

YOUR WORKOUT SPLIT

Day 1: Push

The first day in the split is for Chest, Shoulders and Triceps

- Pick 3 Chest Exercises, three are included below.
- Pick 2 Shoulder Exercises, three are included below.
- Pick 1 Triceps Exercise, three are included below.

Day 2: Pull

The second day in the split is for Back and Biceps

- Pick 3 Back Exercises, three are included below.
- Pick 3 Bicep Exercises, three are included below.

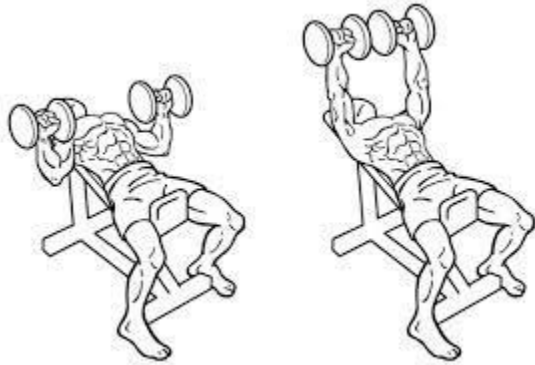
Day 3: Legs

The third/last day in the split is for Legs (Lower Body)

- Pick 2 Quad Exercises, three are included below.
- Pick 2 Glute/Hamstring Exercises, three are included below.
- Pick 1 Calf Exercise, it is included below.

Chest

Exercise 1 Upper Chest:



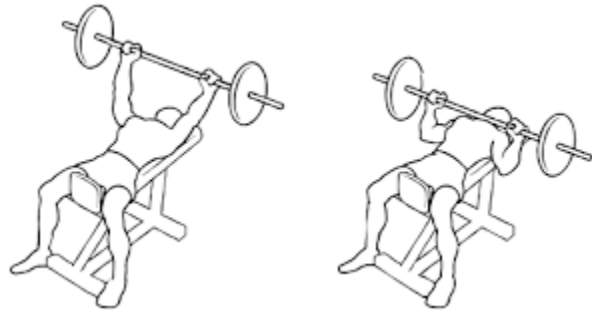
Incline Bench Press:

- 1) Position the bench around 40 degrees
- 2) Lay flat on the bench
- 3) Lower elbows to line up with mid chest, if using a barbell lower to your mid chest
- 4) Raise the weights until elbows have locked.

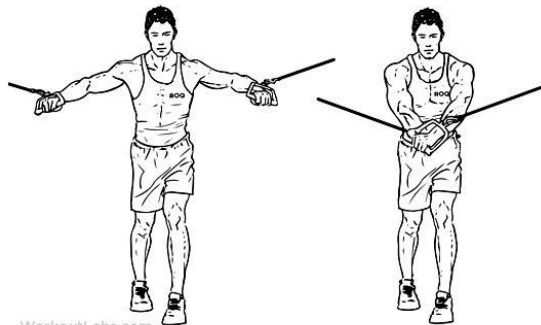
Exercise 2 Mid Chest:

Incline Bench Press:

- 1) Position the bench to be flat
- 2) Lay flat on the bench
- 3) Lower elbows to line up with mid chest, if using a barbell, lower bar to your mid chest
- 4) Raise the weights until elbows have locked.



Exercise 3 Lower Chest:



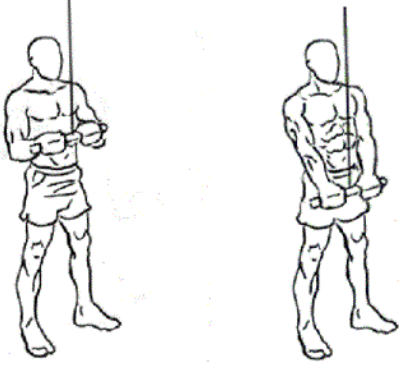
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Cable High -> Low Fly's:

- 1) Set up cables above shoulders
- 2) Put one leg forward and bend knees slightly
- 3) Bring cables in front, and below your chest, squeezing your chest in the process
- 4) Control the weight and bring back to rest position

Triceps

Exercise 1:



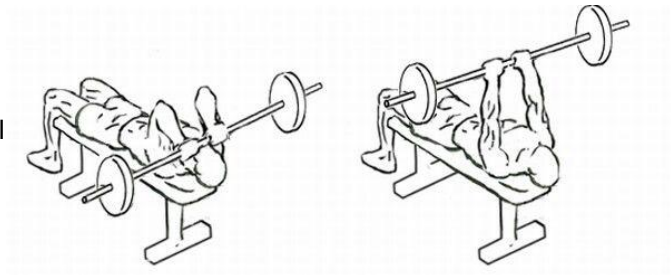
Cable Pushdowns:

- 1) Set a cable up at the top of the machine
- 2) Keep arms glued to either side, and only use your elbows as pivot points
- 3) Pull the weight down until arms are parallel with body
- 4) Return to rest position with controlled motion.

