

# Workout Split Routine

## Weekly Training Plan

This split focuses on building strength and size by targeting major muscle groups twice per week with dedicated attention to delts and arms.

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### Monday – Chest & Triceps

- Flat Barbell Bench Press
  - Incline Dumbbell Press
  - Chest Fly Machine / Cable Crossovers
  - Dips or Close-Grip Bench Press
  - Overhead Triceps Extension
  - Triceps Pushdowns
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### Tuesday – Back & Biceps

- Pull-Ups or Lat Pulldowns
  - Barbell Rows or T-Bar Rows
  - Seated Cable Rows
  - Dumbbell Curls
  - Hammer Curls
  - Preacher Curls
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### Wednesday – Legs & Side Delts

- Barbell Back Squat
  - Romanian Deadlifts
  - Walking Lunges or Leg Press
  - Lateral Raises (Dumbbell or Cable)
  - Upright Rows
  - Calf Raises
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### Thursday – Chest & Triceps (Repeat)

- Incline Barbell Bench Press
- Flat Dumbbell Press
- Pec Deck or Cable Crossovers
- Skull Crushers

- Rope Pushdowns
  - Bench Dips
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### **Friday – Back & Biceps (Repeat)**

- Deadlifts
  - One-Arm Dumbbell Rows
  - Face Pulls
  - Concentration Curls
  - Cable Curls
  - Chin-Ups
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### **Saturday – Legs & Rear Delts**

- Squats
  - Leg Curls
  - Glute Bridges or Hip Thrusts
  - Rear Delt Flys (Machine or Dumbbell)
  - Face Pulls (for rear delts)
  - Seated Calf Raises
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### **Sunday – Rest / Active Recovery**

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### **Notes:**

- Perform 3–4 sets of 8–12 reps for most exercises.
- Adjust volume based on your recovery and strength levels.
- Include warm-ups and cooldowns in each session.