

Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.


The ABC workout split allows us to target muscle groups extremely efficiently for hypertrophy. This routine is great for those who can only go to the gym three days a week but want to make a change.

Training Division by Movements PUSH PULL LEGS (Push/pull/legs)

DISTRIBUTION:


MON	TUE	WED	THU	FRI	SAT	SUN
WORKOUT A	REST	WORKOUT B	REST	WORKOUT C	REST	REST

CHEST




BB, DB or MACHINE CHEST PRESS

SETS	3
REPS	8



1 to 2
Min
5
INTERVALS

CHEST

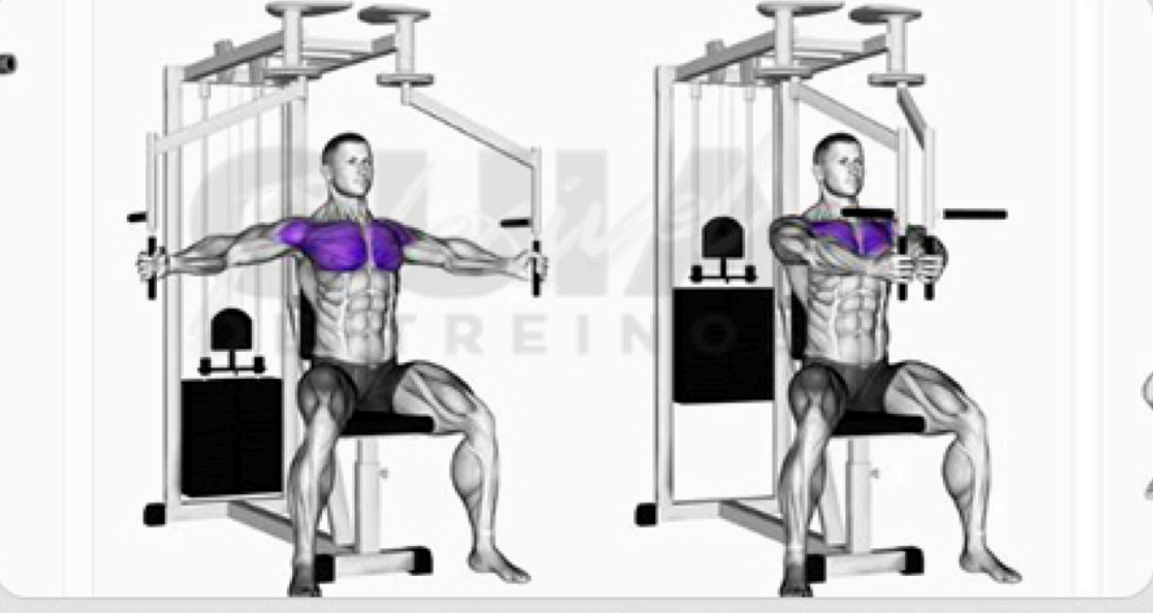


BB or DB INCLINE PRESS

SETS	3
REPS	8



1 to 2
Min
5
INTERVALS

CHEST



MACHINE PEC DECK

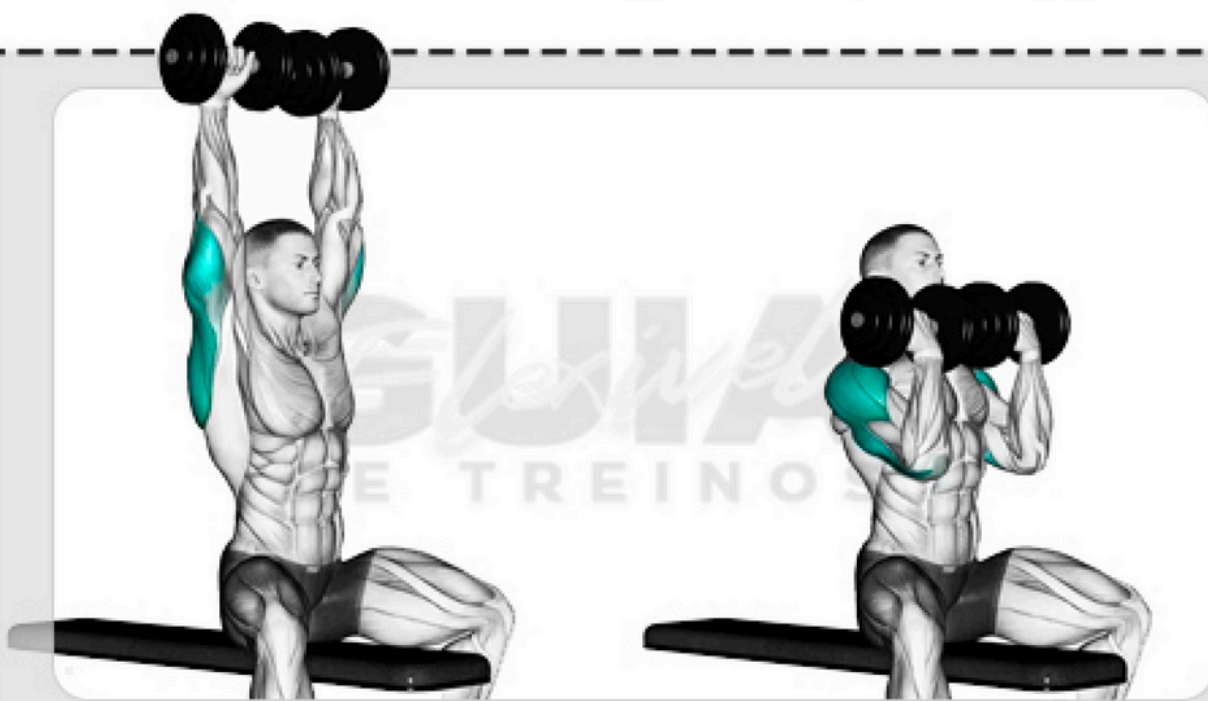
SETS	3
REPS	12-15


1
Min
INTERVALS

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SHOULDER



ARNOLD PRESS

SETS

3

REPS

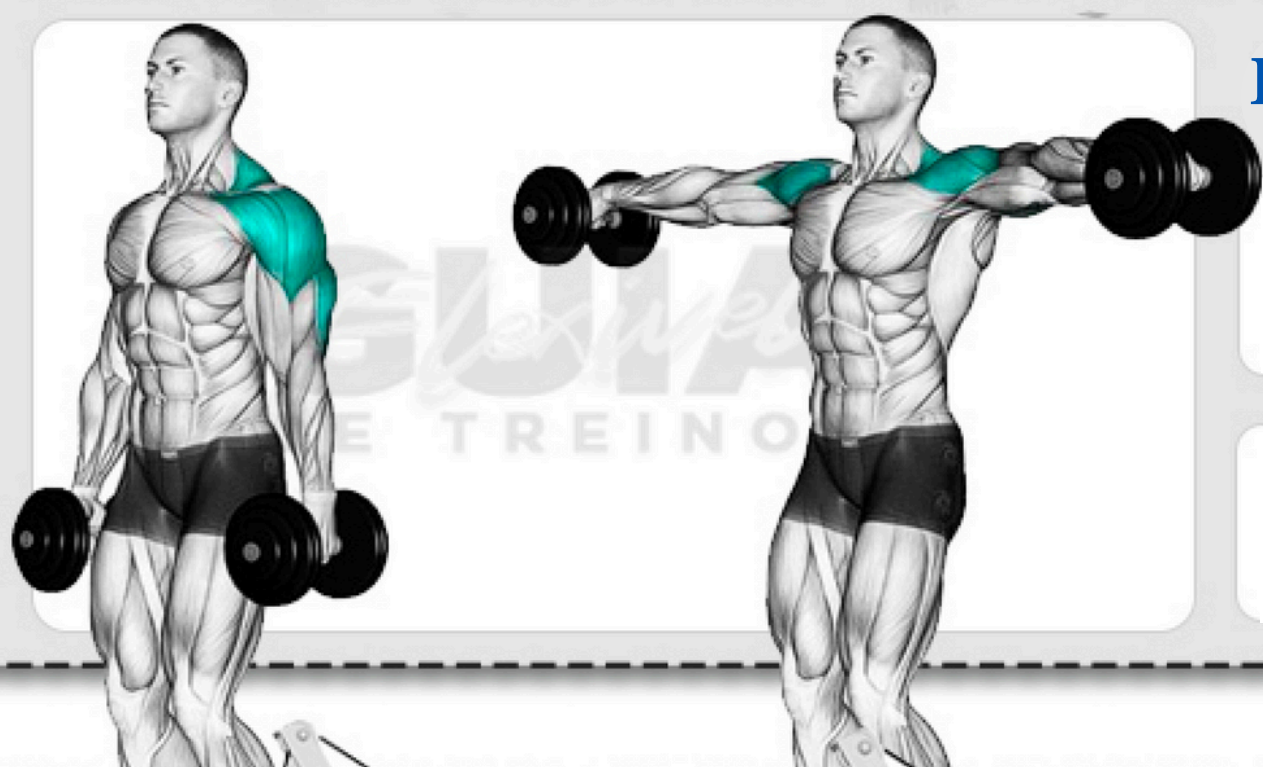
8



16
Min

INTERVALS

SHOULDER



DUMBBELLS SIDE RAISES

