

3 Day Split Routine

Monday: Cardia + Chest & Back

40 Minutes of Medium-Moderate speed on Treadmill/Bike/Xtrainer

Bench Press 4/4 Heavy rest period is Arms Back Pec Stretch 30sec

Pull-Ups(Assist) 3/10- 30 second hang stretch rest

Incline DB Press 2/10-12, 5-7lb flye Pec Stretch

Bent over Barbell Row Hwy 3/4 LL W/Decline DB Press 3/10 30 Sec

Cable Row 3/10 LL Dips 3/7

Tuesday: Shoulders/Arms + HIIT

Nautilus Press 3/10 Rest is Arm across chest stretch 30 sec count each

DB Upright Row 3/10 LL DB Bent Over Butterfly Raise Lt 3/8-10

EZ Bar Curl Mod-Hwy 3/8 LL Tricep Pressdown Mod-Hwy 3/8

DB Hammer Curls Lt 3/10-12 LL Overhead Tri Ext Lt 3/12-14

HIIT: 2/20 Sec Speed Jacks, 2/10 Cnt Scissor Kicks, 2/30 sec Jump Rope

followed by 10+/- Min HIIT routine from previous program

Wednesday: Cardio Warm-Up + Legs & Abs

Mummy Jack X30, Treadmill 1min @5mph, Jumping Jacks X30, Treadmill 40sec @6mph, Power Jumps X20, Treadmill 30sec @7mph, Lunges X20, Treadmill 30sec @8mph, High Knees X20.

Squats 3/5 Hwy

Staggered Squats 2/12 Each Leg Lt

Romanian Deadlift 3/10 Lt

Leg Ext Hwy 2/6-8 LL Leg Curls Lt 2/10-12

Standing Calf Raise Med 3/10 LL Calf Stretch

Abs: Decline Sit-ups, Leg Raises, Bicycle, Plank, Do Each One X25 Repeat 3 Times..Plank Do for 1 minute Count (Can Replace Plank W/Mason-Russian Twist 25 sec count)

Thursday: Cardio + Chest/Back

40 Min Cardio Session from Monday

Assist Pull-Ups Hard 4/4 LL Decline DB Press 3/12, 10, 8 Lt-Med

Seated Row 3/8-10 LL DB Press 3/8-10

Wide Grip Lat Pulldown Hwy 3/4 LL Incline Bench Press Lt 3/8-10

Stretch-Arm across Body 2/15 Sec Hold, Hanging Lat (Hang from Pull-up bar)

Friday: Shoulders/Arms + HIIT

Standing DB Press "120" Routine

Front DB Raise Lt 2/12 LL Pec Deck Rear Delt flye 2/12

Nautilus Bicep Curl 3/8 LL Bench Dips 3/10-12

Ez-Bar "8's" LL Lying Triceps Ext 3/12, 10, 8

Cardio: Speed Jacks 2/20sec, Jump Squats 2/20sec, Burpees 2/20sec

followed by 10min+/- HIIT Routine

Saturday: Cardio Warm-Up + Legs & Abs

High Knees X30, Tmill 1 min @5mph, Powerjumps X25, TM

40sec @6mph, Mummy Jack X30, TM 30sec @7mph, Jumping Jacks X30, TM 30sec @8mph, Lunges X20

Leg Press Lt-Med 3/10-12 LL Butt Blaster 3/6-8 Med

Good Morning 3/12, 10, 8 LL Leg Curls 3/12, 10, 8

Seated Calf Raise 3/10 LL Calf Stretch

Abs: Side Touches x25, Rope Pulls x25, Heels to Ceiling x25, Crunches x25, Repeat 3X