



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



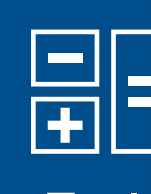
Diet Plans



Expert Guides



Videos



Tools

GET RIPPED: 3 DAY WORKOUT SPLIT PLUS CARDIO ROUTINE

A lot of the programs aimed at helping you get ripped leave off the cardio portion of the workout, this one doesn't. Check out this 3 day shred split!

Link to Workout: <https://www.muscleandstrength.com/workouts/get-ripped-3-day-split>

Main Goal: Lose Fat

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells

Author: Josh England

Monday: Upper

| Exercise | Sets | Reps |
|---|------|-----------|
| Triset | | |
| Push Up | 3 | 10 |
| Pull Up | 3 | 10 |
| Band Pull Apart | 3 | 10 |
| Superset | | |
| Incline Bench Press | 3 | 12, 10, 8 |
| Tricep Skullcrusher | 3 | 12 |
| Superset | | |
| Dumbbell Row | 3 | 12, 10, 8 |
| Dumbbell Alternating Curl | 3 | 12, 10, 8 |
| Military Press | 3 | 12, 10, 8 |
| Treadmill Burner HIIT: Set treadmill speed to a challenging but doable intensity. For 10 - 15 Mins sprint for 10 Sec intervals. Rest for 20 Secs between sprints. | | |

Tuesday: Active Recovery

| Exercise | Sets | Reps |
|--|------|------|
| Active Recovery: Jog at a low intensity for 2 - 3 Miles. | | |

Wednesday: Lower

| Exercise | Sets | Reps |
|--|------|-------------|
| Triset | | |
| Bodyweight Squats | 3 | 10 |
| Bodyweight Lunges | 3 | 10 Each Leg |
| Jump Tucks | 3 | 10 |
| Squat | 3 | 12, 10, 8 |
| Deadlift | 3 | 12, 10, 8 |
| Leg Press | 3 | 15 |
| Jump Rope Circuit: 3 Rounds of 5 Mins with the following Intervals: | | |
| <ul style="list-style-type: none"> • 1 Min: Single Hop • 1 Min: Double Hop • 1 Min: Right Leg • 1 Min: Left Leg • 1 Min: Alternating Legs | | |
| Take 30-60 Secs rest between rounds. | | |

Thursday: Active Recovery

| Exercise | Sets | Reps |
|---|------|------|
| Activity Recovery: Walk at a low intensity for 2 - 3 Miles. | | |

Friday: Full Body

| Exercise | Sets | Reps |
|--|------|-----------|
| Squat | 3 | 12, 10, 8 |
| Dumbbell Incline Press | 3 | 12, 10, 8 |
| Barbell Row | 3 | 12, 10, 8 |
| Dumbbell Lateral Raise | 3 | 12, 10, 8 |
| Barbell Curl | 3 | 12, 10, 8 |
| Barbell Overhead Extension | 3 | 12, 10, 8 |
| Rowing Machine HIIT Cardio: 30 Secs max-effort rowing followed by 30 Secs of low-effort rowing for 15 - 20 Min duration. | | |

Saturday: Timed Mile

| Exercise | Sets | Reps |
|---|------|------|
| Run 1 Mile as fast as possible (timed). | | |

Sunday: Off/Active Rest

| Exercise | Sets | Reps |
|---|------|------|
| Take a complete rest day on day 7 from the gym and cardio. If possible, spend your time doing something active (low intensity) with family and friends. | | |