

3-Day Split Chart

Day 1: Upper Body: Chest and Triceps

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight	
Chest	3	1st exercise: Multi-joint	Incline Chest Press	1	15 – Light	15 – Light	15 – Light	
				2	12 – Medium	12 – Medium	12 – Medium	
				3	12 – Medium	12 – Medium	10 – Med-Heavy	
				4	12 – Medium	10 – Med-Heavy	8 – Heavy	
		2nd exercise: Multi-joint	Seated Chest Press	1	15 – Light	12 – Medium	10 – Med-Heavy	
				2	12 – Medium	12 – Medium	10 – Med-Heavy	
				3	12 – Medium	12 – Medium	10 – Med-Heavy	
				4	12 – Medium	12 – Medium	10 – Med-Heavy	
		3rd exercise: Single-joint	Chest Fly	1	12 – Medium	10 – Med-Heavy	8 – Heavy	
				2	12 – Medium	10 – Med-Heavy	8 – Heavy	
Triceps	2	1st exercise: Single-joint	Tricep Push-down	1	15 – Light	15 – Light	15 – Light	
				2	12 – Medium	12 – Medium	12 – Medium	
				3	12 – Medium	10 – Med-Heavy	10 – Med-Heavy	
				4	12 – Medium	10 – Med-Heavy	8 – Heavy	
		2nd exercise: Single-joint	Tricep Kickback	1	15 – Light	12 – Medium	12 – Medium	
				2	15 – Light	12 – Medium	10 – Med-Heavy	
				3	15 – Light	12 – Medium	8 – Heavy	
Abs	1	Single-joint	Crunches	1	15 x	20 x	15 – weighted	
				2	20 x	25 x	15 – weighted	
				3	20 x	25 x	15 – weighted	

Day 2: Lower Body: Legs and Shoulders

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight
Legs	5	1st exercise: Multi-joint	Leg Press	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	12 – Medium
				3	12 – Medium	12 – Medium	10 – Med-Heavy
				4	12 – Medium	10 – Med-Heavy	8 – Heavy
		2nd exercise: Multi-joint	Wall or Ball Squat	1	15 – Light	12 – Medium	10 – Med-Heavy
				2	12 – Medium	12 – Medium	10 – Med-Heavy
				3	12 – Medium	12 – Medium	10 – Med-Heavy
				4	12 – Medium	12 – Medium	10 – Med-Heavy
		3rd exercise: Multi-joint	Lunge	1	15 x bodyweight	15 – Light	12 – Medium
				2	15 x bodyweight	15 – Light	12 – Medium
				3	15 x bodyweight	15 – Light	12 – Medium
		4th exercise: Single-joint	Leg Extension	1	12 – Medium	10 – Med-Heavy	8 – Heavy
				2	12 – Medium	10 – Med-Heavy	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
		5th exercise: Single-joint	Leg Curl	1	12 – Medium	10 – Med-Heavy	8 – Heavy
2	12 – Medium			10 – Med-Heavy	8 – Heavy		
3	12 – Medium			10 – Med-Heavy	8 – Heavy		
Shoulders	2	1st exercise: Multi-joint	Shoulder Press	1	15 – Light	15 – Light	15 – Light
				2	12 – Medium	12 – Medium	12 – Medium
				3	12 – Medium	12 – Medium	10 – Med-Heavy
				4	12 – Medium	10 – Med-Heavy	8 – Heavy
		2nd exercise: Single-joint	Laterals	1	12 – Medium	10 – Med-Heavy	8 – Heavy
				2	12 – Medium	10 – Med-Heavy	8 – Heavy
				3	12 – Medium	10 – Med-Heavy	8 – Heavy
Lower Back	1	Single-joint	Hyperextension	1	10 x	15 x	20 x
				2	10 x	15 x	20 x
				3	10 x	15 x	20 x

Day 3: Upper Body: Back and Biceps

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight		
Chest	3	1st exercise: Multi-joint	Seated Row	1	15 – Light	15 – Light	15 – Light		
				2	12 – Medium	12 – Medium	12 – Medium		
				3	12 – Medium	12 – Medium	10 – Med-Heavy		
				4	12 – Medium	10 – Med-Heavy	8 – Heavy		
		2nd exercise: Multi-joint	Lat Pull-down	1	15 – Light	12 – Medium	10 – Med-Heavy		
				2	12 – Medium	12 – Medium	10 – Med-Heavy		
				3	12 – Medium	12 – Medium	10 – Med-Heavy		
				4	12 – Medium	12 – Medium	10 – Med-Heavy		
		3rd exercise: Single-joint	Pullover	1	12 – Medium	10 – Med-Heavy	8 – Heavy		
				2	12 – Medium	10 – Med-Heavy	8 – Heavy		
		Triceps	2	1st exercise: Single-joint	Bicep Curl	1	15 – Light	15 – Light	15 – Light
						2	12 – Medium	12 – Medium	12 – Medium
3	12 – Medium					10 – Med-Heavy	10 – Med-Heavy		
4	12 – Medium					10 – Med-Heavy	8 – Heavy		
2nd exercise: Single-joint	Hammer Curl			1	15 – Light	12 – Medium	12 – Medium		
				2	15 – Light	12 – Medium	10 – Med-Heavy		
				3	15 – Light	12 – Medium	8 – Heavy		
Abs	1	Single-joint	Vertical Knee Raise	1	15 x	20 x	25 x		
				2	15 x	20 x	25 x		
				3	15 x	20 x	25 x		