






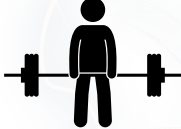
















UPPER / LOWER

4 DAYS / WEEK

This 4-day workout plan is an upper/lower split routine. This structure allows you to focus on your upper body two days a week and your lower body on the other two days, optimizing muscle growth, strength, and fat loss. It's perfect for those who have surpassed the beginner stage and need more targeted training. As always, prioritize impeccable form over lifting heavier weights, but don't shortchange your progress by going too easy. Push yourself to see real changes. For guidance on executing these exercises flawlessly, YouTube is a goldmine of informative videos.

MONDAY	1 Dumbbell Incline Bench 5 sets of 6-10 reps		3 Dumbbell Overhead Press 3 sets of 8-12 reps		5 Cable Tricep Extension 3 sets of 8-12 reps	
	2 Barbell Bentover Row 3 sets of 6-8 reps		4 Lat Pulldown 3 sets of 8-12 reps		6 Dumbbell Bicep Curls 3 sets of 8-12 reps	
TUESDAY	1 Lying Leg Curl 2 sets of 12-15 reps		3 Romanian Deadlift 3 sets of 6-8 reps		5 Seated Calf Raises 4 sets of 12-20 reps	
	2 Bulgarian Split Squat 3 sets of 6-8 reps		4 Leg Press 2 sets of 15-20 reps			
THURSDAY	1 Lat Pulldown 3 sets of 8-10 reps		3 Seated Cable Rows 3 sets of 12-15 reps		5 Dumbbell Bicep Curls 3 sets of 8-12 reps	
	2 Barbell Bench Press 5 sets of 6-8 reps		4 Lateral Raises 3 sets of 12-15 reps		6 Cable Tricep Extension 3 sets of 8-12 reps	
FRIDAY	1 Lying Leg Curl 2 sets of 12-15 reps		3 Romanian Deadlift 3 sets of 6-8 reps		5 Standing Calf Raises 4 sets of 12-20 reps	
	2 Barbell Back Squat 3 sets of 6-8 reps		4 Bulgarian Split Squat 2 sets of 12-15 reps			

ADD-ONS

ABS

Knee Raises
3 sets of 8-20 reps



FINISHER

Passive Dead Hang
3-4 sets max time



WHY?

Improves grip strength, decompresses the spine, and shoulder mobility/health.

HOW TO PROGRESS?

Keep your weights within the prescribed rep range for each exercise. When you nail all sets at the high-end rep count, it's time to increase the weight slightly. This steady progress is your path to becoming a Viking Beast. For instance, if you're doing 3 sets of barbell back squats for 6-8 reps and you smash 3 sets of 8 reps with 60kg, you've earned the right to level up to 62.5kg in your next workout. This approach keeps you challenging yourself within the 6-8 rep range, steadily building your strength like a true Viking warrior.