# 3 DAY SPLIT: INTERMEDIATE/ADVANCED

**Name**_____

| | | | DATE | DATE | DATE | DATE | DATE | DATE | DATE | DATE | DATE | DATE | DATE | DATE |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **EXERCISE** | **BODY PART** | **SETS X REPS** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** | **WT.** |
| **DAY 1**: Chest, Shoulders, Triceps | | | | | | | | | | | | | | |
| Chest Press DB | Chest | 3 x 15 - 12 | | | | | | | | | | | | |
| Incl. DB Chest Press | Chest | 3 x 15 - 12 | | | | | | | | | | | | |
| Flat DB Chest Fly | Chest | 3 x 15 - 12 | | | | | | | | | | | | |
| Shoulder Press DB | Shoulder | 3 x 15 - 12 | | | | | | | | | | | | |
| DB Lat. Arm Raise | Shoulder | 3 x 15 - 10 | | | | | | | | | | | | |
| Reverse Flyes | Shoulder | 3 x 12 - 10 | | | | | | | | | | | | |
| Bench Dips or Parallel Dips | Shldr/Triceps | 3 x 10 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| **DAY 2:** Back, Abs | | | | | | | | | | | | | | |
| Pull-Ups (Parallel opt.) | Back | 3 x 10 | | | | | | | | | | | | |
| Bent Over Rows | Back | 4 x 15 - 8 | | | | | | | | | | | | |
| Cable Pullover | Back | 3 x 15 - 10 | | | | | | | | | | | | |
| 1-Arm Rows | Back | 3 x 15 - 10 | | | | | | | | | | | | |
| Knees to Elbows | Abs | 3 x 10 | | | | | | | | | | | | |
| Ball Crunches | Abs | 3 x 10 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |
| **DAY3:** Legs | | | | | | | | | | | | | | |
| Squats | Hips & Legs | 4 x 20 - 15 | | | | | | | | | | | | |
| Leg Press | Hips & Legs | 3 x 15 - 12 | | | | | | | | | | | | |
| Smith Rack Lunges | Glutes & Hams | 3 x 12—10 | | | | | | | | | | | | |
| Leg Extension | Quadraceps | 3 x 15 - 10 | | | | | | | | | | | | |
| Leg Curl | Hamstrings | 3 x 15 - 12 | | | | | | | | | | | | |
| | | | | | | | | | | | | | | |