

5-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
Skullcrushers	3	8-12
Triceps extensions	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
T-bar rows	3	8-12
Pullovers	3	8-12
Chin-ups	3	8-12
Face-pulls	3	8-12
Preachure Curls	3	8-12
Hammer 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
Romanian Deadlift	3	8-12
Abs	3	Failure

Thursday – Upper Body

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Dumbell Bench Press	3	8-12
Dumbell Incline Press	3	8-12
Lat Pulldown	3	8-12
T-bar Row	3	8-12
EZ-Barbell Curl	3	8-12
Triceps extensions	3	8-12
Lateral raises	3	8-12

Friday – Lower Body

<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
Romanian Deadlift	3	8-12
Abs	3	8-12

Saturdays and Sundays are rest days.