

Workout Program #7
3 Day Split (3 x 12)

Name _____

Day #1: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Incline Bench Press	12		12		12	
DB Bench Press	12		12		12	
Cable Crossover Fly	12		12		12	
Wid Grip Pullup (Assisted)	12		12		12	
1 Arm DB Row	12		12		12	
Pullovers	12		12		12	
Cable Rotary Torso (Low Cable)	20		20			
Abdominal Machine	20		20			

Day #2: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Hip Sled	12		12		12	
DB Standing Calf Raise	12		12		12	
Reverse Lunge	12		12		12	
Box Steps	12		12		12	
Stiff Leg Dead Lift	12		12		12	
Leg Extension (Singles)	12		12		12	
Crunches (Ball)	20		20			
Side Crunch (Ball)	20		20			

Superset

Day #3: Date _____

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Military Press	12		12		12	
DB Shrugs	12		12		12	
Cable Lateral Raise	12		12		12	
DB Front Raise	12		12		12	
Seated Tricep Extension	12		12		12	
Straight Bar Curl	12		12		12	
Rev Dips	12		12		12	
DB Hammer Curl	12		12		12	
Rev Cable Pushdowns	12		12		12	
Situps (Don't anchor feet)	20		20			
Hanging leg Raise	20		20			