibly core. If it is not, please be sure to leave us a comment and we will try to answer your question to the best of our ability. An upper/lower workout split is a training style that breaks your workout sessions down into two categories: Upper body workout days and lower body workout days. What Makes This Routine a Beginner Workout? So, to sum it up, rest as needed. How frequently you measure your progress is completely up to you, but I'd recommend doing so once a month or 6 weeks to make sure you are progressing towards your goals. 1. And each variation will place emphasis on different body parts it is training. Next, you follow up by finishing a muscle group with a more isolation-style movement that typically focuses on the use of 3 second negatives. You may also want to consider experimenting with full body workouts and determine which you enjoy more and works best for your individual goals, capabilities, and lifestyle. In a traditional upper/lower split, there's no crossover between days. At the end of the day, if you do not feel comfortable performing this many hip hinge variations, you're more than welcome to alter the template in a way that better fits your needs. But each week you should aim to slightly increase the weight you use for each exercise. I recommend starting with what you are most comfortable with first and adding more as you feel comfortable. It works well both with, and without a training partner. The one caveat is, to build muscle you have to accomplish progressive overload. Another way you could progress is to keep your reps and sets the same throughout the whole 12 weeks. 7. The negative portion of the lift is the lowering or eccentric portion. An example week following this strategy may look like: Monday: Upper Workout Tuesday: Rest Wednesday: Lower Workout Thursday: Rest Friday: Upper Workout Saturday: Rest Sunday: Rest To continue on like this, you would simply continue to cycle through the workouts listed below on your training days. For more compound movements in a hypertrophy focused workout routine, you'll want to take a full 90 seconds or so to recovery before performing the next set. A 3 second negative is making this portion of the lift take 3 seconds to perform. These are all important factors when configuring a workout program. How Should I Warm Up? In other words, the split allows you to stimulate each muscle group more frequently while also allowing you to distribute the volume to provide an ample amount of time to recover. If after you deload, you decide you'd like to try another 12 weeks of this program, then you should come back refreshed and ready to make more progress. However, depending on your goals, it may not be necessary. So long as you are improving upon the weight you are using whenever you are capable of doing so, you will see results. On upper body workout days, you will train the muscles of the upper body. The goal is to help you develop lean and functional muscle tone through foundational lifts. Everyone progresses differently. Depending on your goals, you can also add in steady state cardio on your rest days as a form of active recovery. Abs, Lower Back or Obliques - 3 sets, isolation or machine/cable exercises. Monday: Upper Body Workout Tuesday: Lower Body Workout Thursday: Upper Body Workout Friday: Lower Body Workout Upper/Lower Workout FAQs Below is a compiled list of some of the most frequently asked questions about this particular upper/lower workout. Knowing all we know about female specific training today, we can put some of that in the past. For years the wrong workout recommendations have been given to women. This will include the lower back, quads, hamstrings, glutes, calves, and possibly core. Timed rest periods usually don't matter in the grand scheme of things, at least in my experience. Triceps - 3 sets, isolation or machine/cable exercises. Read through them to see if your question is answered. If you wanted to make it more advanced, you could simply continue to increase the weights used over time or by upping the volume by adding additional sets. What is a 3 Second Negative? At the beginning of the 12 weeks you should plan to take your preferred form of measurements. 5. Abs - 3 sets, isolation or machine/cable exercises. If your goal is increasing your core strength, you can include some additional stability exercises as you see fit based on your working capacity, experience level, and ultimate goal. However, some may utilize upper focused days paired with a single muscle group of the lower body that might be lagging and vice versa. They may also want to remove the emphasized negatives if needed. That being said, keto diets aren't necessarily an ideal approach for maximizing muscle growth and fueling performance during your workouts. And if you are recovering better and training more frequently, you'll grow. Take our Free Muscle Building Course Muscle & Strength's Women's Workout This 12 week program is perfect for any healthy woman who is looking to transform her body through a good weight lifting program. If you are someone low on time, you can add HIIT cardio sessions to the end of your workouts on your training days.

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