



GetFitArchitect

PREMADE WORKOUT PROGRAM

4 Day Upper Lower Split

4 days a week · Upper/lower split · Muscle building

EQUIPMENT

Dumbbells · Bench

LEVEL

Beginner

SESSION LENGTH

60-75 minutes

Free tools. No account. Built around the equipment you own.

getfitarchitect.com

The plan at a glance

4 days a week · Upper/lower split · Muscle building · Beginner

DAY 1**Upper body**

51 min

Dumbbell Bench Press	5 × 8–12
Seated Dumbbell Shoulder Press	3 × 8–12
Dumbbell Row	5 × 8–12
Rear Delt Dumbbell Fly	3 × 10–15
Dumbbell Bicep Curl	3 × 10–15

DAY 2**Lower body**

64 min

Goblet Squat	5 × 8–12
Dumbbell Romanian Deadlift	5 × 8–12
Bodyweight Hip Thrust	5 × 8–12
Dumbbell Calf Raise	5 × 10–15
Farmer's Carry	5 × 30–45 sec

DAY 3**Upper body**

51 min

Dumbbell Floor Press	5 × 8–12
Seated Dumbbell Shoulder Press	3 × 8–12
Dumbbell Row	5 × 8–12
Rear Delt Dumbbell Fly	3 × 10–15
Dumbbell Bicep Curl	3 × 10–15

DAY 4**Lower body**

65 min

Goblet Squat	5 × 8–12
Dumbbell Romanian Deadlift	5 × 8–12
Bodyweight Hip Thrust	5 × 8–12
Dumbbell Calf Raise	5 × 10–15
Superman	5 × 10–15

EQUIPMENT

Dumbbells · Bench

SESSION LENGTH

60–75 min

EFFORT

Stop 1–3 reps short of failure

Build a version around your own equipment, free: getfitarchitect.com/workout-generator

How to use this program

This is a 4-day upper/lower workout split built for a beginner training with dumbbells and a bench. Volume is scaled down from what an intermediate or advanced lifter on the same split would run, since a beginner needs less weekly volume per muscle group to make progress. If you also own a barbell and squat rack, the barbell squat, bench press, and deadlift are worth adding once the dumbbell versions of those movements feel solid.

What you need

Dumbbells • Bench

Every exercise draws only from this equipment list, so nothing here assumes access to cables, machines, or specialty bars.

Why this structure

Four or five days gives you enough room to separate upper and lower body without dropping below twice-a-week frequency for any muscle group, while keeping each session more focused than a full body workout.

THE THREE RULES

1

Warm up first

Start every session with the warm-up block on that day's page, then do 2-3 ramp-up sets on your first exercise before you reach working weight.

2

Rest as listed

Moderate rests keep each set hard enough to build muscle without dragging the session out. Stick to the times listed.

3

Keep a few reps in reserve

Finish most working sets feeling like you could have done one to three more good reps. Sets close to failure build the most muscle, but stopping just short keeps your form and recovery intact.

Upper body

51 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Dumbbell Bench Press	5	8-12	90-120 sec
Seated Dumbbell Shoulder Press	3	8-12	90-120 sec
Dumbbell Row	5	8-12	90-120 sec
Rear Delt Dumbbell Fly	3	10-15	60-90 sec
Dumbbell Bicep Curl	3	10-15	60-90 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Lower body

APPROX. TIME

64 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then bodyweight squats and leg swings to open up your hips. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Goblet Squat	5	8-12	90-120 sec
Dumbbell Romanian Deadlift	5	8-12	90-120 sec
Bodyweight Hip Thrust	5	8-12	90-120 sec
Dumbbell Calf Raise	5	10-15	60-90 sec
Farmer's Carry	5	30-45 sec	60-90 sec

COOL-DOWN

A few minutes of static stretching for your quads, hamstrings, and calves, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Upper body

APPROX. TIME

51 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Dumbbell Floor Press	5	8-12	90-120 sec
Seated Dumbbell Shoulder Press	3	8-12	90-120 sec
Dumbbell Row	5	8-12	90-120 sec
Rear Delt Dumbbell Fly	3	10-15	60-90 sec
Dumbbell Bicep Curl	3	10-15	60-90 sec

COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Lower body

APPROX. TIME

65 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then bodyweight squats and leg swings to open up your hips. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Goblet Squat	5	8-12	90-120 sec
Dumbbell Romanian Deadlift	5	8-12	90-120 sec
Bodyweight Hip Thrust	5	8-12	90-120 sec
Dumbbell Calf Raise	5	10-15	60-90 sec
Superman	5	10-15	60-90 sec

COOL-DOWN

A few minutes of static stretching for your quads, hamstrings, and calves, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Progressing week to week

Once you can hit the top of the rep range for every set on this upper/lower split plan, add weight on your dumbbells and bench the next session and expect reps to dip back toward the bottom of the range. That cycle of adding reps, then adding weight, is what steadily builds size over time. As a beginner, expect faster early progress than this pattern implies — many people can add weight or reps almost every session for the first couple of months before needing to slow down.

COMMON QUESTIONS

Is an upper/lower split appropriate for a true beginner, or is that too advanced?

It's appropriate at 4 training days a week specifically. Below 4 days, full body training usually gives better frequency per muscle group; at 4 days, upper/lower keeps each session focused without dropping below twice-weekly frequency for anything.

Should a beginner run push/pull/legs instead of upper/lower?

Generally not yet, at 4 days a week. Push/pull/legs works better once there's enough weekly volume and training days to support 5 or 6 sessions; at 4 days, upper/lower is the more common recommendation.

Want a plan built around your exact equipment?

The free workout plan tool builds a full weekly program from whatever you own, your goal, your experience, and the time you have. No account needed.

getfitarchitect.com/workout-generator

General training information, not medical advice. If you have an injury or a health condition, check with a doctor or physical therapist before starting a new program.