

Split Days Gym Workout

Week of:

DAY 1 Chest & Triceps

- ☐ Bench Press
- ☐ Incline Dumbbell Press
- ☐ Chest Fly
- ☐ Push Ups
- ☐ Triceps Dips
- ☐ Triceps Pushdown
- ☐ Overhead Triceps Extension
- ☐ Stretching

DAY 2 Back & Biceps

- ☐ Lat Pulldown
- ☐ Seated Row
- ☐ Dumbbell Row
- ☐ Deadlift (optional)
- ☐ Barbell Curl
- ☐ Dumbbell Curl
- ☐ Hammer Curl
- ☐ Stretching

DAY 3 Legs & Glutes

- ☐ Squats
- ☐ Leg Press
- ☐ Lunges
- ☐ Leg Curl
- ☐ Leg Extension
- ☐ Calf Raises
- ☐ Glute Bridge / Hip Thrust
- ☐ Stretching

DAY 4 Shoulders & Abs

- ☐ Shoulder Press
- ☐ Lateral Raise
- ☐ Front Raise
- ☐ Rear Delt Fly
- ☐ Shrugs
- ☐ Plank
- ☐ Crunches
- ☐ Leg Raises

DAY 5 Full Body / Cardio

- ☐ Treadmill / Bike / Stairmaster
- ☐ Kettlebell Squat
- ☐ Push Ups
- ☐ Dumbbell Rows
- ☐ Core Workout
- ☐ Stretching
- ☐ _____
- ☐ _____

WEEKLY TRACKER

- ☐ Bench Press
- ☐ Incline Dumbbell Press
- ☐ Chest Fly
- ☐ Push Ups
- ☐ Triceps Dips
- ☐ Triceps Pushdown
- ☐ Overhead Triceps Extension
- ☐ Stretching

NOTES