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Are you curious about the Jeremy Ethier workout plan? Do you want to know how Jeremy Ethier trains for size and strength? Then you've come to the right place. In this comprehensive guide, I will teach you how to use the Jeremy Ethier workout plan to transform your body in record time! Introduction Part 1: Push / Pull / Legs Part 2: The Bro Split Part 3: Full Body Workouts Part 4: Upper / Lower Jeremy Ethier is one of the biggest experts in the fitness world today. He is most famous for his ripped physique, and of course, for being the founder of Built With Science, one of the world's leading body transformation companies. So how does Jeremy Ethier train to transform his body? Is it a secret Built With Science workout program, or does he just have great genetics? Jeremy Ethier trains using many different training splits, including the push / pull / legs split, the bodybuilding bro split, the full body split, and the upper / lower split. Jeremy says all of these workout plans are great for building muscle mass and losing body fat. In fact, he uses all of them in his own Built With Science workout plans! Now let's take a closer look at Jeremy Ethier's top 4 workout routines! Part 1: The Push / Pull / Legs Split Jeremy Ethier is a huge fan of the classic push / pull / legs split. He uses it in many of his Built With Science workout plans, as it is a very science-based way to train. Here is what the Jeremy Ethier's push / pull / legs split looks like: The Built With Science Push / Pull / Legs Split Day 1: Push (chest / shoulders / triceps) Day 2: Pull (back / biceps) Day 3: Legs (quads / hamstrings / calves) Day 4: Off Day 5: Repeat! With the push / pull / legs split, Jeremy Ethier likes to train 3 days in a row, and then take 1 day off. This is a great way to train because you can train body parts once every 4 days, or about twice per week. The push / pull / legs split also speeds up your recovery ability, because you are grouping together similar muscle groups on the same training days. Here is one of Jeremy Ethier's favorite science-based push workouts that you can try. Check it out: Jeremy Ethier Push Workout Exercise #1: 30 degree incline bench press, 3-4 sets of 6-8 reps Exercise #2: Standing dumbbell overhead press, 3-4 sets of 10-15 reps Exercise #3: Flat dumbbell press, 3-4 sets of 8-12 reps Exercise #4: Lean away lateral dumbbell raise, 2-3 sets of 10-15 reps Exercise #5: Seated decline cable fly, 2-3 sets of 10-15 reps Exercise #6: 30 degree incline dumbbell extension, 2-3 sets of 10-15 reps Here is the training video: Talk about an intense workout! Jeremy Ethier says that this is the best chest / shoulders / triceps workout you can do, based on the latest scientific studies. In this workout Jeremy performs 2 exercises each for the chest, shoulders, and triceps. Many other fitness experts like Jeff Nippard use a similar amount of volume in their push workouts, so Jeremy Ethier is in good company! Jeremy starts the workout with the incline bench press to target the upper chest. Here is Jeremy describing this movement: "The first exercise we're going to use is the incline barbell bench press. This is going to be used to target the clavicular head, or upper head of the chest. There are a couple of reasons why this exercise was chosen. First off, we know the bench press is highly effective at building the chest. But by implementing the slight incline angle, we're adding a little bit of shoulder flexion, which targets the upper chest to an even greater degree, as this is one of its main functions." Next, Jeremy moves right in to the standing dumbbell overhead press to target the shoulders. He gives some great reasons why you might want to use this exercise instead of the regular barbell overhead press. Check it out: "The dumbbell overhead press will be used to target the shoulders, with most of the emphasis on the front and lateral regions. The reason we are using a dumbbell overhead press, rather than a barbell overhead press, is that research shows it elicits greater front and side delt activation. This is likely due to the stability requirements of this exercise." Finally, Jeremy moves into the flat dumbbell press to finish off his chest and build his overall pressing strength. "Researchers have looked at 15 different chest exercises, and they found that the flat dumbbell press is most effective at activating the mid-chest. In addition, one of the unique benefits of using dumbbells here is we're now able to use a greater range of motion on the chest than we could with a barbell." After the flat dumbbell press, Jeremy performs a variety of accessory exercises for his chest, shoulders, and triceps. This is a very smart way to train, as you get the benefits of heavy compound exercises, plus lighter isolation movements to stimulate as much hypertrophy as possible. Now let's look at one of Jeremy Ethier's favorite pull workouts. Check it out: Jeremy Ethier Pull Workout Exercise #1: Pull up (medium grip), Exercise #2: Barbell row, 3-4 sets of 10-15 reps Exercise #3: Reverse grip lat pulldown, 3-4 sets of 8-12 reps Exercise #4: Chest supported rear delt row, 3-4 sets of 10-15 reps Exercise #5: Narrow grip barbell curl, 2-3 sets of 8-12 reps Exercise #6: Kneeling face pulls, 2 sets of 10-15 reps Exercise #7: Lying face pulls, 2 sets of 10-15 reps Here is the training video: Talk about an intense workout! Jeremy Ethier performs a total of 7 exercises for his back, biceps, and rear delts.



