

Split Workout

superset same colors

Monday		Tuesday		Wednesday	Thursday	
Upper Body	sets/reps	Lower Body	sets/reps	OFF!	Upper Body	sets/reps
Flat Bench DB	3/15	Deadlift - BB	3/15		Incline Bench BB	3/15
DB Curls	3/15	Body Weight Deep Squats	3/15		Preacher Curls	3/15
Incline Bench Press - DB	3/15	Forward Lunges	3/15		Narrow-Grip Flat Bench BB	3/15
French Press	3/15	Calf Raises	3/15		Standing High Cable Crossover	3/15
Military Press - DB	3/15	Leg Curl	3/15		Upright BB Rows	3/15
Bent Over Rows - BB	3/15				Lat Pulldowns	3/15

HIIT
Jog 60 seconds; then
Sprint 30 seconds
Repeat 8 times (continuous)
Abs
1 set situps
1 set Decline knee-ups
1 set Bar rollout
1 set Russian Twist

HIIT
Jog 60 seconds; then
Sprint 30 seconds
Repeat 8 times (continuous)
Abs
Weighted situps
Decline knee-ups
Bar rollout
Russian Twist
with weight
Reverse

Friday		Saturday	Sunday
Lower Body	sets/reps	Cardio	OFF!
Deadlift - DB	3/15	HIIT	
Body Weight Deep Squats	3/15	Jog 60 seconds; then	
Side Lunges	3/15	Sprint 30 seconds	
Calf Raises	3/15	Repeat 8 times (continuous)	
Leg Curl	3/15	Abs	
		Weighted situps	
		Decline knee-ups	
		Bar rollout	
		Russian Twist	
		with weight	
		Reverse	

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