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# 3 Day Split Barbell Workout Plan



<b>Primary Goal</b>	<b>Strength, Hypertrophy, Build Muscle</b>
<b>Muscles Targeted</b>	<b>Full Body</b>
<b>Training Level</b>	<b>Beginner, Intermediate and Advanced</b>
<b>Program Duration</b>	<b>Optional</b>
<b>Average Workout Duration</b>	<b>40 Minutes</b>
<b>Training Days Per Week</b>	<b>3 Days</b>
<b>Required Equipment</b>	<b>Barbell, Bench</b>

## Day 1

Exercise	Reps	Sets
<u>bench press</u>	6-10	3
<u>incline bench press</u>	6-10	3
<u>shoulder press</u>	6-10	3
<u>landmine press</u>	6-10	3
<u>tricep extensions</u>	6-10	3
<u>skull crusher</u>	6-10	3

## Day 2

Exercise	Reps	Sets
<u>deadlift</u>	6-10	3
<u>bent over row</u>	6-10	3
<u>t bar row</u>	6-10	3
<u>barbell curl</u>	6-10	3
<u>drag curl</u>	6-10	3

## Day 3

Exercise	Reps	Sets
<u>back squat</u>	6-10	3
<u>front squat</u>	6-10	3
<u>straight leg deadlift</u>	6-10	3
<u>Barbell Bulgarian Split Squat</u>	6-10	3
<u>barbell roll out</u>	6-10	3