



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



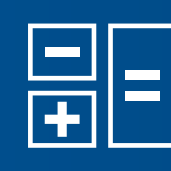
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3 DAY POWER MUSCLE BURN WORKOUT SPLIT

Finally! A three day workout split variation for the wildly popular Power, Muscle, Burn muscle building system. Thousands of people have used this system successfully.

Link to Workout: <https://www.muscleandstrength.com/workouts/3-day-power-muscle-burn>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells, EZ Bar, Machines

Author: Steve Shaw

Monday: Chest & Back

| Exercise | Sets | Reps |
|---|-------|---------|
| Chest | | |
| Bench Press - Power | 4 | 3 to 5 |
| Incline Dumbbell Bench Press - Muscle | 2 - 3 | 6 to 12 |
| Hammer Strength Bench Press - Muscle | 2 - 3 | 6 to 12 |
| Pec Dec - Burn | 2 | 40 |
| Back | | |
| Deadlift - Power | 2 | 3 to 5 |
| Dumbbell Row - Muscle | 2 - 3 | 6 to 12 |
| Lat Pull Down - Muscle | 2 - 3 | 6 to 12 |
| Seated Cable Row - Burn | 1 - 2 | 40 |
| Shoulders | | |
| Power Barbell Shrug - Muscle | 2 - 3 | 6 to 12 |
| Dumbbell Shrug - Burn | 1 - 2 | 40 |

Tuesday: Legs

| Exercise | Sets | Reps |
|--|-------|---------|
| Quads | | |
| Squat - Power | 4 | 3 to 5 |
| Leg Press - Muscle | 2 - 3 | 6 to 12 |
| Front Squat - Muscle | 2 - 3 | 6 to 12 |
| Leg Press - Burn | 2 | 40 |
| Hamstrings | | |
| Stiff Leg Deadlift - Power | 2 | 3 to 5 |
| Dumbbell Stiff Leg Deadlift - Muscle | 2 - 3 | 6 to 12 |
| Leg Curl - Burn | 1 - 2 | 40 |
| Calves | | |
| Seated Calf Raise - Muscle | 2 - 3 | 6 to 12 |
| Leg Press Calf Raise - Burn | 1 - 2 | 40 |
| Abs | | |
| Weighted Decline Sit Ups - Muscle | 2 - 3 | 6 to 12 |
| Cable Crunch - Burn | 1 - 2 | 40 |

Thursday: Shoulders & Arms

| Exercise | Sets | Reps |
|--|-------|---------|
| Shoulders | | |
| Seated Overhead Press - Power | 4 | 3 to 5 |
| Seated Arnold Press - Muscle | 2 - 3 | 6 to 12 |
| Upright Row - Muscle | 2 - 3 | 6 to 12 |
| Dumbbell Lateral Raise - Burn | 2 | 40 |
| Arms | | |
| Close Grip Bench Press - Power | 2 | 3 to 5 |
| Pinwheel Curl - Power | 2 | 3 to 5 |
| Skullcrusher - Muscle | 2 - 3 | 6 to 12 |
| Standing Barbell Curl - Muscle | 2 - 3 | 6 to 12 |
| Cable Tricep Extension - Burn | 1 - 2 | 40 |
| Cable Preacher Curl - Burn | 1 - 2 | 40 |

This program includes a nice 3 day layoff after working arms. This will provide you with plenty of rest before targeting chest and back again.