He places a lot more emphasis on the upper back than most people, but Jeremy believes this is essential, as the upper back is such a complex muscle group.



Here is Jeremy talking about the first exercise - the pull up: "The first exercise we perform in this workout is pull ups, which are one of the best exercises for targeting the lats and increasing the width of your back. In fact, when compared to 7 other back exercises, the pull up came out on top with the highest lat activation. In addition, research shows that the pull up activates various other back and arm muscles to a higher degree as well. This means it is a great overall back builder, and therefore should be a staple exercise in your routine." After the pull ups, Jeremy moves right into barbell rows to work the upper back muscles in the horizontal plane. This is great advice, as the traps and rhomboids are worked harder using rowing exercises. "Next, it's time to switch the angle by moving to a horizontal pulling movement with a barbell row. This has been shown by research to be a great overall back builder, but it is especially great for mid-back thickness, as it outclasses other exercises for targeting this area. This exercise compliments the pull up for building our back thickness, while also hitting the upper back from a different angle." Of course, Jeremy doesn't stop there! He also includes other upper back exercises, such as the reverse grip pulldown, the chest supported rear delt row, and the cable face pull to round out his back workout. Here is Jeremy talking about his reasoning for using the reverse grip pulldown in this back / biceps workout: "Exercises that involve more shoulder extension, such as the reverse grip pulldown, now have an angle of pull that is more vertical and in line with the lower lat fibers. Therefore, this exercise will more effectively target the lower lats." Of course, Jeremy also includes some direct biceps work with the barbell curl. Now let's look at Jeremy's Built With Science leg workout. Check it out: Jeremy Ethier Leg Workout Exercise #1: Back squat or front squat, 3-4 sets of 6-10 reps Exercise #2: Barbell hip thrusts, 3-4 sets of 12-15 reps Exercise #3: Bulgarian split squats, 2 sets of 8-12 reps (each side) Exercise #4: Contralateral split squats, 2 sets of 8-12 reps (each side) Exercise #5: Glute ham raise, 3-4 sets of 10-15 reps Exercise #6: Standing single-leg calf raise, 2-4 sets of 6-10 reps Exercise #7: Seated calf raise, 2-4 sets of 10-15 reps Here is the training video: Talk about an intense workout! Jeremy starts this leg workout with the king of all exercises: the squat! He says the squat is one of the best exercises for developing all of the muscles of the lower body, so you don't want to ignore it. He says that you can use either the front squat or back squat, depending on what you feel comfortable with. "The first exercise is the barbell squat, which has been shown to be a great exercise for developing the lower body musculature. For example, a recent 2020 paper had a group of trained subjects perform only the back squat as their lower body exercise for 12 weeks. After the study, the subjects were able to build their quads for 12% and their glutes by 9%, confirming that the squat is a great exercise for building not only the quads, but the glutes as well." After the heavy squats, Jeremy moves onto a glute-focused exercise called the barbell hip thrust.



This exercise was made popular by Brett Contreras, aka "The Glute Guy." Check it out: "Next, we're going to move onto barbell hip thrusts to prioritize the glutes, as well as involve the hamstrings a little more. This exercise can be argued as the perfect complimentary exercise for the squat, sense research shows that this exercise activates the posterior muscles of the legs greater than squats." Towards the end of the leg workout, Jeremy Ethier moves onto different "functional" exercises like Bulgarian split squats and glute ham raises. He says these exercises may not look as important, but they play a huge role in building strong legs and avoiding injuries. "Next, it's time to move onto split squats to further target the quads, with further involvement from the hamstrings and glutes as well. It's important to perform single-leg movements to prevent imbalances from developing over time." Jeremy Ethier uses the push pull legs split in many of his Built With Science training programs, and it's easy to see why. Grouping together your pushing, pulling, and leg muscles into separate workouts simplifies your training, and makes it easier to recover from your workouts. If you are looking for a great push / pull / legs program to transform your physique, then you have to give the Jeremy Ethier PPL program a shot! Part 2: The Bodybuilding Bro Split Jeremy Ethier believes you should train each muscle group twice per week to maximize growth. However, he still loves to use high-volume bodybuilding style workouts with 4-6 exercises per body part to stimulate growth. And the best way to do this is with a "bodybuilding bro split" where you train each muscle group once per week. For example: The 5-Day Bro Split Day 1: Chest Day 2: Back Day 3: Off Day 4: Shoulders Day 5: Legs Day 6: Arms Day 7: Off This is a perfect example of the classic 5-day bro split. Again, Jeremy Ethier normally recommends higher frequency training programs. However, he still thinks bro split workouts are a great option if your goal is muscular hypertrophy. Here is one of Jeremy Ethier's