



The 3-Days-Per-Week Split Workout Routine For Building Mass

- **DAY 1:** Back, Rear Deltoids, Biceps
- **DAY 2:** Chest, Shoulders, Triceps
- **DAY 3:** Quadriceps, Hamstrings, Calves

WORKOUT 1 - BACK, REAR DELTOIDS, BICEPS

EXERCISE TYPE	EXERCISE	SETS X REPETITIONS
Horizontal Pull	A) Barbell Pronated Row	4 x 8
Back/Lat Superset*	B1) Sternum Chinup	3 x 10
	B2) Dumbbell Single-Arm Row	3 x 15 each arm
Vertical Pull	C) Wide-Grip Pullup	3 x 8
Horizontal Pull	D) TRX Face Pull	3 x 15
Biceps Superset*	E1) Dumbbell Standing Hammer Curl	3 x 10
	E2) Barbell Reverse-Grip Curl	3 x 12

***Supersets consist of putting two different exercises together without taking a break. Perform the exercise pairs (marked "B1" and "B2") as supersets, so you'll complete one set of B1 and then B2 without taking any rest in between. Repeat until all sets are complete. The same applies to exercises marked as E1 and E2.**



WORKOUT 2 - CHEST, SHOULDERS, TRICEPS

EXERCISE TYPE	EXERCISE	SETS X REPETITIONS
Vertical Push	A) Barbell Military Press	5 x 8 to 10
Chest/Shoulder Superset*	B1) Dumbbell Bench Press	4 x 12
	B2) Single-Arm Dumbbell Rear Lateral Raise	4 x 8 to 12 each arm
Chest/Triceps Superset*	C1) Parallel Dip	3 x 15 to 20
	C2) Feet-Elevated Pushup	3 x 15 to 20
Triceps Superset	D1) Lying Pronated Triceps Extension	3 x 15 to 20
	D2) Bench Dip	3 x 15 to 20

***Supersets consist of putting two different exercises together without taking a break. Perform the exercise pairs (marked "B1" and "B2") as supersets, so you'll complete one set of B1 and then B2 without taking any rest in between. Repeat until all sets are complete. The same applies to exercises marked as C1&C2 and D1&D2.**



WORKOUT 3 - QUADRICEPS, HAMSTRINGS, CALVES

EXERCISE TYPE	EXERCISE	SETS X REPETITIONS
Bilateral Push/ Knee-Quad Dominant	A) Barbell Squat	4 x 20
Bilateral Pull/ Hip-Hamstring Dominant	B) Barbell Romanian Deadlift	4 x 8 to 10
Quadriceps/ Hamstring Superset*	C1) Dumbbell Bulgarian Split Squat	3 x 12 each leg forward
	C2) Glute Ham Raise	3 x 10
Unilateral/Quad Dominant	D) Dumbbell Walking Lunge	3 x 20 each leg forward
Bilateral/Specialization	E) Barbell Standing Calf Raise	5 x 25

***Supersets consist of putting two different exercises together without taking a break. Perform the exercise pairs (marked "C1" and "C2") as supersets, so you'll complete one set of C1 and then C2 without taking any rest in between. Repeat until all sets are complete.**



Day/Organization	A. Alternating work/rest days	B. 3 days on, 1 day off, repeat	C. 3 days on, 2 days off, repeat
Monday	Workout 1 + High-Intensity Cardio	Workout 1 + High-Intensity Cardio	Workout 1 + High-Intensity Cardio
Tuesday	Rest	Workout 2 + Cardio	Workout 2 + Cardio
Wednesday	Workout 2, Cardio	Workout 3 + High-intensity cardio	Workout 3 + Cardio
Thursday	Rest	Rest	Rest
Friday	Workout 3, High-intensity cardio	Workout 1 + High-Intensity Cardio	Rest
Saturday	Rest	Workout 2 + Cardio	Workout 1 + High-Intensity Cardio
Sunday	Rest	Workout 3 + High-Intensity Cardio	Workout 2 + Cardio and so on...