

# 3-DAY WORKOUT SPLIT (PPL)

## Warm-Ups

Push: Chest Openers, Overhead Triceps, Cross Body Stretch, Arm Circles, Push-Ups, Shoulder Rolls

Pull: Jumping Jacks, Squats, Hip Flexor, Lunges, Bridges

Legs: Squats, Hip Circles & Rotations, Leg Swings (Forward & Lateral), Push-Ups, Lunges, High Knees

## PUSH

4 SETS / 8-12 REPS



BENCH PRESS



DB SHOULDER PRESS



INCLINE DB PRESS



LATERAL RAISES



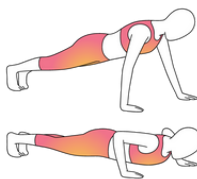
DIPS



SKULL CRUSHERS



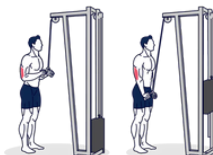
OVERHEAD PRESS



PUSH-UPS



SLED PUSH



PULL-DOWNS

## PULL

4 SETS / 8-12 REPS



CHIN UPS



BARBELL ROW



LOW ROW



EZ BAR CURL



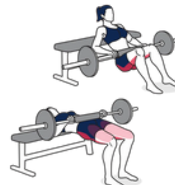
LAT PULLDOWN



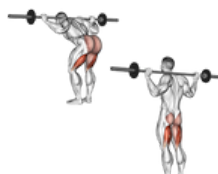
HAMMER CURL



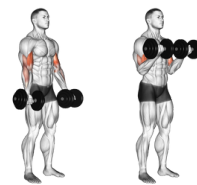
DEADLIFTS



HIP THRUSTS



GOOD MORNINGS



BICEP CURLS

## LEGS

4 SETS / 8-12 REPS



ROMANIAN DEADLIFTS



SPLIT SQUAT



SQUAT



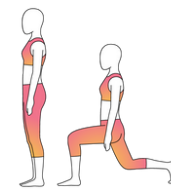
LEG CURL



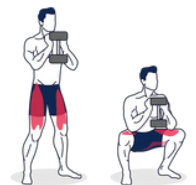
HIP THRUST



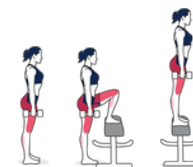
CALF RAISES



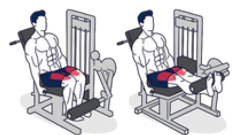
LUNGES



GOBLET SQUAT



STEP-UPS



LEG EXTENSION




# 4-DAY WORKOUT SPLIT

## Warm-Up

Full Body: Short Jog (.5 mi), Jumping Jacks, Arm Stretches, Lunges, Push-Ups, Burpees, Plank

Lower Body: Jumping Jacks, Squats, Hip Flexor, Lunges, Bridges










Upper Body: Neck, Overhead Triceps, Cross Body Stretch, Chest, and Wrist Stretches

Day	Exercise	Sets	Reps		Exercise	Sets	Reps	
<b>Monday</b> Full Body Workout 1	Squats	3	6		Pulldowns	2	12	
	Bench Press	3	6-10		Bent Over Rows	2	12	
	Good Mornings	2	10		Leg Raises	2	15	
	Biceps Curls	2	10		Calf Raises	2	20	
<b>Tuesday</b> Rest								
<b>Wednesday</b> Full Body Workout 2	Overhead Press	3	8		Lateral Raises	1	30	
	Deadlifts	3	6-8		Goblet Squats	3	10	
	Bench Press	2	8-10		Reverse Fly	3	10	
	Assisted Pull-Ups	2	8-10		Dumbbell Lunge	2	20	
<b>Thursday</b> Rest								
<b>Friday</b> Lower-Body Workout	Squats	3	6		Step-Ups	3	10	
	Deadlifts	3	6-8		Donkey Calf Raises	2	15	
	Good Mornings	2	10		Dumbbell Lunges	3	10	
	Bulgarian split squat	2	10		Shoulder Squats	3	8-12	
<b>Saturday</b> Upper Body Workout	Pull-Ups/Chin-Ups	2	10		Lateral Raises	3	10	
	Barbell Row	3	8-12		Chest Dips	3	10	
	Overhead Press	3	10		Farmer's Carry	2	30s	
	Bench Press	3	8-10		Wrist Curls	2	10	
<b>Sunday</b> Rest								