Exercise 2

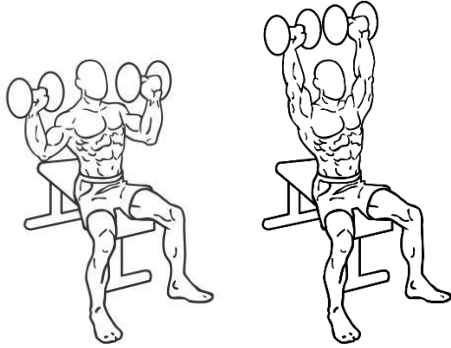
Skull Crushers:

- 1) Lay flat on floor or bench and start with fists extended to ceiling.
- 2) Contract elbows and bring weights until your fists are near your temples.
- 3) Extend elbows back to top, and flex triceps.



Shoulders

Exercise 1:



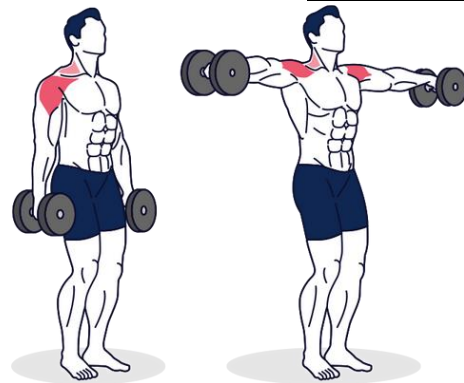
Shoulder Press:

- 1) Start with weight(s) above shoulder
- 2) Raise the weight directly upwards and pause at the top of the motion
- 3) Lower the weights back down to the starting position.

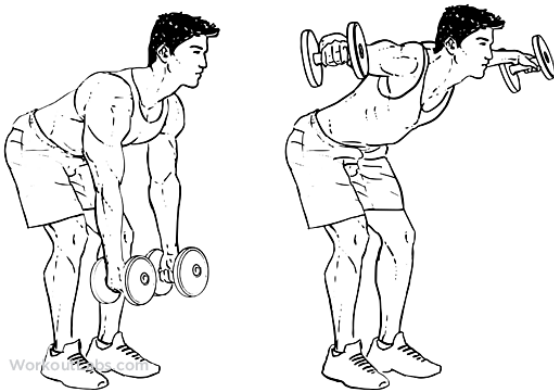
Exercise 2:

Lateral Raises:

- 1) Stand up straight with dumbbells at either side.
- 2) Raise arms on either side until they are parallel with the floor.
- 3) Slowly return to starting position



Exercise 3:

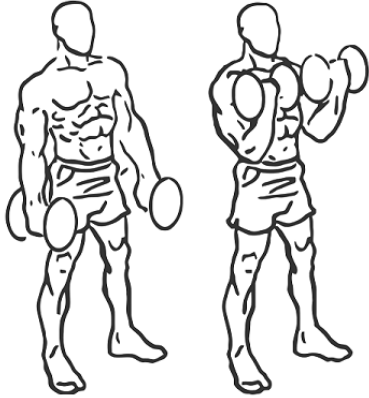


Rear Delt Fly (Dumbbells):

- 4) With dumbbells in both hands, sit on a bench and lean forward into your knees
- 5) With slightly bent elbows, raise your arms up to shoulder level, pausing at the top.
- 6) Slowly return to starting position.

