



GetFitArchitect

PREMADE WORKOUT PROGRAM

Functional Trainer + Smith Machine Combo Program

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

EQUIPMENT

Cable machine · Smith machine · Bench

LEVEL

Intermediate

SESSION LENGTH

60-75 minutes

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

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The plan at a glance

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

DAY 1

Upper body

60 min

Cable Chest Press	5 × 8–12
Smith Machine Overhead Press	4 × 8–12
Lat Pulldown	5 × 8–12
Cable Face Pull	4 × 10–15
Cable Bicep Curl	5 × 10–15

DAY 2

Lower body

60 min

Smith Machine Squat	4 × 8–12
Smith Machine Hip Thrust	5 × 8–12
Smith Machine Bulgarian Split Squat	4 × 8–12
Bodyweight Calf Raise	5 × 10–15
Cable Crunch	5 × 10–15

DAY 3

Upper body

60 min

Smith Machine Incline Bench Press	5 × 8–12
Smith Machine Overhead Press	4 × 8–12
Smith Machine Inverted Row	5 × 8–12
Cable Face Pull	4 × 10–15
Cable Hammer Curl	5 × 10–15

DAY 4

Lower body

60 min

Smith Machine Squat	4 × 8–12
Smith Machine Hip Thrust	5 × 8–12
Smith Machine Bulgarian Split Squat	4 × 8–12
Bodyweight Calf Raise	5 × 10–15
Cable Woodchopper	5 × 10–15

EQUIPMENT

Cable machine · Smith machine · 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 program for anyone with access to a functional trainer (a dual-stack cable machine), a Smith machine, and a bench, a common equipment pairing at commercial gyms and larger home setups. Having all three unlocks enough exercise variety to move from full body training to a proper upper/lower split.

What you need

Cable machine · Smith machine · Bench

The Smith machine and bench together cover the fixed-bar-path compound lifts (squats, presses, hip thrusts) while the functional trainer fills in constant-tension accessory and isolation work, which is why the combination supports more volume than either machine alone.

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

APPROX. TIME

60 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
Cable Chest Press	5	8-12	90-120 sec
Smith Machine Overhead Press	4	8-12	90-120 sec
Lat Pulldown	5	8-12	90-120 sec
Cable Face Pull	4	10-15	60-90 sec
Cable Bicep Curl	5	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

60 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
Smith Machine Squat	4	8-12	90-120 sec
Smith Machine Hip Thrust	5	8-12	90-120 sec
Smith Machine Bulgarian Split Squat	4	8-12	90-120 sec
Bodyweight Calf Raise	5	10-15	60-90 sec
Cable Crunch	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

Upper body

APPROX. TIME

60 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
Smith Machine Incline Bench Press	5	8-12	90-120 sec
Smith Machine Overhead Press	4	8-12	90-120 sec
Smith Machine Inverted Row	5	8-12	90-120 sec
Cable Face Pull	4	10-15	60-90 sec
Cable Hammer Curl	5	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

60 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
Smith Machine Squat	4	8-12	90-120 sec
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Bodyweight Calf Raise	5	10-15	60-90 sec
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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 cable machine, smith machine, 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. At an intermediate level, progress typically settles into something closer to this pattern, a small jump every week or two rather than every session.

COMMON QUESTIONS

Why does having two machines change the split, not just the exercise list?

A wider exercise pool supports more total weekly volume per muscle group before exercises start repeating too often within a week, and a 4-day upper/lower split is where that extra volume actually gets applied, split across more sessions than a 3-day full body plan allows.

Is a functional trainer the same thing as a cable machine for this program?

Yes. A functional trainer is a dual-stack cable machine with adjustable pulley heights, and every cable-based exercise in this program works identically on either one.

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.