# 4-DAY WORKOUT SPLIT 2

## Full Body Warm-Up

Short Jog (.5 mi) or 5-Minute Bike, Jumping Jacks, Arm Stretches, Arm Circles, Band Pull Apart, 90/90, Inchworms, Bodyweight Squats, Lateral Lunges, Push-Ups, World's Greatest Stretch, Plank

Day	Exercise	Sets	Reps		Exercise	Sets	Reps	
<u>Monday</u> Rest	  							
<u>Tuesday</u> Chest & Triceps	Triceps Pushdown	3	10		Chest Press	2	20	
	Bench Press	3	6-10		Chest Dip	3	As many	
	Dumbbell Flys	2	30 (Burn)		Std. French Press	2	6-12	
	Cable Tricep Ext.	5 min.	Burn					
<u>Wednesday</u> Legs (Quads, Hamstrings, Calves)	Leg Extension	5 min.	Burn		Standing Calf Raise	3	10-15	
	Dumbbell Step-Up	3	10		Dumbbell Lunge	2	20	
	Goblet Squat	3	10					
	Burpee	1	30					
<u>Thursday</u> Rest	  							
<u>Friday</u> Back & Biceps	Deadlift	2	5		Lat Pulldown	2-3	6-12	
	Std. Dumbbell Curl	5 min.	Burn		Barbell Row	3	8-12	
	1-Arm Dumbbell Row	3	10					
	Pull-up	3	As many					
<u>Saturday</u> Shoulders, Traps, Forearms	Wrist Curl	2	10		Dumbbell Shrug	5 min.	Burn	
	Std. Barbell Press	4	3-5		Dumbbell Lat. Raise	2	30	
	Hammer Str. Press	5 min.	Burn					
	Std. Arnold Press	2-3	6-12					
<u>Sunday</u> Rest	  							

# THE BEST UPPER BODY WORKOUT ROUTINES

## Beginner Upper Body Workout Split

Exercise	Sets	Reps
Day 1: Beginner Upper Body Workout		
<a href="#">5 Sec Eccentric Only Pull Up</a>	3	6
<a href="#">Seated Cable Row</a>	3	6 - 8
<a href="#">Push Up</a>	3	8 - 10
<a href="#">Half Kneeling Single Arm Landmine Press</a>	3	6 Each
<a href="#">Farmer's Carry</a>	3	20 Yards
Day 2: Beginner Lower Body Workout		
<a href="#">Goblet Squat</a>	3	12
<a href="#">Landmine Romanian Deadlift</a>	3	12
<a href="#">Dumbbell Step Up</a>	3	8 Each
<a href="#">Bodyweight Hip Thrust</a>	3	10
Day 3: Beginner Upper Body Workout		
<a href="#">Inverted Row</a>	3	6 - 8
Concentric Pull Up Hang	3	5 - 15 Secs
<a href="#">5 Sec Eccentric Only Dips</a>	3	6
<a href="#">Half Kneeling Kettlebell Press</a>	3	6 Each
<a href="#">Farmer's Carry</a>	3	20 Yards
Day 4: Beginner Lower Body Workout		
<a href="#">Trap Bar Deadlift</a>	3	6
Bodyweight Box Squat	3	8
<a href="#">Bodyweight Reverse Lunge</a>	3	8 Each
<a href="#">Dead Bugs</a>	3	6 - 8 Each

