FREE PLAN · UPPER / LOWER STRENGTH

Upper / Lower Strength

A 4-day upper/lower split for people with a full-body program already under their belt and ready for more volume, split across upper- and lower-body days.

A ready-made plan for intermediate lifters training for strength.

GOAL	LEVEL	DAYS / WEEK	DURATION
Strength	**Intermediate**	**4**	**8 weeks**

FREE VS PREMIUM

Go further with AI Coach

FREE · £0

✓ Full exercise library, browsable by muscle group and equipment
✓ Nutrition lookup for common foods
✓ One saved personalised workout plan
✓ No account required to browse

PREMIUM · £11.99/month

✓ Everything in Free
✓ AI Coach: a workout plan built by AI for your goals, equipment and injuries/limitations
✓ Cancel anytime — access continues until the end of your current billing period
✓ Pay by card or Bacs Direct Debit

Browsing the exercise library and nutrition lookup is free, no account needed — sign up to save a plan, and upgrade any time for AI Coach at £11.99/month.

HOW TO USE THIS PLAN

Train all 4 days each week in order (Upper Strength, Lower Strength, Upper Volume, Lower Volume), with at least a day of rest between an Upper and the next Lower session. The “Strength” days use heavier loads for fewer reps with long rest (120-150s); the “Volume” days use lighter loads for more reps with shorter rest (60-90s) — both matter, so don't skip the Volume days.

THIS PLAN AT A GLANCE

Day	Focus	Exercises
1	Upper (Strength)	Bench Press, Alternating High Cable Row, Overhead Press, 1-Arm Half-Kneeling Lat Pulldown
2	Lower (Strength)	1 Leg Box Squat, Barbell Romanian Deadlift (RDL), Walking Dumbbell Lunge, Calf Raise using Hack Squat Machine
3	Upper (Volume)	Incline Bench Press - Barbell, Alternating High Cable Row, 45° Lateral Raise, One Arm Overhead Cable Tricep Extension
4	Lower (Volume)	Calf Press Using Leg Press Machine, Leg Curl, Leg Extension, Adductor Side Plank

© 2026 Ndibe Studio · coach.ndibestudio.co.uk

Day 1 — Upper (Strength)

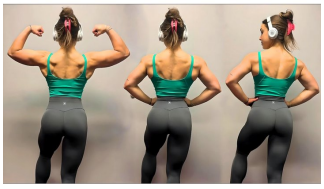
DAY 1 OF 4



Bench Press

4 sets · 5-8 reps · 120s rest

SET 1	SET 2	SET 3	SET 4



■ Watch the demo video

Alternating High Cable Row

4 sets · 6-10 reps · 120s rest

SET 1	SET 2	SET 3	SET 4



Overhead Press

3 sets · 6-10 reps · 90s rest

SET 1	SET 2	SET 3



■ Watch the demo video

1-Arm Half-Kneeling Lat Pulldown

3 sets · 8-10 reps · 90s rest

SET 1	SET 2	SET 3

Day 2 — Lower (Strength)

DAY 2 OF 4



■ Watch the demo video

1 Leg Box Squat

4 sets · 5-8 reps · 150s rest

SET 1	SET 2	SET 3	SET 4



Barbell Romanian Deadlift (RDL)

3 sets · 6-8 reps · 150s rest

SET 1	SET 2	SET 3



Walking Dumbbell Lunge

3 sets · 8-10 each leg reps · 90s rest

SET 1	SET 2	SET 3

© 2026 Ndibe Studio · coach.ndibestudio.co.uk



Calf Raise using Hack Squat Machine

3 sets · 12-15 reps · 60s rest

SET 1	SET 2	SET 3

Day 3 — Upper (Volume)

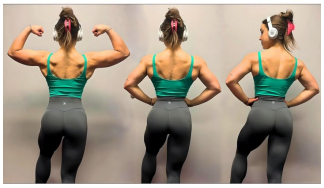
DAY 3 OF 4



Incline Bench Press - Barbell

3 sets · 8-12 reps · 90s rest

SET 1	SET 2	SET 3



■ Watch the demo video

Alternating High Cable Row

3 sets · 8-12 reps · 90s rest

SET 1	SET 2	SET 3



■ Watch the demo video

45° Lateral Raise

3 sets · 12-15 reps · 60s rest

SET 1	SET 2	SET 3



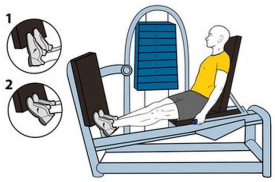
One Arm Overhead Cable Tricep Extension

3 sets · 10-12 reps · 60s rest

SET 1	SET 2	SET 3

Day 4 — Lower (Volume)

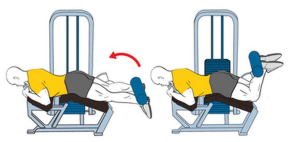
DAY 4 OF 4



Calf Press Using Leg Press Machine

3 sets · 10-12 reps · 90s rest

SET 1	SET 2	SET 3

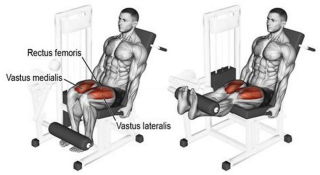


Leg Curl

3 sets · 10-12 reps · 90s rest

SET 1	SET 2	SET 3

© 2026 Ndibe Studio · coach.ndibestudio.co.uk



Leg Extension

3 sets · 12-15 reps · 60s rest

SET 1	SET 2	SET 3



■ Watch the demo video

Adductor Side Plank

3 sets · 45-60s reps · 60s rest

SET 1	SET 2	SET 3

© 2026 Ndibe Studio · coach.ndibestudio.co.uk