

TIMSTHETIX

FREE PLAN

UPPER / LOWER · 4 DAYS A WEEK

THE 4-DAY SPLIT

BEGINNER FRIENDLY

45-60 MIN

GYM

@TIMSTHETIX

Train smarter.
Build an aesthetic physique.

HOW IT WORKS

Every muscle twice a week. Fewer sets, more effort. That's the whole idea.

MON UP A	TUE LOW A	WED REST	THU UP B	FRI LOW B	SAT REST	SUN REST
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1

Every working set to failure

Push each set until you can't do one more clean rep. Not "almost". Nothing left. Warm-up sets don't count. On free weights, use safety pins or a spotter.

2

Progress every week

Hit the top of the rep range on your first set? Add weight next session. If not, beat last week by at least one rep.

3

Control every rep

2 seconds down, full stretch at the bottom, no bouncing. Clean reps grow muscle, ego reps don't.

4

Rest long enough

2–3 min on big lifts, 1–2 min on isolation work. You can't push hard when you're out of breath.

UPPER A

Focus: chest & back thickness

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- 01 Incline Chest Press** **3 x 6-10**
Smith or dumbbells. Elbows ~45°, deep stretch at the bottom. 2-3 MIN
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- 02 Chest-Supported Row** **3 x 8-12**
Pull your elbows back, squeeze your shoulder blades 1 sec. 2 MIN
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- 03 Shoulder Press** **2 x 8-12**
Machine or dumbbells. Don't lock out hard. 2 MIN
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- 04 Lat Pulldown** **2 x 8-12**
Chest up, drive your elbows down to your sides. 2 MIN
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- 05 Cable Lateral Raise** **3 x 12-15**
Lead with the elbow, stop at shoulder height. 1 MIN
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- 06 Straight Bar Curl** **2 x 8-12**
Elbows pinned, no swinging. 90 SEC
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- 07 Overhead Triceps Extension** **2 x 10-12**
Cable or dumbbell. Feel the stretch behind your head. 90 SEC
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Warm-up: 5 min easy cardio + 2 lighter sets of the first exercise.
Warm-up sets are not taken to failure.

DAY 2 · TUESDAY

LOWER A

Focus: quads & core

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| 01 | Squat or Hack Squat
Go as deep as you can with a neutral back. | 3 x 6-10
2-3 MIN |
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| 02 | Romanian Deadlift
Push hips back, bar close, stop when hamstrings are stretched. | 3 x 8-10
2-3 MIN |
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| 03 | Leg Extension
Pause 1 sec at the top. | 2 x 12-15
90 SEC |
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| 04 | Seated Leg Curl
Lean forward slightly for a bigger stretch. | 2 x 10-12
90 SEC |
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| 05 | Standing Calf Raise
2 sec pause in the stretch, every rep. | 3 x 10-15
1 MIN |
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| 06 | Cable Crunch
Round your spine, don't pull with your arms. | 2 x 12-15
1 MIN |
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Barbell squats feel bad? Use the hack squat instead. The best exercise is the one you can progress on.

UPPER B

Focus: width, shoulders & arms

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| 01 | Pull-Up
Assisted if needed. Full hang at the bottom. | 3 x 6-10
2-3 MIN |
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| 02 | Flat Dumbbell Press
Shoulder blades back and down. | 3 x 8-10
2-3 MIN |
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| 03 | Seated Cable Row
Let the shoulders stretch forward, then row. | 2 x 10-12
2 MIN |
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| 04 | Pec Deck / Cable Fly
Slight bend in the elbows, hug a tree. | 2 x 12-15
90 SEC |
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| 05 | Rear Delt Fly
Think "arms wide", not "squeeze the back". | 2 x 12-15
1 MIN |
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| 06 | Dumbbell Lateral Raise
Light weight, slow negatives. | 2 x 12-15
1 MIN |
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| 07 | Incline Dumbbell Curl
Arms hang behind your body for the stretch. | 2 x 10-12
90 SEC |
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| 08 | Undergrip Pushdown
Elbows tucked, full lockout. | 2 x 8-10
90 SEC |
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- @TIMSTHETIX
- 05

LOWER B

Focus: hamstrings & glutes

01 Leg Press **3 x 8-12**
Feet mid-platform, lower until your hips start to tuck. 2-3 MIN

02 Lying Leg Curl **3 x 10-12**
Hips pressed down, control the negative. 90 SEC

03 Bulgarian Split Squat **2 x 8-10**
Per leg. Lean forward slightly for more glutes. 2 MIN

04 Hip Thrust **2 x 8-12**
Chin tucked, squeeze 1 sec at the top. 2 MIN

05 Seated Calf Raise **3 x 12-15**
Full range, no bouncing. 1 MIN

06 Hanging Leg Raise **2 x 10-15**
Curl your pelvis up, don't just swing the legs. 1 MIN

Done. Rest the weekend, then start again on Monday and try to beat last week's reps or weight.

MAKE IT WORK

PROGRESSION EXAMPLE

WEEK 1

Incline press 40 kg
9 · 8 · 7 reps

WEEK 2

Incline press 40 kg
10 · 8 · 8 reps → first set hit 10,
add weight

WEEK 3

Incline press 42.5 kg
8 · 7 · 6 reps

REPEAT

Build the first set back up to 10,
then add weight again.

FOOD BASICS

1

Protein every day

Aim for 1.6–2.2 g per kg bodyweight, spread over 3–5 meals.

2

Small surplus to build

Eat slightly more than you burn. Gaining 0.25–0.5% bodyweight per week is enough.

3

Sleep 7–9 hours

Muscle grows when you recover, not when you train.

NOW GO TRAIN.

1

Screenshot your day

Save the page for today's workout.

2

Follow @timsthetix

New splits, form fixes and workouts every day.

3

Tag me in your story

Show me your first session. I repost the best ones.

4

Send this to your gym partner

Training together = no skipped sessions.

@TIMSTHETIX

Not medical advice. Train within your limits and check with a doctor if you have injuries.