Built With Science chest workouts that you can try. Check it out: Jeremy Ethier Chest Workout Exercise #1: 30 degree incline dumbbell press, 3 sets of 6-10 reps Exercise #2: Barbell bench press, 3 sets of 6-10 reps Exercise #3: Dips, 3 sets of 8-12 reps Exercise #4: Banded push ups, 3 sets of 6-12 reps Exercise #5: High to low cable crossovers, 3 sets of 10+ reps Here is the training video: Talk about an intense workout! Jeremy Ethier uses a wide variety of exercises to target the different areas of the chest in one single workout. Jeremy starts this workout with the 30 degree incline dumbbell press to target the upper pecs. "Through the added shoulder flexion of this movement, incline dumbbell presses put more emphasis on the clavicular head of the pecs. They work several other secondary muscles as well. The main reason for starting with this exercise is to prioritize the upper chest, which is the lagging part of the chest for most people." After the incline dumbbell presses, Jeremy moves onto the classic bench press. He likes this movement, as research has shown it is one of the best exercises for targeting the middle chest area, and for building overall size and strength. "The bench press is going to put the most emphasis on the middle chest, and help with building more overall chest thickness. I had to include this exercise, because of the overwhelming evidence supporting it for building the chest." After the heavy bench presses, Jeremy moves onto weighted dips to target the lower chest. In his video, he gives a few different options for how to perform this exercise. "Dips were shown to be the most effective exercise for hitting the lower chest, which makes sense given that your shoulders are put in an extended position." Finally, Jeremy finishes this workout with some banded push ups and high to low cable crossovers. Talk about a high-volume workout! Now let's look at one of Jeremy Ethier's science-based back workouts. Check it out: Jeremy Ethier Back Workout Exercise #1: Barbell rows, 3-4 sets of 8-12 reps Exercise #2: Lat pulldown (wide / pronated grip), 3-4 sets of 8-12 reps Exercise #3: Chest supported dumbbell lat row, 3-4 sets of 8-12 reps Exercise #4: One-arm cable pulldown, 3-4 sets of 8-12 reps Exercise #5: Standing cable Y raise, 3-4 sets of 8-12 reps Here is the training video: Talk about an intense workout! Jeremy Ethier's goal for this routine is to use a wide-variety of exercises to target all of the different muscles of the upper back. Jeremy starts this workout with the classic barbell row. He says this is one of the best exercises for the traps and rhomboid muscles, based on the angle of your elbows as you perform the exercise. "Given the unique anatomy and function of the upper back muscles, they are best worked during exercises with the elbows pulled at roughly a 45-60 degree angle away from the torso." After the heavy barbell rows, Jeremy moves onto several lat-focused exercises, such as the lat pulldown, dumbbell lat rows, and standing cable pulldowns. He says the key to activating the lats is to keep your elbows drawn in towards your body. "Unlike the upper back muscles, the lats are best targeted during exercises where the elbows can pull as close to the torso as possible." Finally, Jeremy finishes the workout with some standing cable Y raises to overload the lower traps.



You have to respect Jeremy Ethier's attention to detail - the lower traps are one of the most important muscle groups for overall shoulder health. They are also neglected in most people's routines! Next let's look at one of Jeremy Ethier's science-based shoulder workouts. Check it out: Jeremy Ethier Shoulder Workout Exercise #1: Standing barbell overhead press, 3-4 sets of 6-8 reps Exercise #2: Dumbbell lateral raise, 3-4 sets of 8-12 reps Exercise #3: Chest supported dumbbell Y raise, 3-4 sets of 8-12 reps Exercise #4: Rear delt swing, 3-4 sets of 8-12 reps Exercise #5: Rear delt cable pull, 3-4 sets of 8-12 reps Here is the training video: Talk about an intense workout! Jeremy Ethier performs a total of 5 exercises for his shoulders, including 1 heavy overhead pressing movement and 4 lighter isolation exercises for the side and rear delts. Jeremy says that you don't want to perform too many overhead pressing movements, as the front delts are already worked hard on your chest day. Instead, he believes you should focus on different isolation exercises to get round 3-D shoulders. "Research shows that the front delts are already highly activated in many of the pressing movements you're already doing, such as the bench press. You want to emphasize the side and rear delts more by picking two different exercises for each of these muscle groups." Next let's look at some of Jeremy Ethier's arm workouts. He likes to train biceps and triceps separately in his YouTube videos, but you could easily combine the following bicep and tricep routines into one complete workout. Check it out: Jeremy Ethier Bicep Workout Exercise #1: Concentration curls, 3-4 sets of 6-12 reps Exercise #2: Incline dumbbell curls, 3-4 sets of 6-12 reps Exercise #3: Dumbbell hammer curls, 3-4 sets of 6-12 reps** **Perform a 3-5 second lowering phase on each rep Here is the training video: Talk about an intense workout! Jeremy Ethier performs a total of 3 exercises for his biceps, including different movements for the long and short heads of his biceps. For example, the concentration curls performed at the start of the routine are great for targeting the