SETS

3

REPS

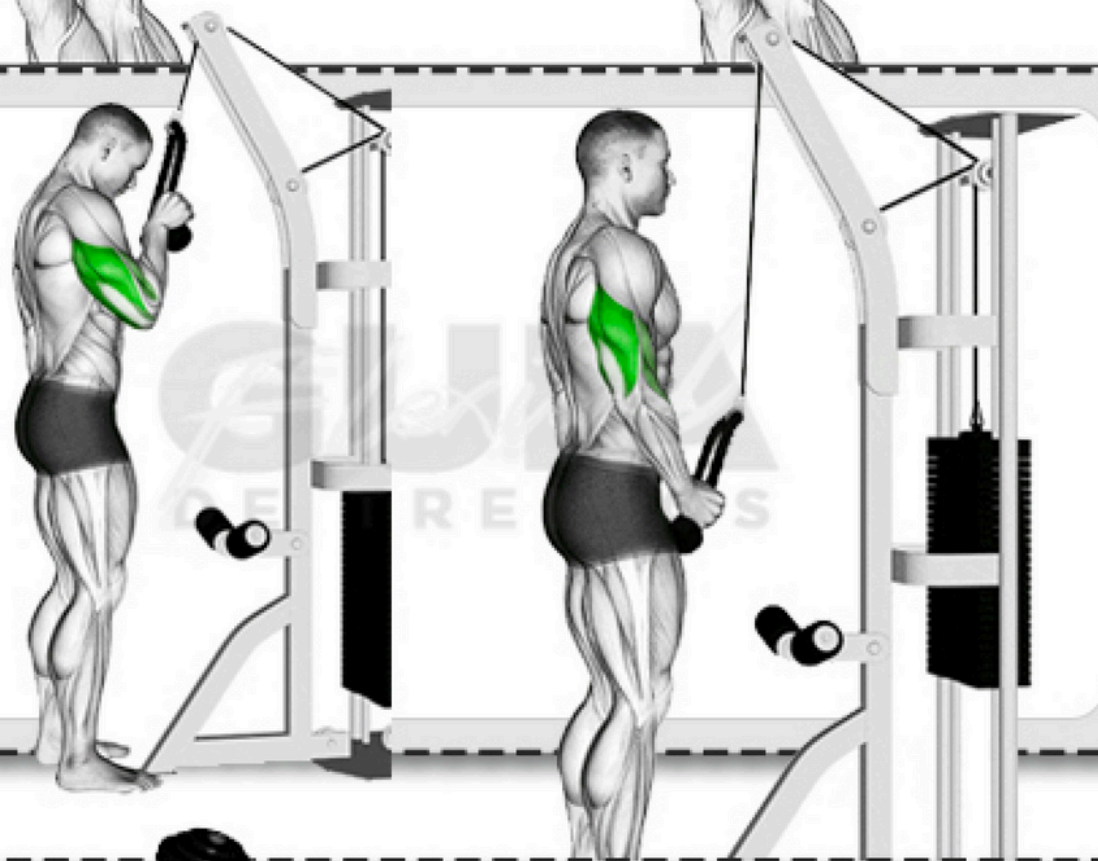
10



3-4
Min

INTERVALS

TRICEPS



TRICEPS PULLDOWN

SETS

3

REPS

10



3-4
Min

INTERVALS

TRICEPS



OVERHEAD TRICEPS EXTENSION

SETS

3

REPS

12



16
Min

INTERVALS

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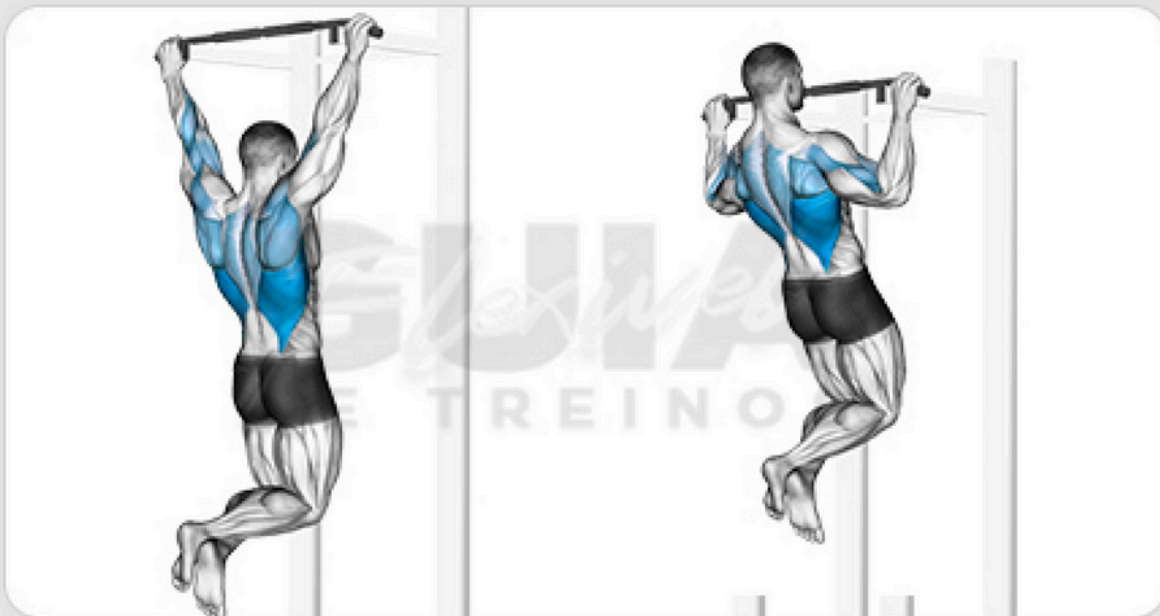
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Training Division by Movements PUSH PULL LEGS (Push/pull/legs)

DISTRIBUTION:

