



3 Day Split Training Routine: 4x12 reps

Day 1: Push

Day 2: Pull

Day 3: Lift

Day 1 - Push & Triceps

1. Dynamic warm up
2. BB Bench press
3. DB Incline bench press
4. DB shoulder press
5. DB Pec flye
6. Tricep dips or pulldown
7. Plank
8. Cool down & static stretch

Day 2 - Pull & Biceps

1. Dynamic warm up
2. BB Bent over row
3. Lat pull down or pull ups/ inverted row
4. Seated row machine
5. Cable straight arm pulldown
6. DB bicep curl
7. Plank
8. Cool down & static stretch

Day 3 - Legs

1. Dynamic warm up
2. BB Back squat
3. BB Deadlift
4. Leg extension machine
5. Leg curl machine
6. Calf raise machine
7. Cool down & static stretch