short head of the biceps. "The seated concentration curl is going to be used to preferentially target the short head, or inner part of the biceps. We can do this by placing the arm slightly in front of the body during the curl. We know this bio mechanically enables you to target the short head more." On the other hand, the incline curls are great for targeting the long head of the biceps, and the hammer curls are great for targeting the brachialis and brachioradialis muscles. Now let's look at one of Jeremy Ethier's Built With Science tricep workouts. Check it out: Jeremy Ethier Tricep Workout Exercise #1: Flat dumbbell press (hammer grip), 3-4 sets of 6-8 reps Exercise #2: 30 degree incline dumbbell kickbacks, 3-4 sets of 10-15 reps Exercise #3: 60 degree incline dumbbell extensions, 3-4 sets of 10-15 reps Exercise #4: Diamond dumbbell pushups, 2-3 sets of 10-15 reps Here is the training video: Talk about an intense workout! Jeremy Ethier uses a variety of compound and isolation exercises to target his triceps, including flat dumbbell presses, 30 degree incline dumbbell kickbacks, 60 degree incline dumbbell extensions, and diamond push ups. During the video Jeremy gives some science-based reasons for all of these exercises. For example, here is Jeremy talking about the incline dumbbell kickbacks: "Next, we'll want to move onto incline dumbbell kickbacks, set at a 45-60 degree incline, which will be mainly used to target the long head of the triceps, located towards the backside of the arm. This exercise effectively recruits this part of the triceps, sense it puts the long head in a maximum contraction, relative to the two other heads." Finally, here is one of Jeremy Ethier's science-based leg workouts that you can try. Check it out: Jeremy Ethier Leg Workout Exercise #1: Back squat or front squat, 3-4 sets of 6-10 reps Exercise #2: Barbell hip thrusts, 3-4 sets of 12-15 reps Exercise #3: Bulgarian split squats, 2 sets of 8-12 reps (each side) Exercise #4: Contralateral split squats, 2 sets of 8-12 reps (each side) Exercise #5: Glute ham raise, 3-4 sets of 10-15 reps Exercise #6: Standing single-leg calf raise, 2-4 sets of 6-10 reps Exercise #7: Seated calf raise, 2-4 sets of 10-15 reps Here is the training video: Talk about an intense workout! Jeremy performs a variety of exercises for his legs, including squats, hip thrusts, and various single-leg exercises. We already talked about this workout in section 1 of this article, so we will cut the discussion short here. Part 3: The Full Body Split Jeremy Ethier believes full body workouts are a great choice for many people. The basic idea behind a full body workout is you train your entire upper and lower body each workout! Jeremy says that performing 3 full body workouts per week is the way to go. He also believes you should alternate between an "A" workout and a "B" workout so that you can use a greater variety of exercises. Check it out: The Built With Science Full Body Split Week #1: Day 1: Full Body Workout A Day 2: Full Body Workout B Day 3: Full Body Workout A Week #2: Day 1: Full Body Workout B Day 2: Full Body Workout A Day 3: Full Body Workout B As you can see, you just continue alternating between your "A" workout and your "B" workout while getting bigger and stronger. It's as simple as that! Here is one of Jeremy Ethier's science-based full body workouts that you can try. Check it out: Jeremy Ethier Full Body "A" Workout Exercise #1: Bench press, 3-4 sets of 6-10 reps Exercise #2: Back squat, 3-4 sets of 6-10 reps Exercise #3: Pull ups, 3-4 sets of 6-10 reps Exercise #4: Lying dumbbell leg curls, 3-4 sets of 10-15 reps Exercise #5: Standing barbell overhead press, 3-4 sets of 6-10 reps Exercise #6: Face pulls, 3-4 sets of 10-15 reps Exercise #7: Drag curls, 3-4 sets of 8-10 reps Here is the training video: Talk about an intense workout! Full body workouts can be very difficult to set up. The key is to use only 1-2 exercises for each major muscle group. Jeremy starts this workout with the king of upper body exercises: the bench press! This is a great choice, as if you are only using 1 chest exercise, you want to use one that works a lot of muscle fibers! "The first exercise is the barbell bench press, and it's going to be your main chest exercise for this workout. It's going to contribute the most to your overall chest size and thickness over time. Due to the flat angle, it's going to develop the sternal portion, or the middle area of your chest to your most, while also stimulating your shoulders and triceps." After the bench press, Jeremy moves right into the back squat. Again, this is a great choice. With a full body workout, you only have time for 1 major lower body exercise, and the back squat is as good as it gets for building size and strength! "The back squat has been shown in multiple research studies to elicit very high levels of quadriceps activation while also heavily involving the glutes and various other lower body muscles." Of course, Jeremy Ethier recommends rotating between an "A" workout and a "B" workout with his 3-day full body split. Here is what your science-based "B" workout could look like: Jeremy Ethier Full Body "B" Workout Exercise #1: Deadlift, 3-4 sets of 6-10 reps Exercise #2: 30 degree incline dumbbell press, 3-4 sets of 6-12 reps Exercise #3: Bulgarian split squat, 3-4 sets of 6-10 reps Exercise #4: Chest supported row, 3-4 sets of 6-12 reps Exercise #5: Dumbbell lateral raise, 3-4 sets of 10-15 reps Exercise #6: Incline dumbbell