

3Day Workout Routine

Mondays		
C h e s t	Sets	Reps
bench press	2	12 to 15
dumbbell incline bench press	3	12
dumbbell flyes	3	12
S h o u l d e r s	Sets	Reps
smith-machine shoulder press	3	12
dumbbell lat (side) raises	4	12
arnold press	3	10 to 12
A b s	Sets	Reps
ab crunches	4	to failure

Wednesdays		
B a c k	Sets	Reps
close-grip lat pulldown	4	10
front pull-ups	3	to failure
T-bar row	3	8 to 10
T r i c e p s	Sets	Reps
skullcrushers	3	12
triceps cable push-downs	4	12
bent-over alternating dumbbell extension	3	10/side
A b s	Sets	Reps
raised leg crunches	3	to failure

Fridays		
L e g s	Sets	Reps
leg extensions	3	12
leg curls	3	12
stiff-leg deadlifts	4	10
calf raises	4	15
B i c e p s	Sets	Reps
barbell bicep curl	3	10 to 12
preacher curls	3	10 to 12
A b s	Sets	Reps
cable crunches	3	to failure

Notes