MOM	TUE	WED	THU	FRI	SAT	SUN
WORKOUT A	WORKOUT B	WORKOUT C	WORKOUT D	WORKOUT A	REST	REST

BACK



PULL-UPS

SETS

3

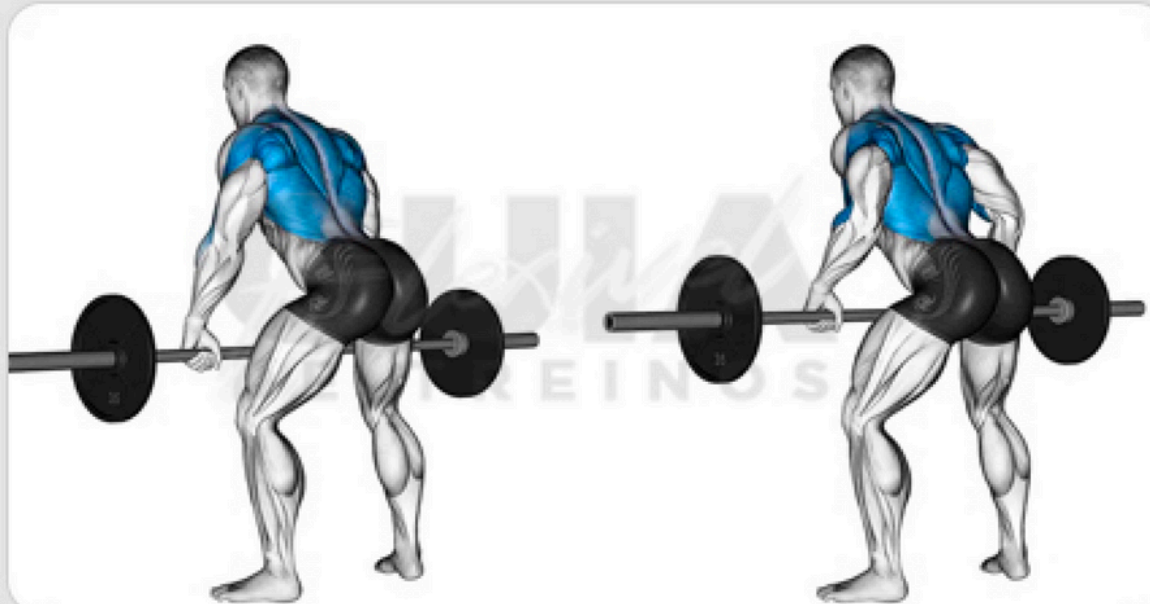
REPS

6 - 8



INTERVALS

BACK



BENT-OVER ROWS

SETS

3

REPS

8 - 10



INTERVALS

BACK



CABLE ROPE LAT PUSHDOWN

SETS

3

REPS

10 - 12

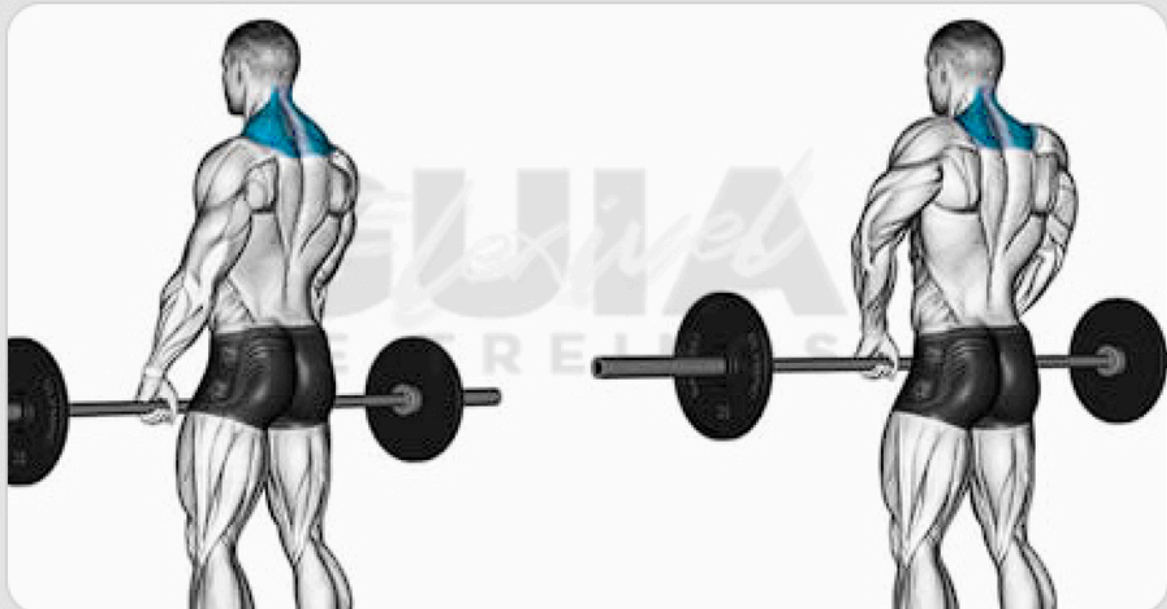


INTERVALS

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TRAPEZE



BARBELL SHRUGS

SETS

