

Workout Program #12

4 Day Split (3 x 10)

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	
Dips	10		10		10	
Lying Tricep Extension	10		10		10	
Seated Tricep Extension	10		10		10	
Tricep Pushdown	10		10		10	
Hanging Leg Raise	20		20			
Situps	20		20			

Day #2: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Lat Pulldown	10		10		10	
Seated Cable Row	10		10		10	
Pullovers	10		10		10	
Chin-ups	10		10		10	
DB Bicep Curl	10		10		10	
Preacher Curl	10		10		10	
Concentration Curl	10		10		10	
Rev Crunch (Ball)	20		20			
Side Crunch	20		20			

Day #1: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Parallel Squat	10		10		10	
Seated Calf Raise	10		10		10	
Hip Sled	10		10		10	
Leg Extension	10		10		10	
Leg Curl	10		10		10	
Machine Hip Adduction	10		10		10	
Machine Hip Abduction	10		10		10	
Rev Crunch (Ball)	20		20			
Side Crunch	20		20			

Day #2: Date \_\_\_\_\_

	Set #1		Set #2		Set #3	
	Reps	Weight	Reps	Weight	Reps	Weight
Military Press	10		10		10	
DB Lateral Raise	10		10		10	
DB Front Raise	10		10		10	
DB Rear Delt Fly	10		10		10	
Upright Row	10		10		10	
Shoulder Shrugs	10		10		10	
Abdominal Machine	20		20			
Rev Crunch (Ball)	20		20			