

4-DAY UPPER BODY GYM PLAN

ABS · TRICEPS · BICEPS FOCUS

WHERE

Gym · Machines + Cables + Free Weights

Built around machines. Easier on form, safer for heavy reps.

WHAT YOU'LL HIT

Chest · Back · Shoulders · Arms · 6-Pack

No legs. No cardio. Pure upper-body and core.

FOUR DAYS. SHOW UP. SEE A DIFFERENCE.

Your Week

4 training days. 3 rest days. Move days around to suit your life.

MONDAY

Chest + Triceps + Abs

1

TUESDAY

Back + Biceps + Abs

2

WEDNESDAY

REST

THURSDAY

Shoulders + Triceps + Abs

3

FRIDAY

Arm Blitz + Abs

4

SATURDAY

REST or Light Activity

SUNDAY

REST

Chest + Triceps + Abs

Push everything. Big squeeze on each rep.

EXERCISES

WHAT IT LOOKS LIKE

01 Machine Chest Press

4 sets x 10-12 reps



02 Pec Deck (Butterfly)

4 sets x 12-15 reps



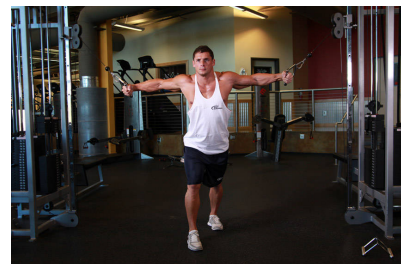
03 Incline Bench Press

4 sets x 8-10 reps



04 Cable Crossover

3 sets x 12-15 reps



05 Triceps Pushdown (Rope)

4 sets x 12-15 reps



Chest + Triceps + Abs

Push everything. Big squeeze on each rep.

EXERCISES

WHAT IT LOOKS LIKE

06 Overhead Cable Tricep Extension

4 sets x 12 reps



07 Bench Dips

3 sets to failure



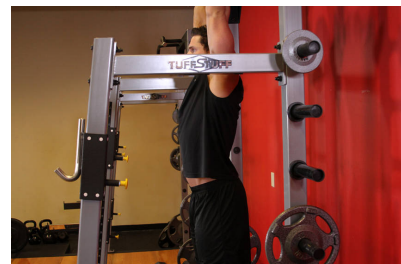
08 Cable Crunch

4 sets x 15 reps



09 Hanging Leg Raises

3 sets x 12-15 reps



Back + Biceps + Abs

Pull wide. Pull heavy. Squeeze the lats.

EXERCISES

WHAT IT LOOKS LIKE

01 Wide-Grip Lat Pulldown

4 sets x 10-12 reps



02 Seated Cable Row

4 sets x 10-12 reps



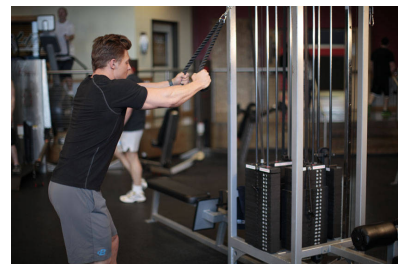
03 Close-Grip Lat Pulldown

3 sets x 12 reps



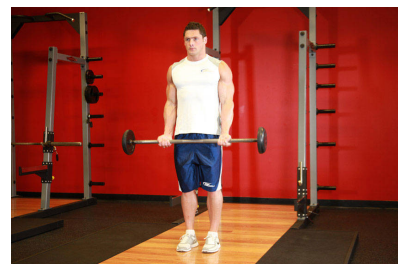
04 Straight-Arm Pulldown (Rope)

3 sets x 12-15 reps



05 Barbell Curl

4 sets x 10-12 reps



Back + Biceps + Abs

Pull wide. Pull heavy. Squeeze the lats.

EXERCISES

WHAT IT LOOKS LIKE

06 Cable Preacher Curl

4 sets x 12 reps



07 Hammer Curls

3 sets x 12 reps



08 Ab Crunch Machine

4 sets x 15 reps



09 Plank

3 sets x 45-60 sec



Shoulders + Triceps + Abs

Build the cap. Burn the back of the arm.

EXERCISES

WHAT IT LOOKS LIKE

01 Smith Machine Overhead Press

4 sets x 8-10 reps



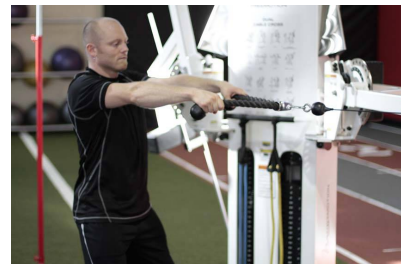
02 Cable Lateral Raise

5 sets x 12-15 reps



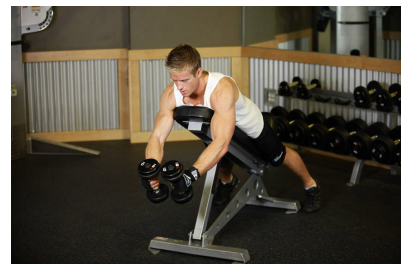
03 Face Pulls

4 sets x 15 reps



04 Reverse Pec Deck (Rear Delts)

4 sets x 12-15 reps



05 EZ-Bar Skull Crushers

4 sets x 10-12 reps



Shoulders + Triceps + Abs

Build the cap. Burn the back of the arm.