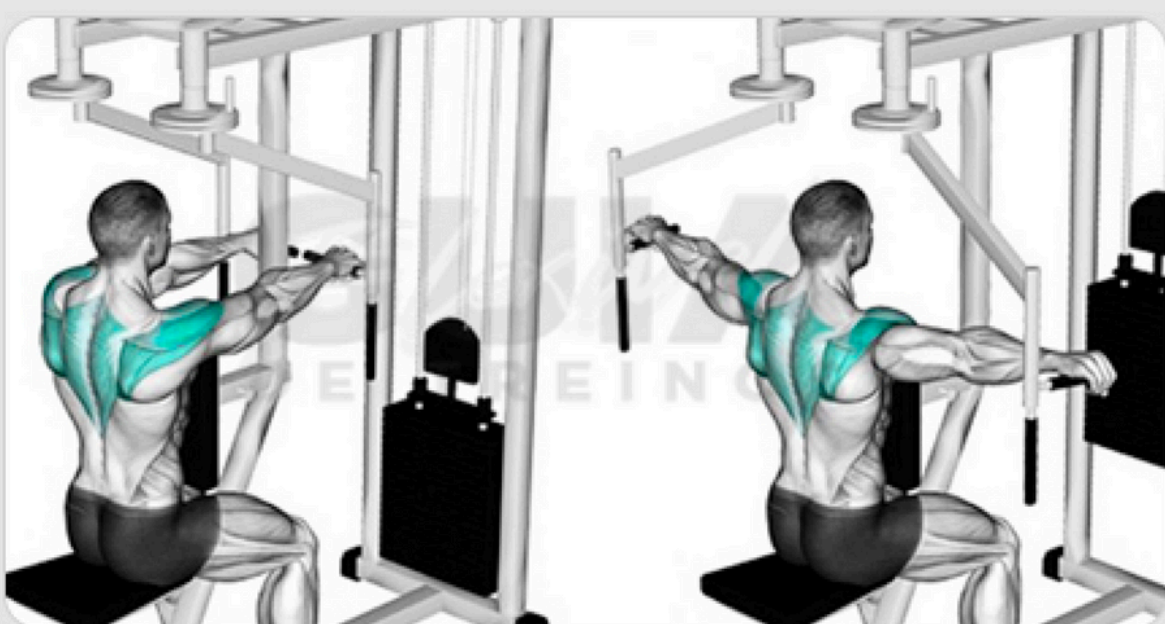
3

REPS

8



SHOULDER



REVERSE PEC DECK FLY

SETS

3

REPS

10



BICEPS



STANDING BARBELL CURLS

SETS

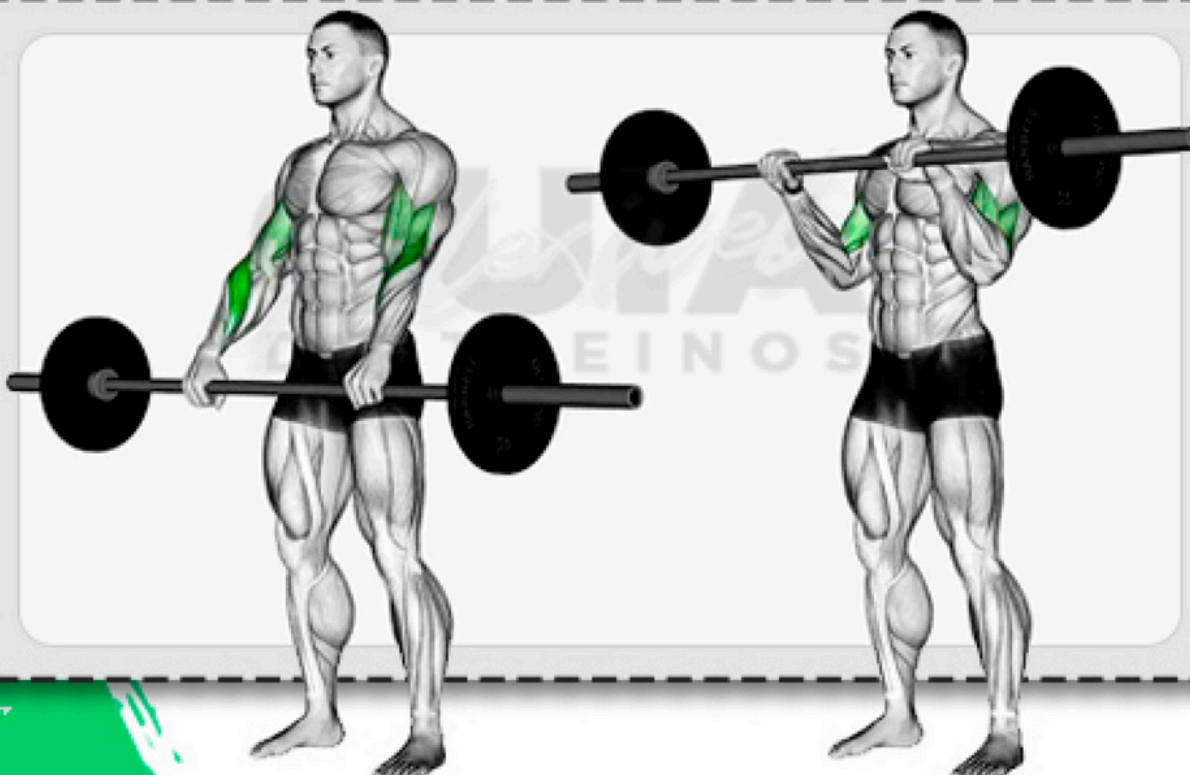
4

REPS

10



BICEPS



REVERSE GRIP CURLS

SETS

3

REPS

12



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Remember to adjust the weight according to your ability and fitness level. And don't forget to warm up before your workout and stretch afterward.

