

## 3 Day split

For some people, the idea of getting to the gym 4-5 times a week is preposterous, so for those of you with that current mindset I'm going to lay out a dead simple 3 Day split that is sure to start giving you the results you want.

Mon: Chest / Triceps

## 3 Day split

For some people, the idea of getting to the gym 5 times a week is preposterous, so for those of you with that current mindset I'm going to lay out a dead simple 3 Day split that is sure to start giving you the results you want.

Mon: Chest / Triceps

Flat Dumbbell Bench 3 x 8

Incline Dumbbell Bench 3 x 8

Dips (body weight or weighted) 3 x 12

Chest Flys 3 x 15

Skull Crushers 3 x 8

French Press 3 x 12

Tricep Extensions 3 x 12

Wed: Back / Biceps

Deadlifts 3 x 6

Pull downs/ Chinups 3 x 8

Bent over row/ Seated Row 3 x 8

One arm Dumbbell Rows 3 x 12

Incline Dumbbell curls 3 x 10

Preacher Curl 3 x 10

Overhead Cable Curls 3 x 12

Fri: Legs / Shoulders

Squats 3 x 8

Leg Press 3 x 12

Leg Curls 3 x 8

Stiff Legged Dead Lifts 3 x 12

Seated Military Press 3 x 8

Front Raises 3 x 12

Side Cable Raises 3 x 12

Rear Delt Raises 3 x 12

Dumbbell Shrugs 3 x 8

If in fact this seems like to much for one day our 5 Day Split only takes about 45 minutes to complete. This is also good if you want to start building muscle.

Keep in mind this is a guideline and you do not have to follow this to a tee to see results. Anywhere where I have put a / and listed two exercises you can chose one or the other, both arn't necessary. The idea is approximately 3 - 4 exercises per muscle group hitting all the different muscle heads.

This workout shouldn't take you much longer then one hour to complete. If you're doing this routine Mon, Wed, Fri then you could try the HIIT program post workout if you are pressed for time.

For a complete plan for getting in the best shape of your life, [click here](#).