



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



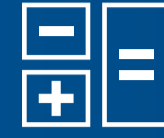
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Videos



Tools

MACHINE ONLY WORKOUT: A 3 DAY WORKOUT SPLIT

So many commercial gyms out there are only investing in machine equipment. If you go to one of these gyms, this might be the perfect workout for you!

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

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 30-45 Mins

Equipment: Machines

Author: Team Muscle & Strength

Day 1: Chest, Shoulders & Triceps

Exercise	Sets	Reps
Hammer Strength Machine Bench Press	4	10
Machine Incline Press	3	12 - 15
Pec Dec Fly	3	12 - 15
Machine Shoulder Press	4	10
Machine Lateral Raise	3	12 - 15
Tricep Rope Pushdown	3	12 - 15

Day 2: Back & Biceps

Exercise	Sets	Reps
Lat Pulldown	4	10
Cable Row	4	10
Machine Pullover	3	10 - 12
Machine Preacher Curl	3	10 - 12
Cable Hammer Curls	3	10 - 12

Day 3: Legs

Exercise	Sets	Reps
Hack Squat	4	10
Leg Press	4	10
Leg Curl	3	10 - 12
Leg Extension	3	10 - 12
Machine Glute Kickbacks	3	10 - 12
Calf Raises	3	15