

Workout Program #8
3 Day Split (12-10-8-8)

Name _____

Day #1: Date _____

	Set #1		Set #2		Set #3		Set #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Machine Bench Press	12		10		8		8	
Seated Tricep Extension	12		10		8		8	
Pushups	12		10		8		8	
Tricep Pushdowns	12		10		8		8	
Machine Chest Fly	12		10		8		8	
DB Lying Tricep Extension	12		10		8		8	
Abdominal Machine	20		20					
Reverse Crunches (Ball)	20		20					

Superset

Superset

Superset

Day #2: Date _____

	Set #1		Set #2		Set #3		Set #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Military Press	12		10		8		8	
Close Grip Lat Pulldown	12		10		8		8	
Upright Row	12		10		8		8	
Seated Cable Row	12		10		8		8	
DB Rear Delt Fly	12		10		8		8	
Stiff Arm Pulldown	12		10		8		8	
Back Extension	12		10		8		8	
Vertical Leg Pull-in	20		20					
DB Side Bend	20		20					

Superset

Superset

Superset

Day #3: Date _____

	Set #1		Set #2		Set #3		Set #4	
	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Smith Lunge	12		10		8		8	
1 Arm DB Preacher Curl	12		10		8		8	
Parallel Squat	12		10		8		8	
DB Incline Curl	12		10		8		8	
Hip Sled	12		10		8		8	
Concentration Curl	12		10		8		8	
High Pulley Abdominal Crunch	20		20					
Oblique Roller Crunch	20		20					

Superset

Superset

Superset