

The 3-Day Split

Upper / Lower / Full Body. Start here if you're new. Run this properly for two years and you'll look better than most people doing six days a week in three-month bursts.

Reps & weight

Every exercise is **8–12 reps**. Pick a weight you can do at least 8 of, but not more than 12.

Effort

Stop **1–2 reps before failure** on most sets. Compounds 2–3 reps shy; isolation you can push to 0–1.

Rest

2–3 minutes between sets. Not so short you're still burning, not so long you feel completely fresh.

The split

MON • WED • FRI

Every muscle gets hit twice a week • roughly 10–12 hard sets per muscle • three sessions, then you're done

Upper

DAY 1

Incline dumbbell press	3 × 8–12
Barbell / cable row	3 × 8–12
Lat pulldown	3 × 8–12
Shoulder press	2 × 8–12
Lateral raise	3 × 8–12
Bicep curl	2 × 8–12
Triceps pushdown	2 × 8–12

Lower

DAY 2

Squat / hack squat	3 × 8–12
Romanian deadlift	3 × 8–12
Leg curl	3 × 8–12
Leg extension	2 × 8–12
Standing calf raise	3 × 8–12
Hanging leg raise	2 × 8–12

Full Body

DAY 3

Incline dumbbell press	3 × 8–12
Lat pulldown	3 × 8–12
Leg press	3 × 8–12
Romanian deadlift	2 × 8–12
Lateral raise	3 × 8–12
Bicep curl	2 × 8–12
Triceps pushdown	2 × 8–12

Double progression

The only progression rule you need. You can't run it without writing your workouts down — use your notes app.

STEP 1

Pick a weight you can do at least 8 reps of, but not more than 12.

STEP 2

Each week, or every two weeks, add reps to your sets.

STEP 3

Once you hit 12 reps on every set, increase the weight.

STEP 4

Your reps drop back to 8. Repeat this forever.

If your sets are limited, spend them here

The shape you're chasing is the V — wide shoulders, wide back, small waist.

1 Side delts • 2 Back / lats • 3 Arms • 4 Chest • 5 Legs

Form

Full range of motion, especially the stretch — that's where most of the growth signal comes from. Control the lowering. No ego lifting.

Cardio, alongside this split

4 × 15 min Zone 2 per week — conversational pace, ~60–80% max heart rate. • **2 × 15 min Zone 4–5** per week — a word, never a sentence, ~85–100%.

Never miss a session. Sick, travelling, tired — still go. It doesn't have to be intense; a few reps counts. The days you have every reason to skip are the ones that count most. Move up to 5 days only once 3 days has been automatic for months.