

The Four-Day Upper/Lower Template

Baseline rules

Schedule: Monday Upper A, Tuesday Lower A, Wednesday rest, Thursday Upper B, Friday Lower B, Saturday and Sunday rest. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Shared RIR: Stop demanding compound sets with 1–3 technically clean repetitions in reserve. Stop lower-consequence isolation sets with 0–2 technically clean repetitions in reserve. Begin at the conservative end. End the set sooner if your technique breaks down, you can no longer maintain the intended range of motion or control the movement with the target muscle, or you experience pain. Practice recognizing failure on selected stable exercises, as explained in Chapter 2; you do not need to reach it on every set.

Rest: Rest until the next set can reproduce its intended repetitions, technique, usable range, target-muscle control, and RIR. Roughly 2–5 minutes for demanding compounds and 1–2 minutes for isolation work are starting guides.

Logbook: Record the load, repetitions, technique standard, and RIR for every work set. Compare each exercise with the last time you did the same assigned work. If Monday's leg press is 6–8 reps and Thursday's is 12–15, compare Monday with Monday and Thursday with Thursday. If both squat days prescribe 3×5 with the same technique standard and RIR target, compare each session with the one before it.

Tempo: Use tempo to control technique and keep repetitions consistent enough to evaluate progression.

Substitutions: Preserve the intended muscle and function, line of pull, usable range, stability, equipment fit, and tolerance. A substitution begins a new logbook line.

Missed sessions: Continue the planned workout sequence. Slide a missed workout only when the intended spacing survives; otherwise do it on your next scheduled training day and continue the sequence from there. Never combine two complete workouts. Recurring misses mean the selected frequency does not fit the real week.

The Four-Day Upper/Lower Template

Upper A

Schedule: Monday Upper A, Tuesday Lower A, Wednesday rest, Thursday Upper B, Friday Lower B, Saturday and Sunday rest. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Apply the full Chapter 7 baseline rules on page 1. Warm-ups do not count toward the prescribed work sets.

EXERCISE	APPROVED ALTERNATIVE	SETS	REPS	LOAD / REPS / RIR
Barbell Bench Press	Flat Machine Chest Press	3	6-8	
Chest-Supported Row	Seated Cable Row	3	6-10	
Lat Pulldown	Assisted Pull-Up	3	8-12	
Seated Machine Shoulder Press	Neutral-Grip Seated Dumbbell Press	2	8-12	
Dumbbell Lateral Raise	Cable Lateral Raise	2	12-20	
Cable Biceps Curl	Dumbbell Biceps Curl	2	10-15	
Cable Triceps Pushdown	Rope Triceps Pushdown	2	10-15	

SESSION NOTES

Record each work set separately in the accompanying workout log.

The Four-Day Upper/Lower Template

Lower A

Schedule: Monday Upper A, Tuesday Lower A, Wednesday rest, Thursday Upper B, Friday Lower B, Saturday and Sunday rest. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Apply the full Chapter 7 baseline rules on page 1. Warm-ups do not count toward the prescribed work sets.

EXERCISE	APPROVED ALTERNATIVE	SETS	REPS	LOAD / REPS / RIR
Barbell Back Squat	Leg Press	3	6-8	
Barbell Romanian Deadlift	Dumbbell Romanian Deadlift	3	6-10	
Bulgarian Split Squat	Reverse Lunge	2	8-12	
Seated Leg Curl	Lying Leg Curl	2	10-15	
Standing Calf Raise	Leg Press Calf Raise	3	8-12	
Captain's Chair Leg Raise	Reverse Crunch	2	10-15	

SESSION NOTES

Record each work set separately in the accompanying workout log.

The Four-Day Upper/Lower Template

Upper B

Schedule: Monday Upper A, Tuesday Lower A, Wednesday rest, Thursday Upper B, Friday Lower B, Saturday and Sunday rest. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Apply the full Chapter 7 baseline rules on page 1. Warm-ups do not count toward the prescribed work sets.

EXERCISE	APPROVED ALTERNATIVE	SETS	REPS	LOAD / REPS / RIR
Incline Dumbbell Bench Press	Incline Machine Press	3	8-12	
Assisted Pull-Up	Neutral-Grip Lat Pulldown	3	6-10	
Seated Cable Row	Chest-Supported Row	3	8-12	
Reverse Pec Deck	Face Pull	2	12-20	
Cable Lateral Raise	Dumbbell Lateral Raise	2	12-20	
Dumbbell Hammer Curl	Rope Hammer Curl	2	8-12	
Overhead Cable Triceps Extension	Dumbbell Skull Crusher	2	8-12	

SESSION NOTES

Record each work set separately in the accompanying workout log.

The Four-Day Upper/Lower Template

Lower B

Schedule: Monday Upper A, Tuesday Lower A, Wednesday rest, Thursday Upper B, Friday Lower B, Saturday and Sunday rest. If a workout is missed, apply the Chapter 7 baseline missed-session rule.

Apply the full Chapter 7 baseline rules on page 1. Warm-ups do not count toward the prescribed work sets.

EXERCISE	APPROVED ALTERNATIVE	SETS	REPS	LOAD / REPS / RIR
Hack Squat	Leg Press	3	8-12	
Barbell Hip Thrust	Smith Machine Hip Thrust	3	8-12	
Leg Extension	Cable Leg Extension	2	10-15	
Lying Leg Curl	Seated Leg Curl	3	8-12	
Seated Calf Raise	Bent-Knee Calf Raise	3	10-15	
Cable Crunch	Machine Crunch	2	10-15	

SESSION NOTES

Record each work set separately in the accompanying workout log.