

High Rep Low Rep Split for Strength & Definition

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Full URL: <https://thefitnessphantom.com/high-rep-low-rep-split-training>

About High Rep Low Rep Training

High Rep Training

- **Goal:** Good for building muscular endurance, improving symmetry, and bringing out the best shape.
- **Rest Period:** Involves shorter rest periods between sets (15-90 seconds).
- **Intensity:** 40-60% of your one-rep max (1RM).
- **Focus Exercises:** Deadlifts, Bench Presses, Overhead Pressing, Barbell Rows, Squats, etc.

Low Rep Training

- **Goal:** Good for developing strength and stimulating hypertrophy.
- **Rest Period:** Involves longer rest periods between sets (2-5 minutes).
- **Intensity:** 75-90% of your one-rep max (1RM).
- **Focus Exercises:** Biceps Curls, Chest Flies, Triceps Extensions, Lateral Raises, etc.

Combining high rep (with heavy weights) and low rep (with light weights) training will help you achieve a strong, jacked, and proportional physique over time.^{1, 2}

Workout Instructions

Rest: Take a longer rest (2–4 minutes) during low rep heavy weight training and shorter rest (30 to 90 seconds) between lightweight high rep sets.

Selection of Exercises: Choose [compound movements](#) for low-rep training and [isolation exercises](#) for high-rep sets.

Target Muscle Groups: Perform low-rep sets with heavy weights to train the larger muscle groups, such as the chest, back, and quads, and aim to hit the smaller muscle groups with high reps lightweight training.

Warm-up: Get your body temperature up and ease muscle stiffness before strength training with [dynamic stretches](#) and [resistance band warm-up exercises](#).

Sessions/Week: This is a 6-day split. But if you don't train six times weekly, you can simply continue from where you left off.

Duration/Session: 60 to 75 minutes.

Experience Required: This program is for experienced lifters, whether male or female.

Alternating Day High Rep Low Rep Split for Building a Jacked Body

Day 1 – High Rep Workout

Exercises	Sets	Reps
Kettlebell Swings	2	20/arm
Leg Extensions	2	20-25
Single-arm DB Row	2	25/side
Barbell Curls	2	20-25
Triceps Pushdowns	2	20-25

Day 2 – Low Rep Training

Exercises	Sets	Reps
Flat Bench Press	4	4-6
Back Squats	4	4-6
Bent-over Rows	4	4-6
Overhead Press	4	4-6

Day 3 – High Rep Light Weight Workout

Exercises	Sets	Reps
1-arm Kettlebell Clean	2	15/side
Leg Curls	2	20-25
Seated Pec Fly	2	20-25
1-arm Lateral Raises	2	15/side
Reverse Barbell Curls	2	20-25

Day 4 – Low Rep Training

Exercises	Sets	Reps
Deadlifts	4	4-6
Push Press	4	4-6
Seated Row	4	6-8
Hammer Strength Incline Press	4	6-8

Day 5 – High Rep Light Weight Workout

Exercises	Sets	Reps
Front Lunges	2	15/leg
Preacher Curls	2	20-25
Overhead Triceps Extensions	2	20-25
Reverse Cable Fly	2	20-25
Calf Raises	2	25-30

Day 6 – Low Rep Heavy Weight Training

Exercises	Sets	Reps
Barbell Hang Clean	3	4-6
Barbell Thrusters	3	4-6
Lat Pulldown	3	6-8
Hip Thrusts	3	6-8
Cable Crossover	3	6-8

6-Day Split That Combines High Rep Low Rep Training

Day 1 – Legs, Chest, and Arms

Exercises	Sets	Reps
Back Squats	4	4-6
Flat Bench Press	4	4-6
Cable Crossover	3	15-20
Triceps Pushdowns	3	20-25
Barbell Curls	3	20-25

Day 2 – Back, Shoulder, and Abs

Exercises	Sets	Reps
Lat Pulldown	4	6-8
Overhead Press	4	4-6
Lateral Raises	3	15-20
Cable Reverse Fly	3	15-20
Cable Crunches	3	20-25

Day 3 – Legs, Chest, and Arms

Exercises	Sets	Reps
Leg Extensions	3	20-25
Romanian Deadlift	4	4-6
Incline Bench Press	4	4-6
Bar Dips	3	15-20
Incline DB Curls	3	15-20

Day 4 – Back, Shoulder, and Abs

Exercises	Sets	Reps
Bent-over Row	4	5-6
Push Press	4	5-6
Shrugs	3	15-20
Single-arm Row	3	15/side
Cable Crunches	3	20-25

Day 5 – Legs, Chest, and Arms

Exercises	Sets	Reps
Leg Curls	3	20-25
Lunges	3	5/leg
Calf Raises	3	20-25
Close Grip Press	3	6-8
Pec Deck Fly	3	15-20
Reverse Curls	3	15-20

Day 6 – Back, Shoulder, and Abs

Exercises	Sets	Reps
Deadlifts	4	4-6
Close Grip T Row	4	5-6
Plate Front Raises	3	15-20
Face Pull	3	15-20
Cable Crunches	3	20-25