Three Day Split Workout Cycle

	Set 1:	Set 2:	Set 3:	Set 4:	Set 5:	ABS	Cardio
Day 1: Chest, Back						Y or N	Y or N
Bench Press:							
Incline Bench:							
DB Bench:							
Decline Bench:							
Pulley Pull Backs:							
Standing Pull Backs:							
Dead Lifts:							
Day 2: Biceps, Triceps							
Isolation curls:							
DB curls:							
21's:							
Skull Crushers:							
Dips:							
Triceps Extensions:							
Circuit Straight bar							
(Close grip/curls)							
Day 3: Shoulders, Legs							
Parallel Squats:							
Leg Extensions:							
Leg Curls:							
Calve Raises:							
DB Press:							
Shrugs:							
Machine Push Press:							