Biceps

Exercise 1



Bicep Curls:

- 1) Stand straight with weight(s) in hand
- 2) Raise weights using elbows and twist your forearm until your palm is level with your shoulder
- 3) Lower to original position and control weight
- 4) Can do both at once, or alternating

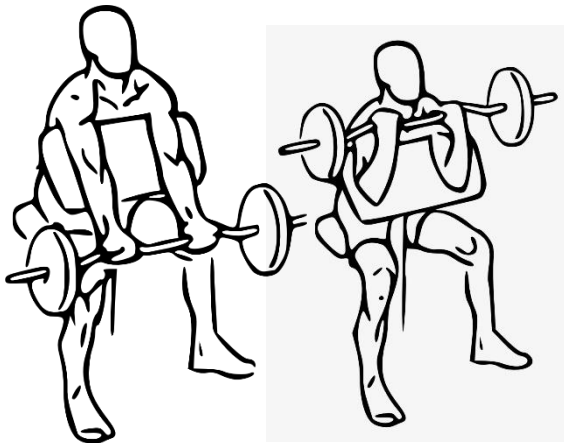
Exercise 2:

Incline Dumbbell Curl:

- 1) Set up bench at 45 degrees
- 2) Start with arms hanging off the side of the bench towards the floor holding dumbbells
- 3) Curl arms towards shoulder
- 4) Can do both at once, and alternating.



Exercise 3:

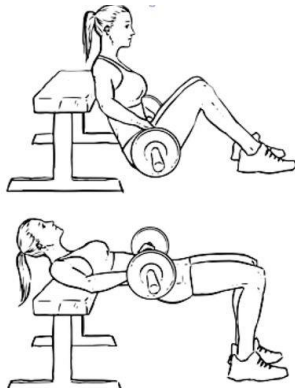


Preacher Curls:

- 1) Lean arm over elbow rest, while holding weight.
- 2) Curl weight up to shoulder
- 3) Control weight back until forearms are parallel with ground.

Glutes / Hamstrings

Exercise 1:



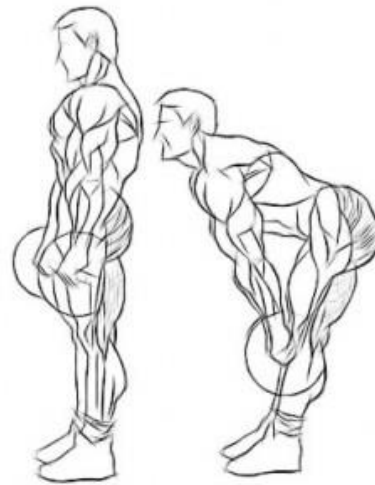
Hip Thrusts

- 1) Sit on the ground, with back on a bench behind you. Position barbell over your legs above your hips
- 2) Raise the weight by driving hips upwards, using feet as support
- 3) Slowly extend, and slowly return to start position.

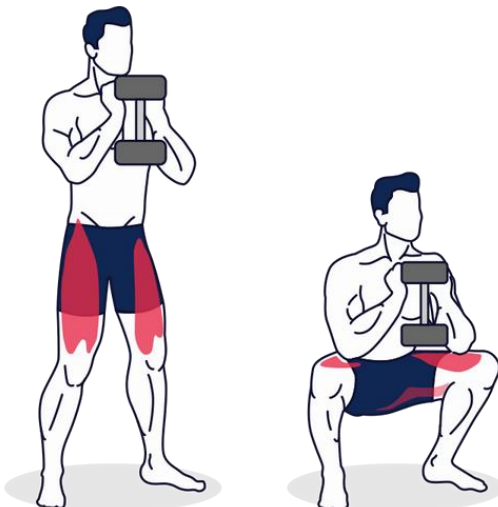
Exercise 2:

Romanian Deadlift:

- 1) Stand straight while holding weight in front
- 2) Drive hips back while leaving knees mostly extended.
- 3) When you feel the stretch in your hamstrings, push your hips forward back into standing position.



Exercise 3:



Goblet Squat

- 1) Hold weight near chest
- 2) Squat straight down and up, and use your knees to initiate the squat
- 3) Return to initial position.

Calves

Exercise 1:

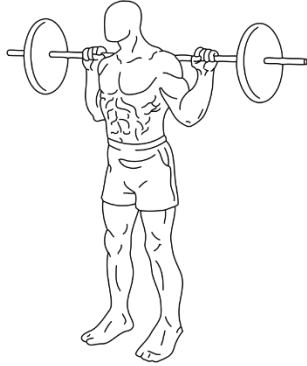
Calf Raises



- 1) Stand tall with feet on ground.
- 2) Raise yourself only using your ankle as a pivot point.
- 3) Pull heels toward ceiling then bring them back down.

