



EM2WL

UPPER/LOWER WORKOUT PLAN



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Developments in medical research may impact the health, fitness and nutritional advice that appear here. No assurance can be given that the advice contained in this kit will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

If you have any questions about what you can or can not do with this product please contact: info@em2wl.com

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FAQ

Is Weight Lifting for me?

The question the team always gets asked is “Do I really need to lift weights?”

The short answer is no. You don’t ever have to do anything you don’t like or want to do. However, by not lifting you must be aware of the implications you now have placed on your physique and diet.

Muscle is what gives your body the lean, “toned” look you are striving for. It makes up nearly two-thirds of the calories your body burns in a given day which means the more muscle you have, the higher your metabolism will be. Same can be said for the opposite – the less muscle you have, the lower your metabolism will be. This is why as we age, dieters will often say things like “I naturally have a low metabolism.” Not true. What has happened is they have dieted themselves to a point where their muscle mass is so low, their metabolism has no choice but to lower.

There are many benefits to lifting weights and we will touch the main reasons why you should be lifting in this e-book. It is important to understand that even if you do not like lifting, it is critical to achieving fat loss and changing your body shape. Even as adults, we have to do things we don't want to do in order to get results we want! Throughout this book you will learn all the reasons why lifting should be part of your life.

Upper/Lower Plan Overview



2-Day Split Option

(beginner/intermediate/fat loss/maintenance): 2 lift days, 2 interval cardio days

Sample schedule

MONDAY

Interval Cardio (20 min)

TUESDAY

Upper Body

WEDNESDAY

Interval Cardio (20 min)

THURSDAY

OFF

FRIDAY

Lower Body



4-Day Split Option

(beginner/intermediate/fat loss/maintenance): 2 lift days, 2 interval cardio days

Sample schedule

MONDAY

Upper Body

TUESDAY

Lower Body

WEDNESDAY

OFF/Pilates/Cardio

THURSDAY

Upper Body

FRIDAY

Lower Body

How

- ✓ **Rest 60 seconds** between each exercise.
- ✓ All exercises are done in “**straight set**” fashion, meaning you will complete all reps of one exercise (resting the required time between each) before moving to the next exercise.
- ✓ **Record** the amount of weight that you use each week. As you drop in reps, the amount of weight should increase. By week 4, you should be able to use a higher weight than you started with, even though performing the same amount of reps.
- ✓ **Steady State Cardio** (if desired) can be performed on “off” days. Frequent (even daily) light walking or *restorative* yoga are always encouraged.
- ✓ **Interval cardio** lasting longer than 30 min is typically not intense enough. You should feel “done” by 20-30 min including warm-up and cooldown.
- ✓ *Be sure you’re cleared with your doc before beginning an intense plan like this.*

Equipment List:

Barbell with weight plates (*or variety of heavy dumbbells*)

Bench or Step

Pull-up Bar (*w/assistance, if needed*)

Leg Curl Machine or Stability Ball



Exercise Modifications:

Chin-up: If you cannot perform a full bodyweight chin-up, use the assisted machine, an assisting partner, or perform the move self assisted by placing feet on bench or floor under bar.

- ✓ [Machine Assisted](#)
- ✓ [Partner Assisted](#)
- ✓ [Self-assisted](#)



Tricep Bench Dips: If you cannot do 10 full weighted dips, begin tricep dips with [no weight](#).

Leg Curl Machine: If you are working out from home and do not have access to a leg curl apparatus, perform [stability ball leg curl](#). If you can do more than 10 reps using bodyweight, add ankle weights to legs, or hold a weight plate on your upper thighs.

Terminology:

Reps: The amount of *repetitions* performed per exercise before taking the required rest

Sets: When one *round of reps* is completed, you have performed one set.

Week 1: Upper Body

Exercise	Sets	Reps	Weight Used
Overhead Barbell Press	4	10	
Chin-up*	4	10	
Flat-bench barbell press	4	10	
Bent-over barbell row	4	10	
Dips**	4	10	

Notes:

Week 1: Lower Body

Exercise	Sets	Reps	Weight Used
Front Squat	4	10	
Stiff- legged deadlift	4	10	
Barbell reverse lunge	4	10	
Lying Leg Curl	4	10	
Barbell Rollout	4	10	

Week 2: Upper Body

Exercise	Sets	Reps	Weight Used
Overhead Barbell Press	4	8	
Chin-up	4	8	
Flat-bench barbell press	4	8	
Bent-over barbell row	4	8	
Dips	4	8	

Notes:

Week 2: Lower Body

Exercise	Sets	Reps	Weight Used
Front Squat	4	8	
Stiff- legged deadlift	4	8	
Barbell reverse lunge	4	8	
Lying Leg Curl	4	8	
Barbell Rollout	4	8	

Week 3: Upper Body

Exercise	Sets	Reps	Weight Used
Overhead Barbell Press	4	6	
Chin-up*	4	6	
Flat-bench barbell press	4	6	
Bent-over barbell row	4	6	
Dips	4	6	

Notes:

Week 3: Lower Body

Exercise	Sets	Reps	Weight Used
Front Squat	4	6	
Stiff- legged deadlift	4	6	
Barbell reverse lunge	4	6	
Lying Leg Curl	4	6	
Barbell Rollout	4	6	

Week 4: Upper Body

Exercise	Sets	Reps	Weight Used
Overhead Barbell Press	4	10	
Chin-up	4	10	
Flat-bench barbell press	4	10	
Bent-over barbell row	4	10	
Dips	4	10	

Notes:

Week 4: Lower Body

Exercise	Sets	Reps	Weight Used
Front Squat	4	10	
Stiff- legged deadlift	4	10	
Barbell reverse lunge	4	10	
Lying Leg Curl	4	10	
Barbell Rollout	4	10	



Woot!!

Congrats on finishing the plan!

You'll want to move to a different plan for now to prevent adaptation, and keep the results going. Don't worry, you can always come back to this plan and rock it out again. Just give at least 2-4 weeks.

~Team EM2WL

Stay in Touch

Get Help on our Forums

Congratulations! We are so happy you chose to be a part of the EM2WL family! Our forums will provide with you a full support system for your new journey. Share questions and concerns with others that are going through the journey right alongside you. Benefit from the wealth of knowledge from experienced EM2WL family members and moderators. Create a personal log of your own journey, join in on current challenges, exchange recipes, and more!

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