



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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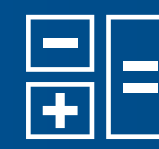
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## 4 DAY UPPER/LOWER PLANET FITNESS WORKOUT (MACHINE & DUMBBELL ONLY)

In this edition of a series of Planet Fitness appropriate workouts, we provide a upper/lower workout one could do with equipment at Planet Fitness.

Link to Workout: <https://www.muscleandstrength.com/workouts/4-day-upper-lower-planet-fitness-workout>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 4 Days

**Time Per Workout:** 45 - 70 Mins

**Equipment:** Bodyweight, Cables, Dumbbells, EZ Bar, Machines

**Target Gender:** Male & Female

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### Planet Fitness Upper Body Workout A

Exercise	Sets	Reps
1. <a href="#">Dumbbell Bench Press</a>	4	8 - 12
2. <a href="#">Machine Chest Fly</a>	3	10 - 15
3. <a href="#">Dumbbell Row</a>	4	8 - 12
4. <a href="#">Lat Pull Down</a>	4	8 - 12
5. <a href="#">Machine Shoulder Press</a>	4	8 - 12
6. <a href="#">Dumbbell Lateral Raise</a>	3	10 - 15
7. Machine <a href="#">Tricep Dip</a>	2	8 - 12
8. <a href="#">Cable Curl</a>	2	10 - 15

### Planet Fitness Lower Body Workout A

Exercise	Sets	Reps
1. <a href="#">Leg Press</a>	4	8 - 12
2. <a href="#">Dumbbell Stiff Leg Deadlift</a>	4	8 - 12
3. <a href="#">Leg Extension</a>	3	12 - 15
4. <a href="#">Leg Curl</a>	3	12 - 15
5. Machine Glute Kickback	3	12 - 15
6. <a href="#">Standing Calf Raise</a>	3	20

### Planet Fitness Upper Body Workout B

Exercise	Sets	Reps
1. <a href="#">Seated Dumbbell Press</a>	4	8 - 12
2. <a href="#">Cable Face Pull</a>	3	10 - 15
3. <a href="#">Smith Machine Row</a>	4	8 - 12
4. Machine <a href="#">Pull Up</a>	4	8 - 12
5. <a href="#">Incline Dumbbell Press</a>	4	8 - 12
6. <a href="#">Cable Fly</a>	3	10 - 15
7. <a href="#">Dumbbell Curl</a>	2	8 - 12
8. <a href="#">Skullcrusher</a>	2	8 - 12

### Planet Fitness Lower Body Workout B

Exercise	Sets	Reps
1. <a href="#">Goblet Squat</a>	4	8 - 12
2. Smith Machine Hip Thrust	4	8 - 12
3. <a href="#">Dumbbell Deadlift</a>	4	8 - 12
4. <a href="#">Dumbbell Lunge</a>	3	10 - 15 Each
5. <a href="#">Seated Leg Curl</a>	3	10 - 15
6. <a href="#">Seated Calf Raise</a>	3	20