MOM

TUE

WED

THU

FRI

SAT

SUN

WORKOUT A

REST

WORKOUT B

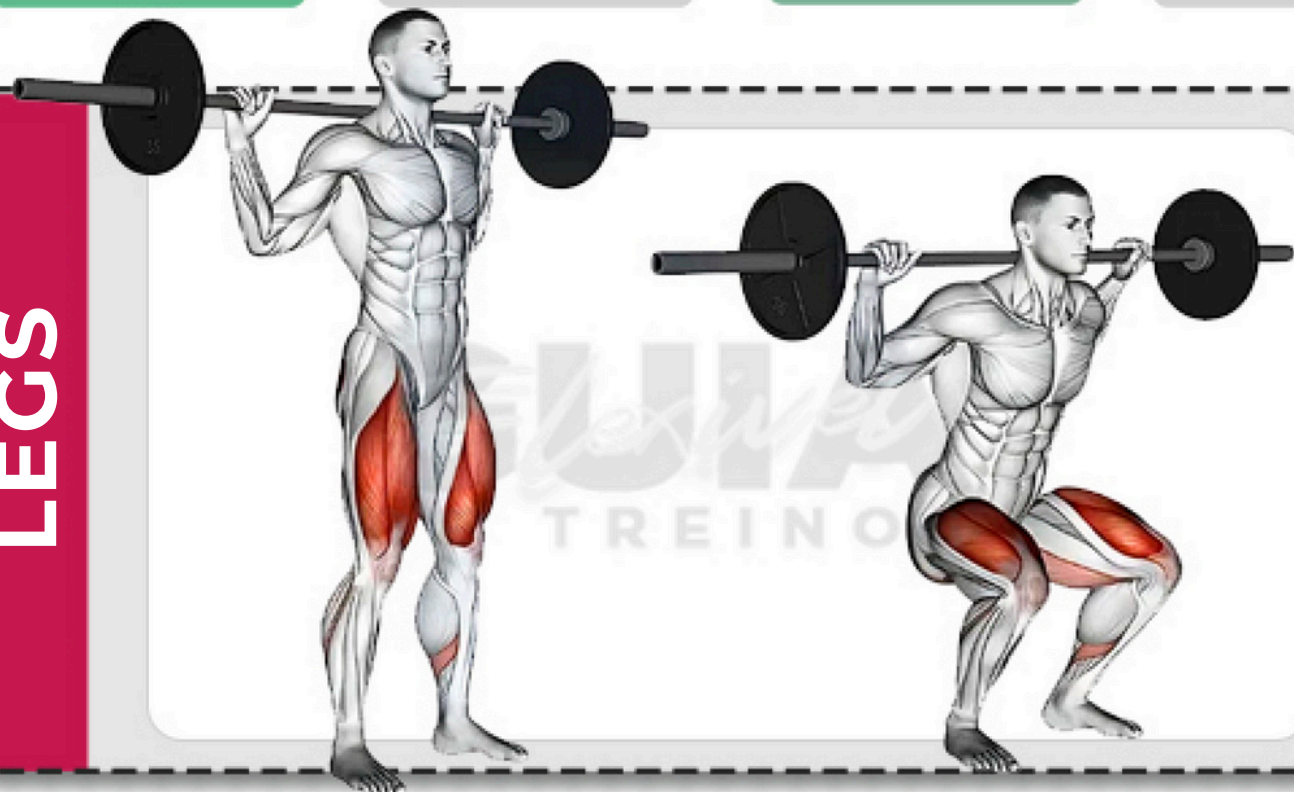
REST

WORKOUT C

REST

REST

LEGS



SQUAT

SETS

3

REPS

6 - 8



INTERVALS

LEGS



LEG PRESS

SETS

3

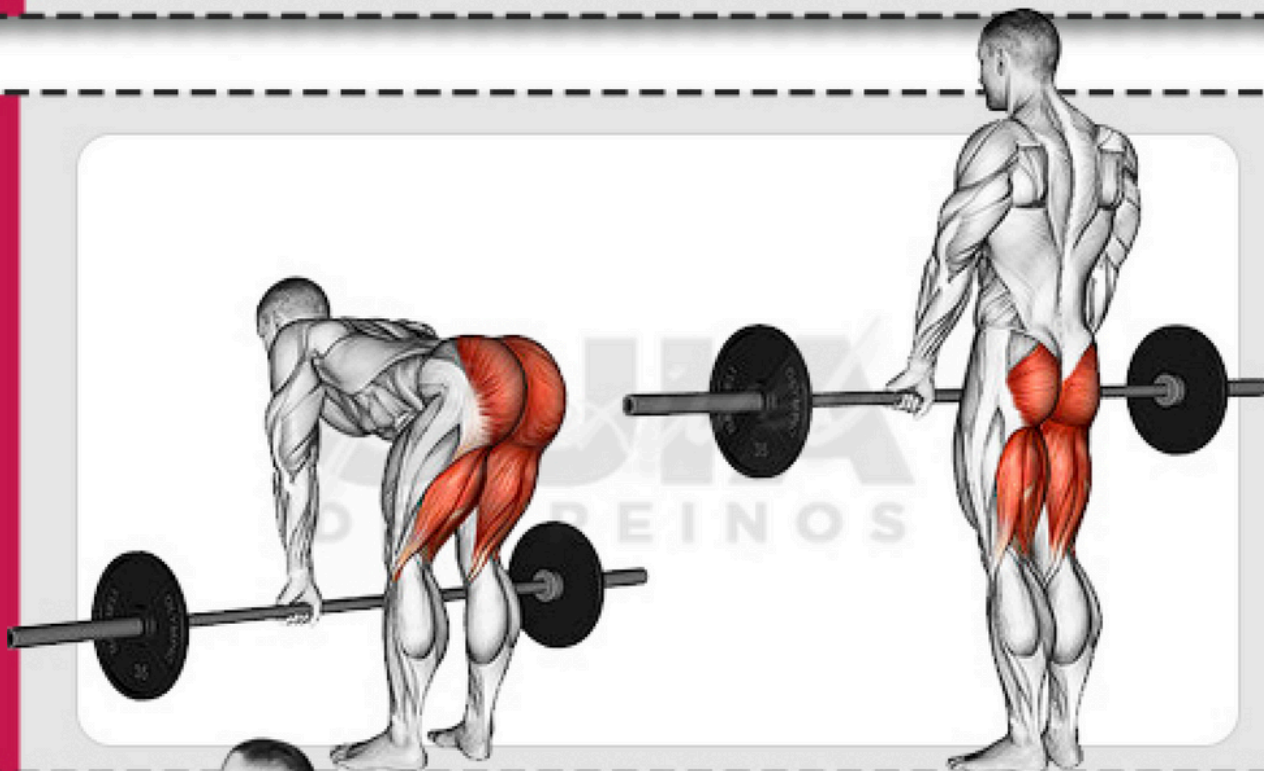
REPS

8 - 10



INTERVALS

