

3 Workout Splits

DAY 1

Chest

Incline Bench

8-12 reps / 5 sets

Flat Bench

8-12 reps / 4 sets

Dips

8-12 reps / 3 sets

Dumbbell Pullovers

8-12 reps / 3 sets

Flyes

8-12 reps / 3 sets

Calves

Seated Calf Raises

8-12 reps / 3 sets

Standing Calf Raises

8-12 reps / 3 sets

Description: Keep a 45 second rest in between each set.

DAY 2

Arms

Rope Push Downs

8-12 reps / 4 sets

Close Grip Bench

8-12 reps / 4 sets

Dips

8-12 reps / 4 sets

Straight Bar Pushdowns

8-12 reps / 4 sets

EZ Curl Bar

8-12 reps / 4 sets

Hammer Strength Curl

8-12 reps / 4 sets

Alternating Curls

Drop set / 4 sets

Description: Keep a 45 second rest in between each set.

DAY 3

Back

Lat Pull Down (*behind neck*)

8-12 reps / 5 sets

T-Bar Row

8-12 reps / 4 sets

Single Arm Dumbbell Rows

8-12 reps / 4 sets

Seated Cable Rows

8-12 reps / 4 sets

Pull-Ups

AMRAP / 4 sets

Description: Keep a 45 second rest in between each set.

This workout is intended for informational purposes only. Please consult a physician before beginning any exercise program.