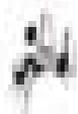


# 3-Day Bodybuilder Split

## 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

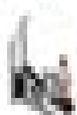
 **Lateral Raise (Dumbbell)**  
3 sets - 12-15 reps

 **Triceps Rope Pushdown**  
3 sets - 12-15 reps

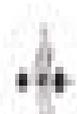
## Back and Biceps

 **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

# Buff Dudes 3 Day Split

**SA Adler**



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**Billboard Music Week** ,1932      **The Billboard** ,1932

**Christopher Street** Charles Ortleb,1982

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