

## 3-Day Bodybuilder Split

### Chest, Shoulders & Triceps



**Bench Press (Barbell)**

3 sets - 6-10 reps



**Incline Bench Press (Dumbbell)**

3 sets - 8-12 reps



**Shoulder Press (Dumbbell)**

3 sets - 10-12 reps



**Cable Fly Crossovers**

3 sets - 12-15 reps



**Lateral Raise (Dumbbell)**

3 sets - 12-15 reps



**Triceps Rope Pushdown**

3 sets - 12-15 reps

### Back and Biceps



**Bent Over Row (Barbell)**

3 sets - 6-10 reps



**Lat Pulldown (Cable)**

3 sets - 8-12 reps



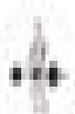
**Seated Cable Row - V Grip (Cable)**

3 sets - 10-12 reps



**Shrug (Dumbbell)**

3 sets - 10-12 reps



**Bicep Curl (Barbell)**

3 sets - 12-15 reps



**Hammer Curl (Dumbbell)**

3 sets - 12-15 reps



**Face Pull**

3 sets - 15-20 reps

### Legs & Abs



**Squat (Barbell)**

3 sets - 6-10 reps



**Romanian Deadlift (Dumbbell)**

3 sets - 10-12 reps



**Leg Extension (Machine)**

3 sets - 12-15 reps



**Seated Leg Curl (Machine)**

3 sets - 12-15 reps



**Seated Calf Raise**

3 sets - 12-15 reps



**Cable Crunch**

3 sets - 12-15 reps



**Lying Leg Raise**

3 sets - 15-20 reps



Heavy



# Buff Dudes 3 Day Split

**M Mosston**



**Buff Dudes 3 Day Split :**

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