POSTERIOR



STIFF

SETS

3

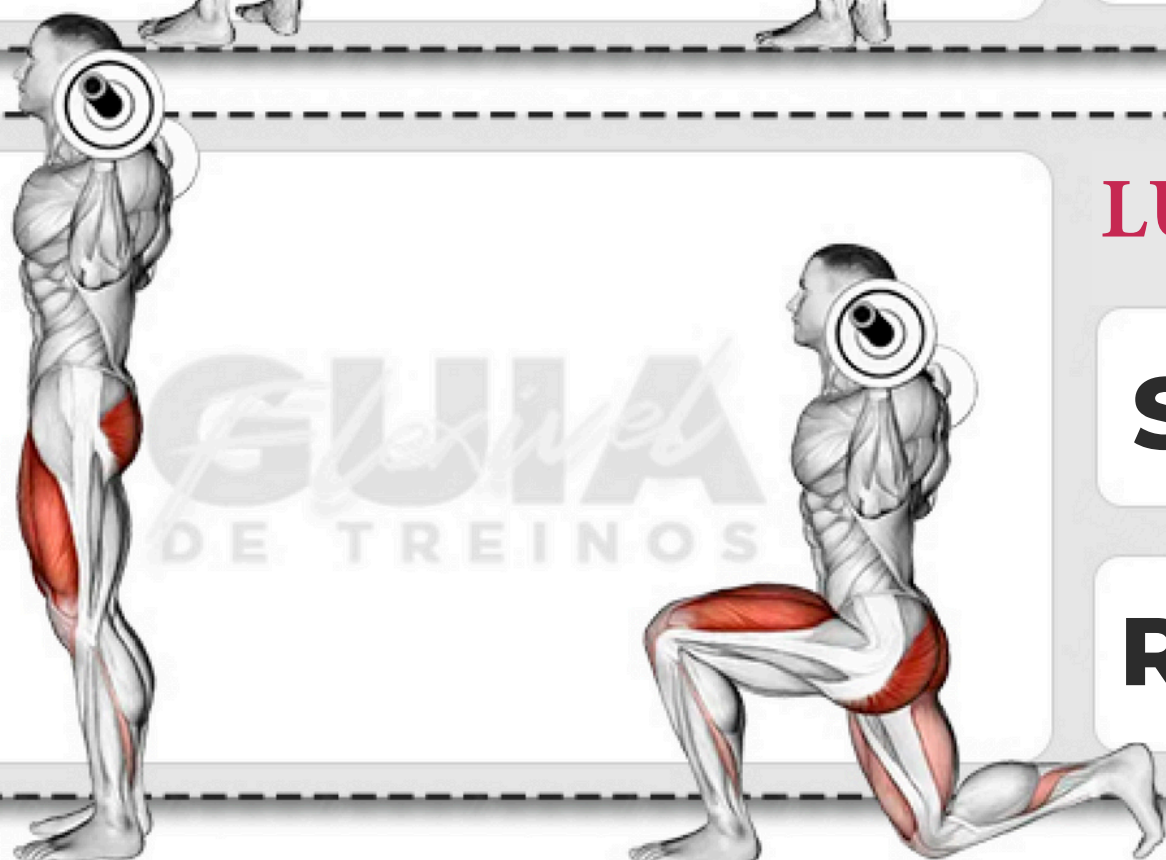
REPS

10 - 12



INTERVALS

LEGS



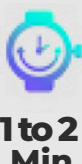
LUNGES

SETS

3

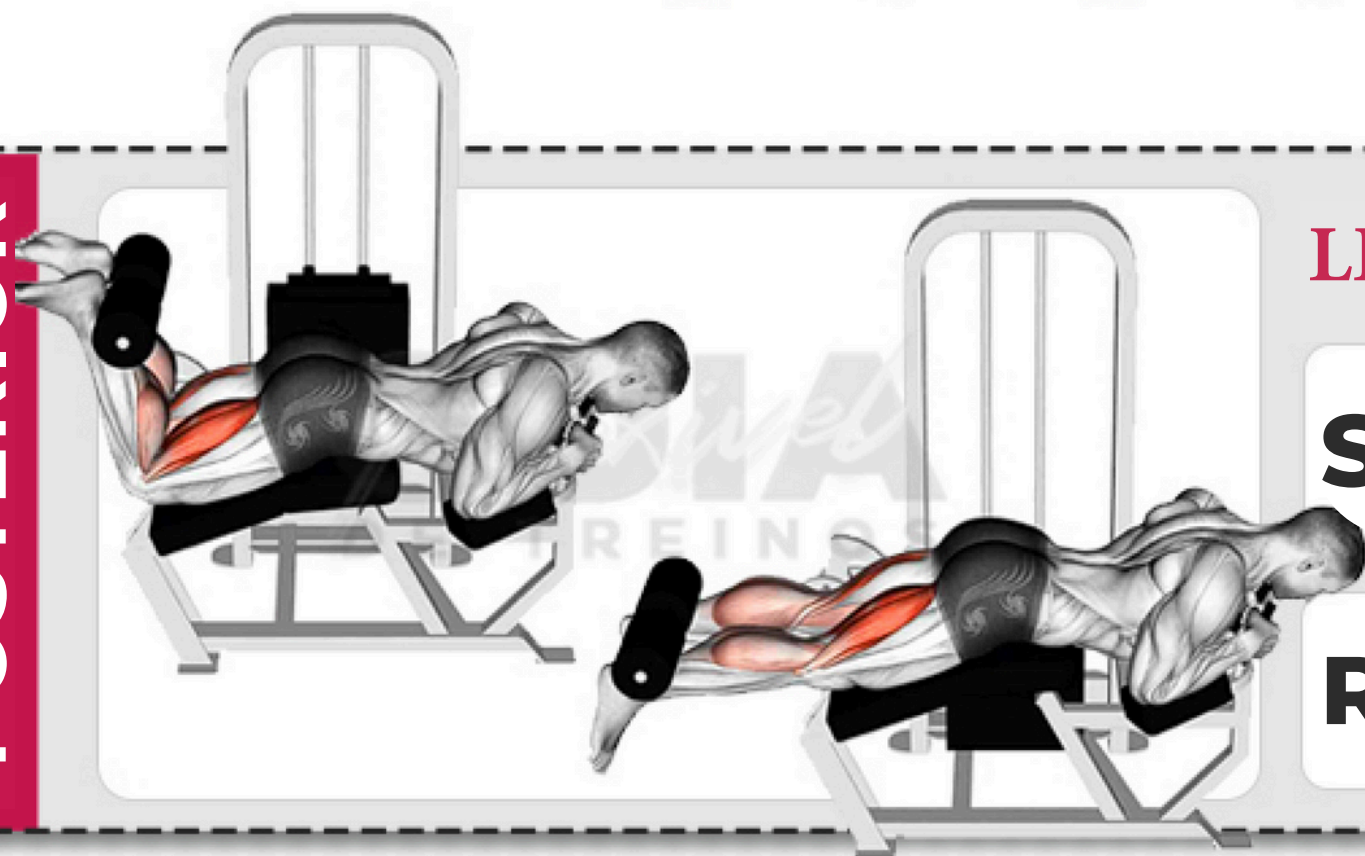
REPS

8 + 8



INTERVALS

POSTERIOR



LEG CURLS

SETS

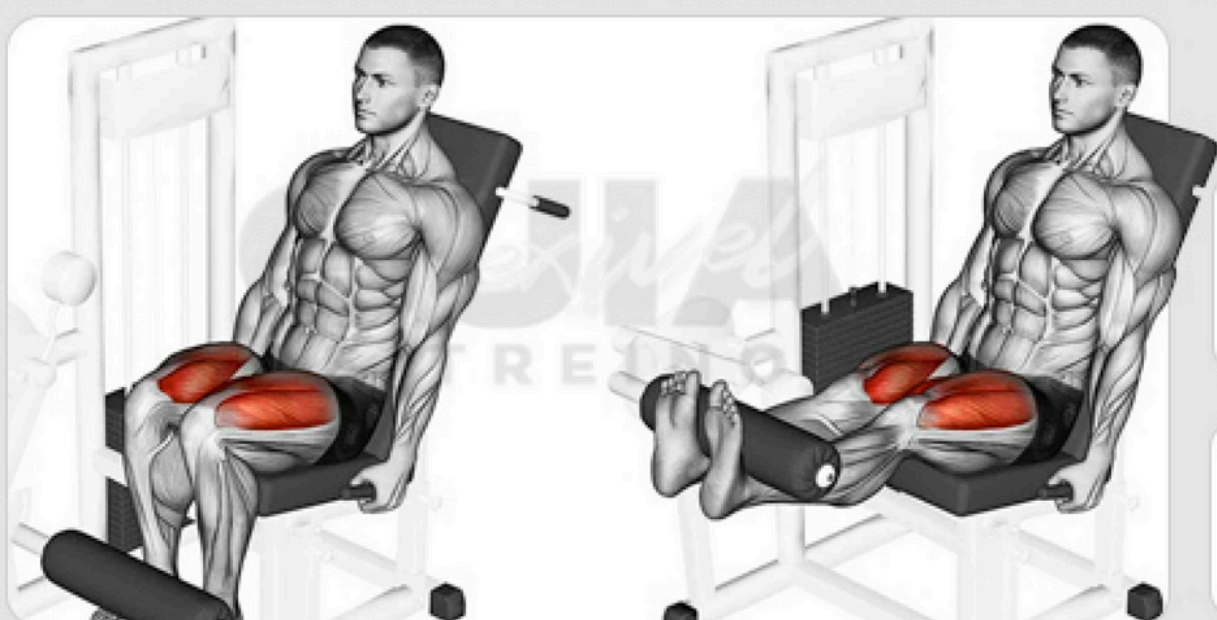