Quads

Exercise 1



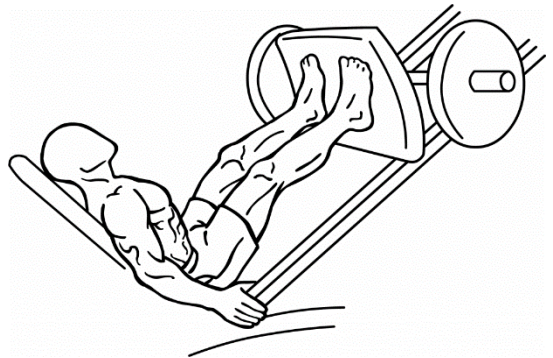
Squats

- 1) Stand with your feet shoulder width apart
- 2) If using barbell, prop weight on shoulders and step forward from rack
- 3) Proceed to squat, sitting back while lowering your body.
- 4) Return to starting position

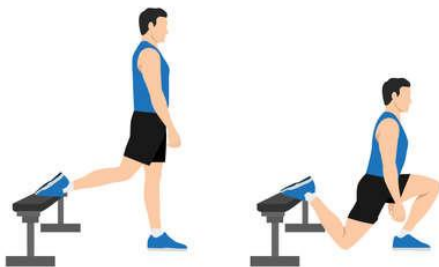
Exercise 2:

Leg Press:

- 1) Place your legs on leg press platform with feet at shoulder width
- 2) Release the weight and extend your legs
- 3) Lower weight until legs are at 90 degrees, then raise to original position
- 4) Don't lock knees or raise back.



Exercise 3:

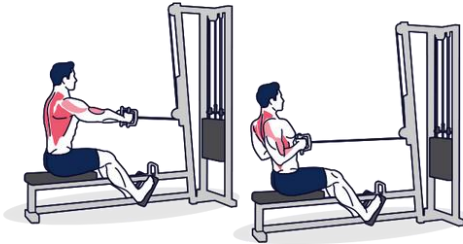


Bulgarian Split Squats

- 1) Stand with back to a raised surface (bench) and place one of your feet on the bench.
- 2) Squat with front leg until quads are parallel with the floor
- 3) Go back to start.

Back

Exercise 1:



Seated Rows:

Overhand Grip – Upper Back

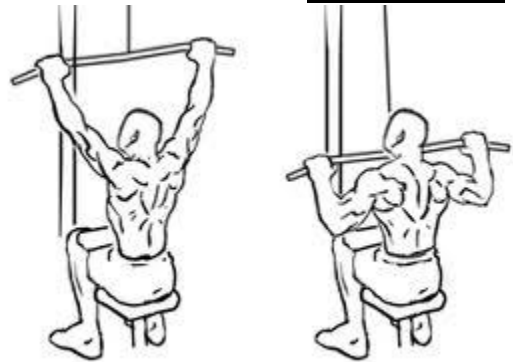
Neutral Grip – Mid Lats

Underhand Grip – Lower Back

- 1) Sit with your back straight, and grip handle of cable
- 2) Pull back the handle using your arms, and puff your chest
- 3) Pull handles towards body until your hands are near your stomach

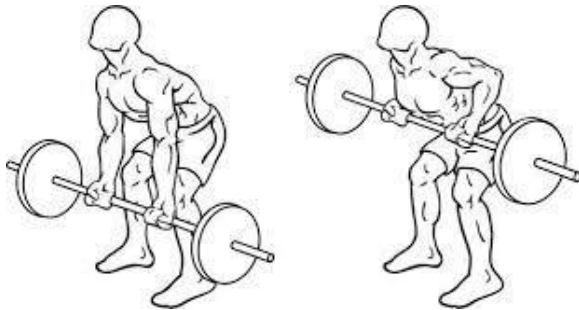
Pulldowns:

- 1) Grip cable while hands are spaced a bit
- 2) Lay flat on the bench
- 3) Lower elbows to line up with mid chest, if using a barbell, lower bar to your mid chest
- 4) Raise the weights until elbows have locked.



Exercise 2:

Exercise 3:



Dumbbell Row:

- 1) Grab Weights and hinge hips forward, make torso parallel to ground
- 2) Hang shoulders over and pull your elbows straight behind you (towards ceiling)
- 3) Control weight to rest position.