EXERCISES

WHAT IT LOOKS LIKE

06 Triceps Pushdown (V-Bar)

4 sets x 12 reps



07 Smith Close-Grip Bench Press

3 sets x 10 reps



08 Cable Russian Twists

3 sets x 20 reps



09 Decline Crunch

3 sets x 15 reps



Arm Blitz + Abs

Pump day. Sleeves should be tight after this.

EXERCISES

WHAT IT LOOKS LIKE

01 Close-Grip EZ Bar Curl

4 sets x 10-12 reps



02 Cable Hammer Curl (Rope)

4 sets x 12 reps



03 Standing Concentration Curl

3 sets x 12 reps (each)



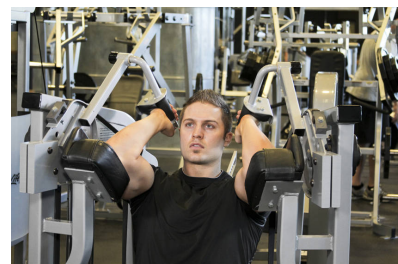
04 High Cable Curls

3 sets x 15 reps



05 Machine Triceps Extension

4 sets x 10-12 reps



Arm Blitz + Abs

Pump day. Sleeves should be tight after this.

EXERCISES

WHAT IT LOOKS LIKE

06 Reverse Grip Pushdown

4 sets x 12 reps



07 Decline Skull Crusher

3 sets x 10-12 reps



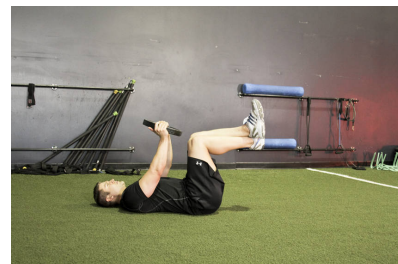
08 Kneeling Oblique Cable Crunch

3 sets x 15 (each side)



09 Weighted Crunches

4 sets x 15 reps



Training Tips

Five rules that make all the difference.

01

Slow Eccentric

Lower the weight for 2-3 seconds. The negative builds more muscle than the lift.

02

Rest Between Sets

60-90 seconds. Long enough to recover, short enough to keep the pump.

03

Progressive Overload

Add weight or reps each week. If you hit the top of the range with ease, level up.

04

Warm Up First

5 min light cardio + 2 warm-up sets on your first lift. Cold lifts get hurt.

05

Consistency Wins

4 weeks of showing up beats 1 perfect week then quitting. Just turn up.

Stay consistent. Trust the process.

You've got this.

Cheap Protein & Meals

Budget-friendly UK shopping list + sample day of meals.

BEST CHEAP PROTEIN BUYS

ITEM	WHERE	PRICE	WHY / HOW
Whole Chicken	Aldi/Lidl	~£3.50/kg	Roast whole, eat across 3 days. Cheapest meat protein around.
Eggs (15-pack)	Aldi/Lidl	~£2.20	6g protein each. Scrambled, boiled, omelettes. Endless.
Greek Yogurt 1kg	Lidl/Tesco	~£2.00	10g protein per 100g. Honey + oats = pre-workout meal.
Tinned Tuna 4-pack	Aldi	~£2.50	25g protein per tin. With pasta + sweetcorn = quick meal.
Frozen Chicken Breast	Iceland	~£8/2kg	Easier to portion. Air-fry or oven-bake.
Whey Protein 1kg	MyProtein	~£15	30g protein per scoop. Use code STUDENT for extra off.
Cottage Cheese 300g	Lidl	~£0.90	35g protein per tub. Eat with crackers or in pasta.
Peanut Butter 1kg	Aldi	~£3.50	Calorie + protein dense. On toast pre-gym.

SAMPLE DAY OF MEALS

BREAKFAST	Greek yogurt + oats + banana + peanut butter	~40g protein
PRE-GYM SNACK	Banana + scoop of whey + glass of milk	~30g protein
LUNCH	Chicken + rice + mixed veg (cook a batch on Sunday)	~45g protein
POST-GYM	Whey shake + a piece of fruit	~25g protein
DINNER	Tuna pasta with sweetcorn + cheese on top	~40g protein
BEFORE BED	Cottage cheese on toast or eggs scrambled	~25g protein

Extra Stuff That Helps

The small habits that separate people who get gains from people who don't.

EATING & RECOVERY RULES

- 1 Aim for ~1.6g protein per kg of body weight per day. (Bodyweight in kg x 1.6 = grams needed.)
- 2 Eat in a small calorie surplus to build muscle — about +250-500 calories above maintenance.
- 3 Drink 2-3 litres of water per day. More on training days.
- 4 Sleep 7-9 hours. Muscle is built during sleep, not in the gym.
- 5 Eat real food first, supplements second. Whey is a top-up, not a meal.

GENERAL TIPS

Track Your Lifts

Use a notes app or a £2 notebook. Write down weight + reps each session. Beat last week.

Warm Up Properly

5 min on the bike or rower, then 2 lighter sets on your first lift. Saves your joints.

Don't Ego Lift

Form > weight, every time. A controlled 12kg curl builds more than a swinging 20kg one.

Rest is Training

You grow on rest days. Don't skip them. Two solid days off per week.

Train Legs Anyway

Your call, but legs release more testosterone than any other workout. Even one day helps the rest.

Take Progress Pics

Once a week, same lighting, same time of day. The mirror lies — photos don't.

Train hard. Eat well. Sleep more.