kickbacks, 3-4 sets of 10-15 reps Exercise #7: High to low cable flyers, 3-4 sets of 8-10 reps Here is the training video: Talk about an intense workout! Jeremy starts this workout with the conventional deadlift. He says this is a great choice, as it works the entire posterior chain hard, including the hamstrings, glutes, and lower back. "The deadlift is going to exercise the whole posterior chain, but primarily the hamstrings, glutes and the various other muscles that make up the back. Regardless of which variation you choose, it's vital that you choose some sort of deadlift for this workout." After the deadlifts, Jeremy uses the 30 degree incline dumbbell press as his primary chest exercise. This is a great choice, as many bodybuilders have found the incline dumbbell press to be their all-time favorite "mass-builder." "The incline dumbbell press is going to be your main chest exercise for this workout. Given that we performed the flat bench press in the first workout, we want to perform a movement that targets the clavicular portion of the chest this time to prevent it from falling behind." Full body workouts work great for beginners, and some advanced athletes. If you are looking for a science-based way to train your entire body in one workout, then you have to give Jeremy Ethier's full-body split a shot! Part 4: The Upper / Lower Split The upper / lower split is one of the classic ways to train for size and strength. Many powerlifting programs like Westside Barbell use a 4-day upper / lower split, so this is definitely a "science-based" way to train. Jeremy Ethier says a great choice is to use 2 upper body workouts and 2 lower body workouts each week. For example: The Jeremy Ethier 4-Day Upper / Lower Split Day 1: Upper Day 2: Lower Day 3: Upper Day 4: Lower Jeremy says this split is so effective, because it lets you train each muscle group twice per week. This is important, as most of the scientific literature says that training each muscle group at least twice per week is optimal for muscle growth. Here is one of Jeremy Ethier's Built With Science upper body workouts that you can try. Check it out: Jeremy Ethier Upper Body Workout Exercise #1: 30 degree incline dumbbell press, 3-4 sets of 6-10 reps Exercise #2: Chest supported row, 2-3 sets of 6-10 reps Exercise #3: Overhead press, 2-3 sets of 6-10 reps Exercise #4: Pull ups, 2-3 sets of 6-10 reps Here is the training video: Talk about an intense workout! Jeremy Ethier performs a total of 4 exercises for his upper body, including 2 "pushing" exercises and 2 "pulling" exercises. He starts this workout with one of the best overall chest exercises: the 30 degree incline dumbbell press.



He says this is one of the best exercises for overall chest development. However, it is especially effective for developing the upper pecs, or the clavicular head of the pectoralis major. "Through the added shoulder flexion of this movement, the incline dumbbell press will put added emphasis on the clavicular head of the pecs, which is a weak point for most individuals. EMG analysis by Brett Contreras found that incline dumbbell presses were better than 15 other exercises for targeting the clavicular pecs." Of course, Jeremy also includes plenty of pulling movements in this workout. His main rowing exercise in this workout is the chest supported row. He likes it because it prevents you from cheating, which increases activation of all the major upper back muscles. "Next you want to move onto a horizontal rowing movement. Our personal favorite is the chest supported row, which will effectively target all of the upper back musculature. Rowing movements give similar lat activation to other exercises like the lat pulldown, but more upper back activation of the traps and rhomboids." Of course, if you are going to use Jeremy Ethier's 4-day upper / lower split, then you also need a great lower body workout. Here is one of Jeremy's Built With Science lower body workouts that you can try. Check it out: Jeremy Ethier's Lower Body Workout Exercise #1: Back squat, 3 sets of 6-10, 6-10, 12-15 reps Exercise #2: Front squat, 3 sets of 6-10, 6-10, 12-15 reps Exercise #3: Bulgarian split squat, 3 sets of 8-15 reps Exercise #4: Weighted hip thrusts, 3 sets of 10-15 reps Here is the training video: Talk about an intense workout! Jeremy Ethier performs a total of 4 exercises in this science-based workout, including back squats, front squats, Bulgarian split squats, and weighted hip thrusts. Jeremy says that including single-leg exercises like Bulgarian split squats is a great choice for many trainees, as it does a great job of activating the quadriceps muscles. "A recent study found that split squats are as effective at increasing back squat 1 rep maxes as the back squat itself, while putting less stress on the lower back. And the fact that it's a unilateral exercise helps to balance out asymmetries that may come from performing two-leg exercises like squats and leg presses." If you are interested in using a 4-day upper / lower split, then I highly recommend Jeremy Ethier's upper body and lower body workouts! Conclusion | The Jeremy Ethier Workout Plan! Jeremy Ethier is one of the biggest experts in the fitness industry, and it's easy to see why. He uses the following science-based programs to get incredible results for his clients: If you are looking for a new science-based workout to program to transform your physique in record time, then I highly recommend any of Jeremy Ethier's workout plans.

