

Workout Program #6
 3 Day Split Chest-Tris-Abs/Legs-Abs/Shoulders-Back-Bis-Abs

Name _____

Day #1: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Bench Press	10		10		10	
DB Incline Press	10		10		10	
Machine Chest Fly	10		10		10	
Lying Tricep Extension	10		10		10	
DB Kickbacks	10		10		10	
Tricep Pushdowns	10		10		10	
Situps	20		20			
Rev Crunch (Ball)	20		20			

Day #2: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Parallel Squat	10		10		10	
Barbell Lunge	10		10		10	
Seated Calf Raise	10		10		10	
Leg Extension	10		10		10	
Lying Leg Curl	10		10		10	
Hanging Leg Raise	20		20			
Abdominal Machine	20		20			

Day #3: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Military Press	10		10		10	
DB Lateral Raise	10		10		10	
Cable Rear Delt Fly	10		10		10	
Lat Pulldown	10		10		10	
Seated Cable Row	10		10		10	
Stiff Arm Pulldown	10		10		10	
1 Arm DB Preacher Curl	10		10		10	
Side Crunch	20		20			
Crunches	20		20			