3

REPS

10 - 12



QUADRICEPS



LEG EXTENSION

SETS

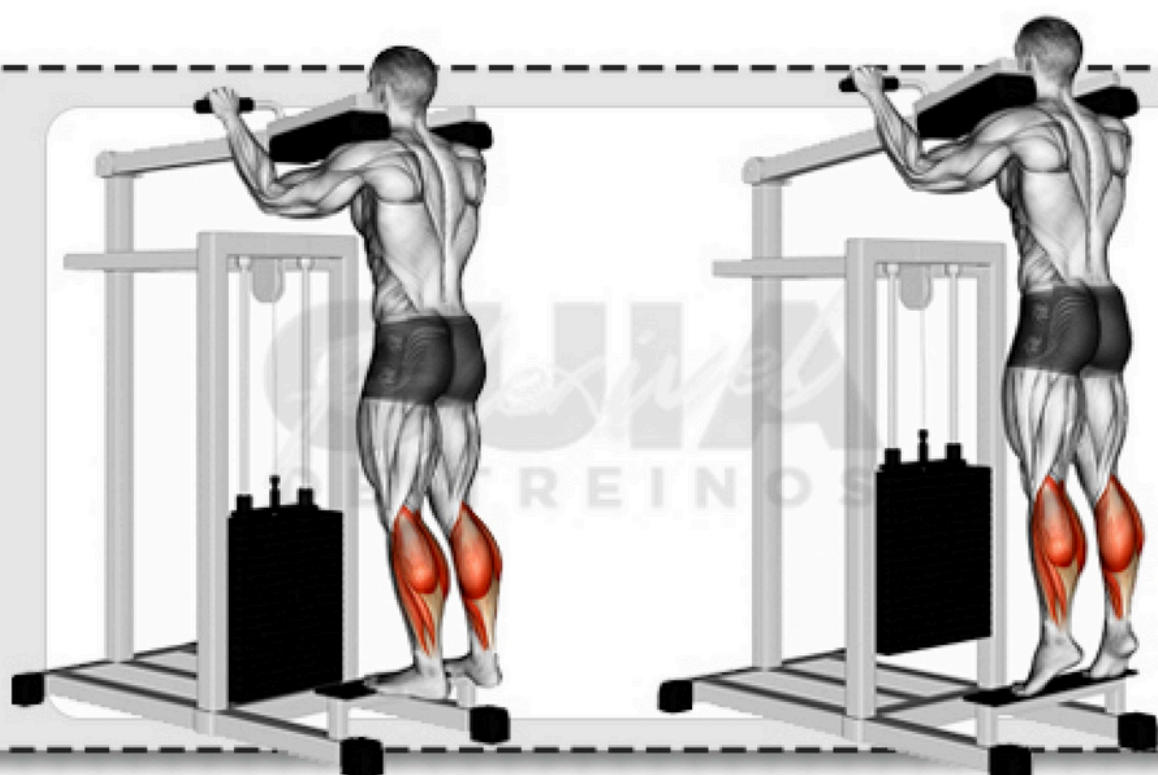
3

REPS

10



LEGS



STANDING CALVES

SETS

3

REPS

12 - 15



LEGS



SEATED CALVES

SETS

3

REPS

12 - 15



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