They may be just what you need to take your training to the next level! Before you go, check out my other world-class articles: Trust me - you won't find this cutting edge information anywhere else! "I've missed more than 9000 shots in my career. I've lost almost 3000 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeeded." Thank you for reading and I wish you the best of luck on your strength training journey! When it comes to picking a workout split that maximizes muscle growth, there's a lot of factors that need to be considered. But due to the optimal training frequency and realistic time commitment of an upper lower split, it makes it an effective split for many lifters that can be easily adjusted based on your training experience. I've personally incorporated upper lower splits into my own training regimen for the past couple years and here's where it's gotten me (naturally, of course!): There's no doubt it works. But the key is choosing the right upper body exercises to make up your science based workout. In this article, I'll show you exactly how to do just that in a way that's backed by science. And if you're a fan of science-based workouts (and programs), then you're going to want to check out my programs. I've designed each of them to be a science-backed, all-in-one process that'll take you to your dream physique in the fastest time possible. If you're interested: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! Also, stick around to the end of the article where I'll provide you with a free downloadable PDF of the upper body workout that you can start using at the gym right away! What is an Upper Lower Split? First off, for those who are unaware, an upper lower split simply involves splitting up your workouts into upper and lower body workout days. Often 2 of each is performed every week. Ideally, you'd want to organize the split like so: Sample Upper Lower Split MONDAY - UPPER TUESDAY - LOWER WEDNESDAY - REST THURSDAY - UPPER FRIDAY - LOWER SATURDAY/SUNDAY - REST Although the exact days for each workout is not important, it's best to include a rest day after two consecutive days of training to allow sufficient recovery. How to Set Up Your Upper Body Workouts Now as for the best exercises to include in your upper body workouts, a good way to set it up is by sticking to the following guideline: Horizontal Push (e.g. dumbbell press) Horizontal Pull (e.g. seated row) Vertical Push (e.g. OHP) Vertical Row (e.g. pull ups) Accessory Movements (biceps, triceps, etc.) Choosing your exercises in this fashion ensures that your muscles are worked in a balanced manner. This helps prevent imbalances from developing and helps target all of the upper body musculature. This also prevents certain stabilizer muscles from being overworked, since each plane of movement is addressed. So with that being said, let's take a look at what the optimal workout might look like.

Exercise 1 (Horizontal Push) - Incline Dumbbell Press Through the added shoulder flexion of this movement, incline dumbbell presses will put more emphasis on the clavicular head of the pecs, or the upper chest, which is more often than not a weak point for most people. One EMG analysis by Bret Contreras found that out of 15 different chest exercises, incline dumbbell presses were found to be the most effective compound movement for upper chest activation. Therefore, by starting with this exercise you're able to effectively prioritize the upper chest. And since utilizing dumbbells as opposed to a barbell more effectively prevents muscle imbalances from occurring and allows a greater range of motion, it makes incline dumbbell presses the ideal option for the horizontal push exercise of this workout. Best Incline Setting Now as for the best incline setting, research tends to show that the optimal bench angle is between 30 to 56 degrees. I've personally found the best activation with a 30 degree incline, but experiment with it and see what best activates your chest (For more exercises, check out my article on the best chest workout for mass) Exercise 2 (Horizontal Row) - Chest Supported Row You want to move onto a horizontal rowing movement for your next upper body exercise. As noted in my back workout article, my personal favorite is the chest-supported row which will effectively target pretty much all of the upper back musculature. One study by Lehman and colleagues found that rowing movements provide similar levels of lat activation as lat pulldowns but more activation in other areas of the back like the traps and rhomboids. Therefore, it's essential to include at least one rowing exercise in your routine for both back width and thickness. I suggest using some form of a chest-supported row in this upper body workout because it helps minimize the involvement of the lower back - which as you'll see will be heavily involved in the next exercise. Other Exercises Other exercises like the barbell row do have their place for back development. But given that research shows they elicit high lower back involvement relative to other back exercises, their inclusion in an upper body workout needs to be carefully thought out. And... Carefully thought-out training plans will be exactly what you get (and more!) when you sign up for our 2-on-1 coaching program. You are going to have a coach to focus solely on your training and making all your workouts customized to you, your goals, and the equipment you have available. A dietitian and I will also be available to guide you every step of the way. If that sounds good to you, then: Click the button below to find out more about the 2-on-1 coaching program: 1 Exercise 3 (Vertical Push) - Standing Overhead Press Next you want to move onto a vertical pressing movement. The overhead press is an ideal choice due to the ability to easily overload it with weight and target several muscles at once. It mainly targets the anterior deltoid with some involvement of the lateral and posterior heads. It also heavily stresses the core, the triceps, and the serratus anterior muscle to help push and stabilize the weight overhead. And, as explained in my shoulder workout article, I'd argue it's the only upper body exercise needed for the anterior deltoid. This is because studies like this one by Behren & buskies found the overhead press to be the best exercise for the anterior deltoid. It was shown to outperform dumbbell front raises by 41%! Thus, this exercise is plenty of volume for your anterior deltoids. Exercise 4 (Vertical Pull) - Pull-ups OR Lat-Pulldowns Finally, you want to move onto a vertical pulling movement. For those who are capable, I'd suggest adding in pull-ups given that they work pretty much all of your back musculature and also heavily involve your shoulder and scapular stabilizers. One study by Ness and colleagues found that pull-ups elicit similar lat activation as lat-pull downs but more biceps involvement. In addition, one study from the Journal of Strength and Conditioning showed that subjects were able to pull 25% greater total weight with pull-ups as compared to lat pulldowns. Therefore, one could make a case for the superiority of pull-ups to lat pulldowns. But given that pull-ups are generally a lot more fatiguing, lat pull downs might be the better option here given that the previous upper body exercises are quite energy demanding. So it's really up to you, but again, including both in your weekly routine is definitely the best option. Exercise 5 (Accessory Movement) - Incline Dumbbell Curls The next two exercises are optional accessory movements for your upper body workout. These are more applicable for intermediate/advanced lifters as opposed to beginners, but I'll talk more about this towards the end of the article.

