

## 3-Day Split

### Monday – Push Day

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Bench Press	3	8-12
Incline Press	3	8-12
Chest Flys	3	8-12
Dips	3	8-12
Crossbody cable extensions	3	8-12
Overhead dumbbells	3	8-12
Shoulder press	3	8-12
Lateral raises	3	8-12

### Tuesday – Pull Day

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Lat pulldowns	3	8-12
Rope lat pulldowns	3	8-12
T-Bar rows	3	8-12
Upper back pulldown	3	8-12
Shrugs	3	8-12
Seated bicep curls	3	8-12
Hammer Curls	3	8-12
Preachure curls	3	8-12

### Wednesday – Leg Day

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Squats	3	8-12
Bulgarian Split Squats	3	8-12
Leg extensions	3	8-12
Leg (Hamstring) curls	3	8-12
Calves	3	8-12
Abs	3	8-12