

3-Day Gym Split

Irish Peptides and Nutrition - irishpeptides.ie

Evidence-based training. Not medical advice.

3-DAY FULL BODY PROGRAMME

Day 1 - Push Focus

Barbell Bench Press 4x6-8

Overhead Press 3x8-10

Incline DB Press 3x10-12

Tricep Pushdown 3x12-15

Day 2 - Pull Focus

Barbell Row 4x6-8

Pull-Ups 3x8-10

Cable Row 3x10-12

Barbell Curl 3x12-15

Day 3 - Legs

Back Squat 4x6-8

Romanian Deadlift 3x8-10

Leg Press 3x10-12

Calf Raise 4x15-20

Rest 2-3 days between sessions.

Progressive overload: add weight when top rep range is hit.