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Beginner Lifter Split: Incline Dumbbell Press: 3-4 sets of 6-10 reps Chest Supported Row: 3 sets of 8-10 reps Overhead Press: 3 sets of 6-10 reps Pull-ups OR Lat Pulldowns: 3 sets of 8-10 reps And as for your second workout during the week, you want to stick to the same general outline I showed earlier in this video but switch up the exercises. For example, these exercises are a good option for your next upper body workout during the week as they complement the ones I mentioned in this video.

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Cheers! Page 2 When it comes to picking a workout split that maximizes muscle growth, there's a lot of factors that need to be considered. But due to the optimal training frequency and realistic time commitment of an upper lower split, it makes it an effective split for many lifters that can be easily adjusted based on your training experience. I've personally incorporated upper lower splits into my own training regimen for the past couple years and here's where it's gotten me (naturally, of course!): There's no doubt it works. But the key is choosing the right upper body exercises to make up your science based workout. In this article, I'll show you exactly how to do just that in a way that's backed by science. And if you're a fan of science-based workouts (and programs), then you're going to want to check out my programs. I've designed each of them to be a science-backed, all-in-one process that'll take you to your dream physique in the fastest time possible. If you're interested: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! Also, stick around to the end of the article where I'll provide you with a free downloadable PDF of the upper body workout that you can start using at the gym right away! What is an Upper Lower Split? First off, for those who are unaware, an upper lower split simply involves splitting up your workouts into upper and lower body workout days. Often 2 of each is performed every week. Ideally, you'd want to organize the split like so: Sample Upper Lower Split MONDAY - UPPER TUESDAY - LOWER WEDNESDAY - REST THURSDAY - UPPER FRIDAY - LOWER SATURDAY/SUNDAY - REST Although the exact days for each workout is not important, it's best to include a rest day after two consecutive days of training to allow sufficient recovery. How to Set Up Your Upper Body Workouts Now as for the best exercises to include in your upper body workouts, a good way to set it up is by sticking to the following guideline: Horizontal Push (e.g. dumbbell press) Horizontal Pull (e.g. seated row) Vertical Push (e.g. OHP) Vertical Row (e.g. pull ups) Accessory Movements (biceps, triceps, etc.) Choosing your exercises in this fashion ensures that your muscles are worked in a balanced manner. This helps prevent imbalances from developing and helps target all of the upper body musculature. This also prevents certain stabilizer muscles from being overworked, since each plane of movement is addressed. So with that being said, let's take a look at what the optimal workout might look like.

