



## ■ ■ Equipped Gym Workout – 3 Day Full Body Split

### *Programming Notes*

- *Perform 3 supersets per pairing.*
- *Reps: 5–6 for strength, 8–12 for hypertrophy.*
- *Rest: ~60–90 sec between supersets.*
- *Weekly Flow: Alternate Day 1 → Day 2 → Day 3 → rest/repeat.*
- *Full body hit each day with different emphasis for recovery.*

**IF YOU DO NOT RECOGNIZE AN EXERCISE OR CANNOT FIND A TUTORIAL, SWAP THE EXERCISE WITH SOMETHING FAMILIAR FOR THAT BODY PART**

### **Day 1 (Push + Quads + Arms)**

- **Superset 1: Barbell Squat + Shoulder Press (Machine or DB)**
- **Superset 2: Incline DB Flyes + Chest Press (Machine)**
- **Superset 3: DB Curl (Incline/Preacher) + V-Bar Pushdown**
- **Finisher (optional): Leg Extension Machine (15–20 reps)**

### **Day 2 (Pull + Glutes + Delts)**

- **Superset 1: Lat Pulldown Machine + Face-Down Rear Laterals**
- **Superset 2: SA Modified Cable Row + Seated DB Lateral Raises**
- **Superset 3: Cable Glute Kickbacks + SL DB Glute Bridge Off Bench**
- **Finisher (optional): Hack Squat Calf Raises (3×15–20)**

### **Day 3 (Legs + Chest + Posterior Chain)**

- **Superset 1: Leg Press Machine + Elevated DB Split Squat**
- **Superset 2: Hamstring Curl Machine + Cable Abductors**
- **Superset 3: Wide Grip Cable Row + Tricep Rope Pushdown**
- **Finisher (optional): Tree Hugger Flyes (2×15–20) + Face-Down Incline DB Curls (2×12–15)**