

3 day lifting split (Monday-Saturday)

1. Day 1 - Legs, Biceps, Abs
 1. Legs
 1. Squat 5 sets 5 reps
 2. Leg Press 3 sets 10 reps
 3. Hamstring Curl 3 sets 10 reps
 4. Hip Abductor Machines 3 sets 10 reps
 5. Calf Raises 3 sets 20 reps
 2. Biceps
 1. Rope Cable Curls 5 sets 10 reps
 2. Hammer Curls 3 sets 10 reps
 3. Reverse Curls 3 sets 10 reps
 3. Abs
 1. Weighted Crunch 5 sets 10 reps
 2. Oblique Twists 3-4 sets 15-20 reps
 3. Hanging Leg Raise 3-4 sets 10-15 reps
2. Day 2 - Chest, Shoulders, Cardio
 1. Chest
 1. DB Bench Press 3-4 sets 10-12 reps
 2. Incline DB Bench Press 3-4 sets 10-12 reps
 3. Push-ups 3 sets max
 4. Cable Flies 5 sets 10 reps
 2. Shoulders
 1. Front Raise 3-4 sets 10 reps
 2. Lateral Raise 3-4 sets 10 reps
 3. Machine Rear Delt Fly 4 sets 10 reps
 4. Shrugs 3 sets 25 reps
 3. Cardio
 1. Bike 6+ miles or 25+ minutes
3. Day 3 - Back, Triceps, Abs
 1. Back
 1. Seated Row 3-4 sets 10 reps
 2. Lat Cable Pulldown 3-4 sets 10 reps
 3. Weighted Back Extension 4-5 sets 10 reps
 4. Seated Pulldown 3-4 sets 10 reps
 2. Triceps
 1. Overhead Tricep Press 3 sets 10 reps
 2. Dips 3 sets max
 3. Tricep Cable Pulldown 3-4 sets 10 reps
 4. Cable Tricep Kickback 4 sets 10 reps
 3. Abs
 1. Weighted Front Planks 3-4 sets 1+ minute
 2. Side Planks 3-4 sets 1+minute
 3. Ab Wheel 3-4 sets 10 reps
4. Day 4 - Legs, Biceps, Cardio
 1. Legs
 1. Lunges 3 sets 10 reps
 2. Split Squats 3 sets 10 reps
 3. Hip Abductors 4 sets 10 reps

4. Calf Raises 3 sets 15 reps
2. Biceps
 1. Cable Curls 5 sets 10 reps
 2. Hammer Curls 3 sets 10 reps
 3. Reverse Curls 3 sets 10 reps
3. Cardio
 1. Bike 6+ miles or 25+ mins
5. Day 5 - Chest, Shoulders, Abs
 1. Chest
 1. DB Bench Press 3 sets 10 reps
 2. DB Incline Bench Press 3 sets 10 reps
 3. Machine Flies 4 sets 10 reps
 4. Push-ups 3 sets max
 2. Shoulders
 1. DB Shoulder Press 3 sets 10 reps
 2. Pull-ups 3 sets max
 3. Machine Rear Delt Fly 4 sets 10-12 reps
 4. Shrugs 3 sets 25 reps
 3. Abs
 1. Weighted Situps 5 sets 10 reps
 2. Incline Situps 3-4 sets 25-33 reps
 3. Oblique Twists 3-4 sets 15-20 reps
6. Day 6 - Back, Triceps, Cardio
 1. Back
 1. Lat Pulldown 3 sets 10 reps
 2. Seated Row 3-4 sets 10 reps
 3. Bent Over Row 3 sets 10 reps
 4. Back Extension 3-4 sets 10 reps
 2. Triceps
 1. Cable Pulldown 3-4 sets 10-12 reps
 2. DB Kickback 3 sets 10 reps
 3. Tricep Curl 3-4 sets 10 reps
 4. Dips 3 sets max
 3. Cardio
 1. Bike 6+ miles or 25+ mins