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Cheers! Page 3 When it comes to picking a workout split that maximizes muscle growth, there's a lot of factors that need to be considered. But due to the optimal training frequency and realistic time commitment of an upper lower split, it makes it an effective split for many lifters that can be easily adjusted based on your training experience. I've personally incorporated upper lower splits into my own training regimen for the past couple years and here's where it's gotten me (naturally, of course!): There's no doubt it works. But the key is choosing the right upper body exercises to make up your science based workout. In this article, I'll show you exactly how to do just that in a way that's backed by science. And if you're a fan of science-based workouts (and programs), then you're going to want to check out my programs. I've designed each of them to be a science-backed, all-in-one process that'll take you to your dream physique in the fastest time possible. If you're interested: Click the button below to take my analysis quiz to discover the best program for you: 1 Take The Starting Point Quiz Here! Also, stick around to the end of the article where I'll provide you with a free downloadable PDF of the upper body workout that you can start using at the gym right away! What is an Upper Lower Split? First off, for those who are unaware, an upper lower split simply involves splitting up your workouts into upper and lower body workout days. Often 2 of each is performed every week. Ideally, you'd want to organize the split like so: Sample Upper Lower Split MONDAY - UPPER TUESDAY - LOWER WEDNESDAY - REST THURSDAY - UPPER FRIDAY - LOWER SATURDAY/SUNDAY - REST Although the exact days for each workout is not important, it's best to include a rest day after two consecutive days of training to allow sufficient recovery. How to Set Up Your Upper Body Workouts Now as for the best exercises to include in your upper body workouts, a good way to set it up is by sticking to the following guideline: Horizontal Push (e.g. dumbbell press) Horizontal Pull (e.g. seated row) Vertical Push (e.g. OHP) Vertical Row (e.g. pull ups) Accessory Movements (biceps, triceps, etc.) Choosing your exercises in this fashion ensures that your muscles are worked in a balanced manner. This helps prevent imbalances from developing and helps target all of the upper body musculature. This also prevents certain stabilizer muscles from being overworked, since each plane of movement is addressed. So with that being said, let's take a look at what the optimal workout might look like.

Exercise 1 (Horizontal Push) - Incline Dumbbell Press Through the added shoulder flexion of this movement, incline dumbbell presses will put more emphasis on the clavicular head of the pecs, or the upper chest, which is more often than not a weak point for most people. One EMG analysis by Bret Contreras found that out of 15 different chest exercises, incline dumbbell presses were found to be the most effective compound movement for upper chest activation. Therefore, by starting with this exercise you're able to effectively prioritize the upper chest. And since utilizing dumbbells as opposed to a barbell more effectively prevents muscle imbalances from occurring and allows a greater range of motion, it makes incline dumbbell presses the ideal option for the horizontal push exercise of this workout. Best Incline Setting Now as for the best incline setting, research tends to show that the optimal bench angle is between 30 to 56 degrees. I've personally found the best activation with a 30 degree incline, but experiment with it and see what best activates your chest (For more exercises, check out my article on the best chest workout for mass) Exercise 2 (Horizontal Row) - Chest Supported Row You want to move onto a horizontal rowing movement for your next upper body exercise. As noted in my back workout article, my personal favorite is the chest-supported row which will effectively target pretty much all of the upper back musculature. One study by Lehman and colleagues found that rowing movements provide similar levels of lat activation as lat pulldowns but more activation in other areas of the back like the traps and rhomboids. Therefore, it's essential to include at least one rowing exercise in your routine for both back width and thickness. I suggest using some form of a chest-supported row in this upper body workout because it helps minimize the involvement of the lower back - which as you'll see will be heavily involved in the next exercise. Other Exercises Other exercises like the barbell row do have their place for back development. But given that research shows they elicit high lower back involvement relative to other back exercises, their inclusion in an upper body workout needs to be carefully thought out. And... Carefully thought-out training plans will be exactly what you get (and more!) when you sign up for our 2-on-1 coaching program. You are going to have a coach to focus solely on your training and making all your workouts customized to you, your goals, and the equipment you have available. A dietitian and I will also be available to guide you every step of the way. If that sounds good to you, then: Click the button below to find out more about the 2-on-1 coaching program: 1 Exercise 3 (Vertical Push) - Standing Overhead Press Next you want to move onto a vertical pressing movement. The overhead press is an ideal choice due to the ability to easily overload it with weight and target several muscles at once. It mainly targets the anterior deltoid with some involvement of the lateral and posterior heads. It also heavily stresses the core, the triceps, and the serratus anterior muscle to help push and stabilize the weight overhead. And, as explained in my shoulder workout article, I'd argue it's the only upper body exercise needed for the anterior deltoid. This is because studies like this one by Behren & buskies found the overhead press to be the best exercise for the anterior deltoid. It was shown to outperform dumbbell front raises by 41%! Thus, this exercise is plenty of volume for your anterior deltoids. Exercise 4 (Vertical Pull) - Pull-ups OR Lat-Pulldowns Finally, you want to move onto a vertical pulling movement. For those who are capable, I'd suggest adding in pull-ups given that they work pretty much all of your back musculature and also heavily involve your shoulder and scapular stabilizers. One study by Ness and colleagues found that pull-ups elicit similar lat activation as lat-pull downs but more biceps involvement. In addition, one study from the Journal of Strength and Conditioning showed that subjects were able to pull 25% greater total weight with pull-ups as compared to lat pulldowns. Therefore, one could make a case for the superiority of pull-ups to lat pulldowns. But given that pull-ups are generally a lot more fatiguing, lat pull downs might be the better option here given that the previous upper body exercises are quite energy demanding. So it's really up to you, but again, including both in your weekly routine is definitely the best option. Exercise 5 (Accessory Movement) - Incline Dumbbell Curls The next two exercises are optional accessory movements for your upper body workout. These are more applicable for intermediate/advanced lifters as opposed to beginners, but I'll talk more about this towards the end of the article.

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