



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



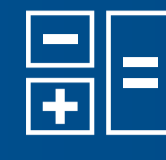
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SHAUN'S 3 DAY MUSCLE BUILDING SPLIT WORKOUT

Shaun's 3 day split workout is a solid routine for those who are looking to pack on some pounds! It features a chest & biceps day as well as a legs & shoulders day.

Link to Workout: <https://www.muscleandstrength.com/workouts/shaun-s-3-day-muscle-building-split.html>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 45 Mins

Equipment: Barbell, Bodyweight, Cables, DBs, EZ Bar, Machines

Author: Shaun McEwan

Monday - Chest & Biceps

Exercise	Sets	Reps
Chest		
Incline Smith Machine Press	4	10
Flat Bench Barbell Press	4	10
Chest Dips	3	10
Pec Dec	3	12
Biceps		
EZ Bar Curls	3	8 - 10
Concentraion Curls	3	10
Reverse Barbell Curls	3	12
Notes		
Use 3 - 1 - 3 timing on Incline Smith Machine Press		

Wednesday - Legs & Shoulders

Exercise	Sets	Reps
Legs		
Squat	5	10
Leg Press	4	10 - 12
Stiff Leg Deadlifts	4	8 - 10
Seated Calf Raise	3	8 - 10
Standing Calf Raise	3	12 - 15
Shoulders		
Dumbbell Shoulder Press	4	8 - 10
Seated Dumbbell Lateral Raise	3	10
Rear Delt Machine	3	10
Dumbbell Shrugs	4	10 - 12
Notes		
Try some deep squats with 3 - 2 rep timing (use lighter weight) for some variation. Use a drop set on the leg press machine to give the quads a shock. If your gym doesn't have a Rear Delt Machine substitute Reverse Dumbbell Flies. Use 3-1-3 rep timing on the seated lat raises		

Friday - Back & Triceps

Exercise	Sets	Reps
Back		
Wide Grip Pull Ups	4	8 - 12
Lat Pull Downs	4	10
One Arm Dumbbell Row	4	10
T-Bar Rows	4	10
Triceps		
Lying Tricep Extension	3	10
Rope Pulldowns	3	12
Reverse Single Arm Extension	3	12
Notes		
Use 3 - 1 - 3 timing on Lat Pull Downs		