

### 3 Day Split Workout

		Day 1		
Muscle group	Exercise	Sets	Reps	Rest
Chest	<a href="#">Barbell bench press</a>	3	10-12	1 min
	<a href="#">Incline bench press</a>	3	10-12	1 min
	<a href="#">Dumbbell incline press</a>	3	10-12	1 min
	<a href="#">Dumbbell flyes</a>	3	10-12	1 min
Shoulders	<a href="#">Machine lateral raise</a>	3	10-12	1 min
	<a href="#">Dumbbell overhead press</a>	3	10-12	1 min
	Smith machine upright row	3	10-12	1 min
		Day 2		
Muscle group	Exercise	Sets	Reps	Rest
Biceps	Barbell curls	3	10-12	1 min
	Alternate dumbbell curls	3	10-12	1 min
	Seated hammer curls	3	10-12	1 min
	Preacher curls	3	10-12	1 min
Triceps	Triceps cable pushdowns	3	10-12	1 min
	Dumbbell kickbacks	3	10-12	1 min
	Lying triceps extension	3	10-12	1 min

		Day 3		
Muscle group	Exercise	Sets	Reps	Rest
<b>Legs</b>	<a href="#">Barbell squats</a>	3	10-12	1 min
	<a href="#">Leg extension</a>	3	10-12	1 min
	<a href="#">Dumbbell lunges</a>	3	10-12	1 min
	<a href="#">Lying leg curls</a>	3	10-12	1 min
	<a href="#">Still-leg deadlifts</a>	3	10-12	1 min
	<a href="#">Barbell standing calf raise</a>	3	10-12	1 min
	<a href="#">Seated calf raises</a>	3	10-12	1 min
<b>Abs</b>	<a href="#">Crunch</a>	4	20-25	1 min
	<a href="#">Oblique crunch</a>	3	20-25	1 min
	<a href="#">Leg lifts</a>	3	20-25	30 secs.
<b>Back</b>	<a href="#">Barbell Rows</a>	4	10-12	1 min
	<a href="#">One arm bent over row</a>	4	10-12	1 min
	<a href="#">Lat pulldowns</a>	4	10-12	1 min
	<a href="#">Extensions</a>	4	10-12	1 min
<b>Traps</b>	Smith machine shrug	3	10-12	1 min

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