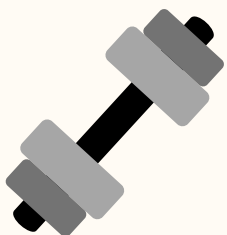


## My Workout Split

DAY	EXERCISE	NOTES
Push	Barbell Bench Press: 2-3x Dips: 2x Dumbbell Shoulder Press: 2x Single-Arm Cable Tricep Pushdowns: 2x Cable Lateral Raises: 3x	<ul style="list-style-type: none"><li>• Bench - Top set for a triple</li><li>• Dips are weighted</li></ul>
Pull	Horizontal Machine Row: 2x Lat Pulldowns: 2x Dumbbell Bicep Curls: 2x Dumbbell Hammer Curls: 2x	-
Rest	-	Can be an active rest day, keep cardio moderate
Legs	Barbell Squats: 2-3x Machine Leg Press: 2x Machine Hamstring Curls: 2x Machine Leg Extensions: 2x	<ul style="list-style-type: none"><li>• Squats - Top set for a triple</li><li>• Hamstring Curls - laying or standing</li></ul>
Rest	-	Can be an active rest day, keep cardio moderate
REPEAT		



*Train heavy and with intensity!*

*Feel free to add in ab training and cardio, but keep moderate*

*Strength Training is the priority!*

