

Sample Workouts

3 Day Split– Full Body

Day 1	<ul style="list-style-type: none"> • BB Squat • KB RDL • Chest Fly Machine • Cable Rear Fly • DB Shoulder Press • Reverse Push Up w/ BB 	<p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p> <p>2x8-10</p> <p>2x8-10</p> <p>2x8-10</p>
Day 2	<ul style="list-style-type: none"> • Leg Press • KB RDL • Bench Press • Lawn Mower Row • BB Shoulder Press • Lat Pull Down Cable Machine 	<p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p> <p>2x8-10</p> <p>2x8-10</p> <p>2x8-10</p>
Day 3	<ul style="list-style-type: none"> • Romanian Deadlift • Body Weight Squat Holds • Push-Up • Lat Pull Down Machine • DB Lateral Shoulder Raise • Cable Low Row 	<p>3x8-10</p> <p>3x6 15 second hold</p> <p>3x8-10</p> <p>3x8-10</p> <p>2x8-10</p> <p>2x8-10</p>

Rest Time: < 2 minutes between sets

3 Day Split- Push, Pull, Legs

Day 1 Push	<ul style="list-style-type: none"> • Bench Press • Chest Fly Machine • DB Shoulder Press • Push-Up • BB Shoulder Press • DB Lateral Shoulder Raise 	3x8-10 2x8-10 2x8-10 2x8-10 2x8-10 2x8-10
Day 2 Legs	<ul style="list-style-type: none"> • BB Squat • KB RDL • Leg Press • Cable Deadlift • Body Weight Squat Holds 	3x8-10 3x8-10 2x8-10 2x8-10 2x6 15 second hold
Day 3 Pull	<ul style="list-style-type: none"> • Lat Pull Down Machine • Cable Low Row • Reverse Push Up w/ BB • Lawn Mower Row • Cable Rear Fly 	3x8-10 3x8-10 3x8-10 2x8-10 2x8-10

Rest Time: < 2 min between sets

4 Day Split 6-Fundamental Movements

Day 1 Horizontal Pull	<ul style="list-style-type: none"> • Cable Low Row • DB Rear Fly • KB Lawn Mower Row • Reverse Push Up w/ BB 	<p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p>
Day 2 Horizontal Push	<ul style="list-style-type: none"> • Bench Press • Push-Up • Chest Fly Machine • Single Arm Cable Press 	<p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p>
Day 3 Squat & Hip Hinge	<ul style="list-style-type: none"> • BB Squat • KB RDL • Leg Press • Cable Deadlift • Body Weight Squat Holds 	<p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p> <p>2x6 15 second hold</p>
Day 4 Vertical Push & Vertical Pull	<ul style="list-style-type: none"> • Lat Pull Down Cable Machine • DB Shoulder Press • DB Lateral Shoulder Raise • Reverse Push-Up 	<p>3x8-10</p> <p>3x8-10</p> <p>3x8-10</p> <p>2x max</p>

Rest Time: < 2 min between sets