# Intermediate Upper Body Focused Workout Split

Exercise Sets		Reps
Day 1: Intermediate Upper Body Workout		
<a href="#">Band Assisted Pull Ups</a>	3	8 - 12
<a href="#">Standing Cable Row</a>	3	8 - 12
<a href="#">Floor Press</a>	3	8 - 12
Full Kneeling Dumbbell Press	3	8 - 12
<a href="#">Dumbbell Hammer Curls</a>	2	12 - 15
<a href="#">Farmer's Carry</a>	4	40
Day 2: Intermediate Lower Body Workout		Yards
<a href="#">Front Squat</a>	3	8 - 12
<a href="#">Dumbbell Stiff Leg Deadlift</a>	3	8 - 12
<a href="#">Dumbbell Split Squat</a>	3	6 Each
<a href="#">Weighted Hyperextension</a>	3	12 -
<a href="#">Calf Raise</a>	3	15 15
<a href="#">Lying Leg Raise</a>	3	- 20
Day 3: Intermediate Upper Body Workout		15 -
<a href="#">Dumbbell Row</a>	3	<del>20</del> 12
Weighted 5 Sec Eccentric Pull Up	3	6 - 8
<a href="#">Band Assisted Dips</a>	3	8 - 12
<a href="#">Z Press</a>	3	6 - 10
<a href="#">Incline Skullcrusher</a>	2	12 - 15
<a href="#">Farmer's Carry</a>	4	40
Day 4: Intermediate Lower Body Workout		Yards
<a href="#">Sumo Deadlift</a>	3	6
<a href="#">Goblet Box Squat</a>	3	12 - 15
<a href="#">Walking Bodyweight Lunge</a>	3	15 Each
Eccentric Only Nordic Leg Curl	3	6 - 8
<a href="#">Calf Raise</a>	3	15 - 20
<a href="#">Bicycle Crunch</a>	3	15 - 20

# Advanced Upper Body Focused Workout Split

Exercise	Sets	Reps
Day 1: Advanced Upper Body Workout		
<a href="#">Pull Up</a>	4	Max
<a href="#">T-Bar Row</a>	4	8 - 12
<a href="#">Overhead Press</a>	4	6 - 8
<a href="#">Incline Dumbbell Press</a>	4	8 - 12
<a href="#">Cable Face Pull</a>	3	12 - 15
<a href="#">A1. Standing Dumbbell Curl</a>	3	12
<a href="#">A2. French Press</a>	3	12
<a href="#">Farmer's Carry</a>	5	60 Yards
Day 2: Advanced Lower Body Workout		
<a href="#">Barbell Back Squat</a>	4	6 - 8
<a href="#">Bulgarian Split Squat</a>	3	8 - 12 Each
<a href="#">Leg Curl</a>	3	8 - 12
<a href="#">Hip Abduction Machine</a>	3	8 - 12
<a href="#">Weighted Hyperextensions</a>	3	15 - 20
<a href="#">Calf Raise</a>	3	20
<a href="#">Hanging Leg Raise</a>	3	12 - 15
Day 3: Advanced Upper Body Workout		
<a href="#">Bent Over Row</a>	4	6 - 8
<a href="#">Lat Pull Down</a>	4	8 - 12
<a href="#">Barbell Bench Press</a>	4	6 - 8
<a href="#">Standing Dumbbell Press</a>	3	8 - 12
<a href="#">Dips</a>	3	Max
<a href="#">A1. Preacher Curl</a>	3	12
<a href="#">A2. Rope Tricep Extension</a>	3	12
<a href="#">Farmer's Carry</a>	5	60 Yards
Day 4: Advanced Lower Body Workout		
<a href="#">Romanian Deadlift</a>	4	6 - 8
<a href="#">Leg Press</a>	4	10 - 12
<a href="#">Weighted Walking Lunge</a>	3	15 Each
<a href="#">Nordic Hamstring Curl</a>	3	8 - 12
<a href="#">Calf Raise</a>	3	20
<a href="#">Weighted Crunch</a>	3	15 - 20