

WORKOUT Building muscle – 3 day split (Back and Biceps)

	EXERCISE	SETS	REPS	TEMPO	REST
	Lat pulldown	3	8	Medium	1 min
	Straight arm pulldown	2	12	Medium	45 sec
	Machine back row	3	8	Medium	1 min
	Rope face pull (cable)	2	12	Medium	1 min
	Assisted Pullup/ Reverse bar row	3	8 10	Medium	1 min
	Cable reverse fly	2	12	Medium	45 sec
	Superset – Dumbbell bicep curl/ Plate curl	3	8 16	Medium	30 sec

WORKOUT : Building muscle – 3 day split (chest, triceps and shoulders)

	EXERCISE	SETS	REPS	TEMPO	REST
	Dumbbell bench press	3	8	Medium	1 min
	Machine shoulder press	3	8	Medium	1 min
	Palloff press (medium band)	2	12	Slow	30 sec
	Dumbbell front raise	3	12	Medium	45 sec
	Pec-deck machine fly	3	15	Medium	45 sec
	Dumbbell lateral raise	3	12	Medium	45 sec
	Superset – Cable tricep extension/ Bench dips	2	12 12	Medium	45 sec
	Superset – Battlerope slams/ Medicine ball press	4	25 sec on, 15 sec off	Fast	15 sec

WORKOUT : Building muscle – 3 day split (legs)

	EXERCISE	SETS	REPS	TEMPO	REST
	Leg press	3	8	Medium	1 min
	Leg extension machine	3	12	Medium	45 sec
	Barbell reverse lunge	2	10 (each leg)	Medium	45 sec
	Kettlebell deadlift	3	8	Medium	1 min
	Hamstring curl	2	10	Medium	45 sec
	Kettlebell hip thrust	2	12	Medium	45 sec
	Calf raise	4	15	Medium	45 sec
	Sled push	4	25 sec on, 10 sec off	Fast	10 sec