



Day 1: Chest and Biceps Day 2: Shoulders and Legs Day 3: Back and Triceps 4 Day Day 1: Chest and Triceps Day 2: Back and Biceps Day 3: Shoulders Day 4 -Legs OR Day 1 : Chest Day 2: Back and Triceps Day 3: Shoulders Day 4: Legs and Biceps 5 Day (my current split) Day 1: Chest Day 2: Back Day 3: Shoulders



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PPL vs back/bis, chest/tri, legs/shoulders : r/Fitness - Reddit



Chest/tris Back/bis legs/shoulders. Im 21 and 165 pounds, i've trained in the past consistently for over a year then i took a long brake. I've started going to the gym again and im doing this split Mon-Chest/tris: 5 sets of bb bench press 4-5 sets of incline bb press 3-4 sets of db chest flys 4-5 sets skull crushers 3 sets of tricep pushdowns

Chest & Triceps / Back & Biceps / Shoulders & Abs / Legs . - myworkouts



Best [deleted] • 6 yr. ago xIVWix • 6 yr. ago When I started spreading muscle groups over 3 days I went: Back/Tri Chest/Bi Shoulder/legs If I remember correctly, I always had issues on my Chest/Bi day, I could never bench decently anymore. I just decided to swap Bi & Tri and that worked out better for me.

Full Upper Body Workout || Chest, Shoulder, Back, & Bis/Tris

HIITACADEMY

Workout Time: 14 Minutes

Equipment: Dumbbells, Jump Rope


MUSCLE GROUPS

CHEST	ABS
BACK	CARDIO
BICEPS	


COMPLETE EACH CIRCUIT 3 TIMES BEFORE MOVING TO THE NEXT CIRCUIT

CIRCUIT 1


:30 DECLINE PUSH UPS



:30 BICYCLE CRUNCHES




:30 JUMP ROPE




CIRCUIT 2


:30 ALTERNATING RENEGADE ROWS



:30 TOE TOUCHES




:30 JUMP ROPE




CIRCUIT 3


:30 HAMMER CURLS



:30 PLANK



:30 JUMP ROPE



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Day 6: Pull Day (Chest, Shoulders, Triceps Workout) Day 7: Leg Day (Glutes, Quads, Hamstrings, Core Workout) Day 8: Rest - Repeat. Body Part Split. Here is a body part split that allows you to train certain muscle groups twice a week: Day 1: Back & Bicep Workout (Session A) Day 2: Chest & Tricep Workout; Day 3: Legs & Shoulder Workout

Thoughts on Chest-Tri, Back-Bi, Legs-Shoulders Split : r . - Reddit



PPL vs back/bis, chest/tri, legs/shoulders . Hi, . I guess the same reasoning for back and bi to be on the same day is that they use the same muscles, same with PPL. My main concern is volume. Separating shoulders means I can do more shoulder work on legs/shoulders. DB press, lat/front raises/bent over reverse fly/shrugs.

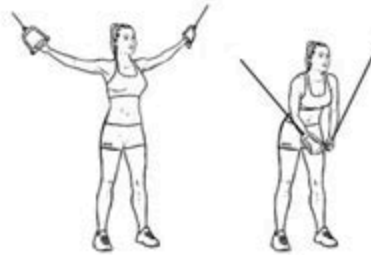
Workouts - Chest/tri back/bi Shoulder/traps Legs - YouTube

PRINTABLE WORKOUT

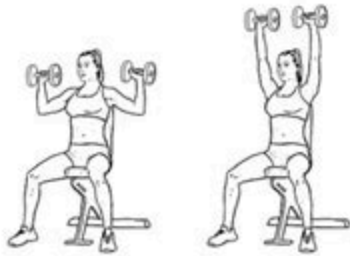
CHEST AND TRI



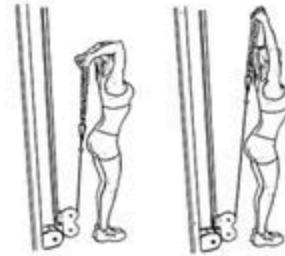
Decline Bench Dumbbell Press



Standing Cable Crossover / Fly



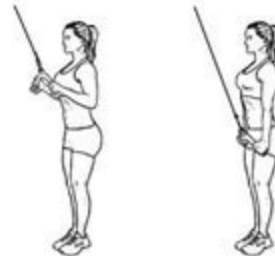
Dumbbell Overhead Shoulder Press



Cable Rope Overhead Triceps Extension



Tricep Dumbbell Kickback



Triceps Cable Pushdown



Create, print and share custom illustrated workouts, FREE at [WorkoutLabs.com](https://www.WorkoutLabs.com)

It splits the week into 3 days as seen below: Workout 1: Chest Shoulders & Triceps. Workout 2: Back and Biceps. Workout 3: Legs and Core. Since these are just 3 workouts you need to do during the week, you can rest one day in between each workout and take the weekend off if you wanted to.

Dedicated Routine for Massive Bis and Tris - Muscle & Fitness

**Biceps & Triceps
Workout for
Building Mass**

- Bicep Curls
- Push-Ups & Chin-Ups
- Bench Press
- Dumbbell Press
- Dips

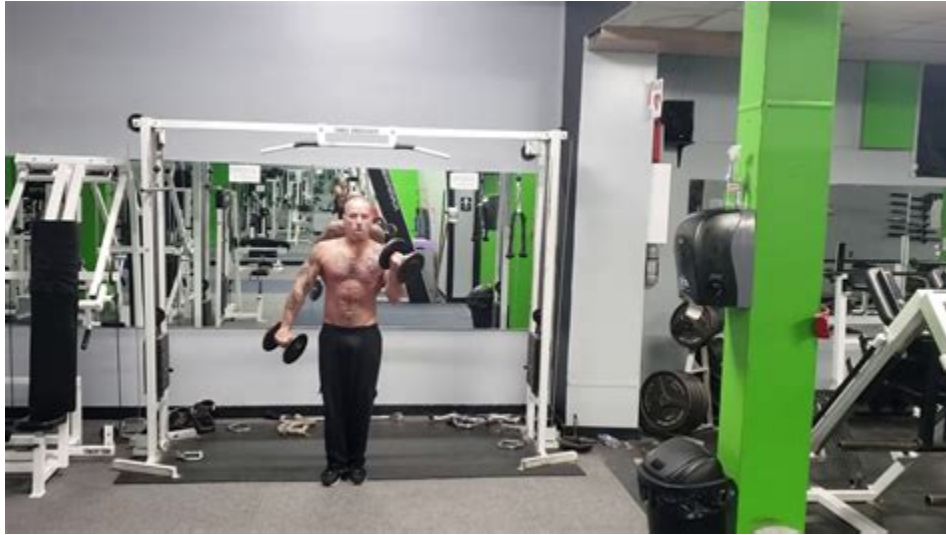
For More Information:
Visit: www.epainassist.com

ePainAssist.com

[ePainAssist.com](http://www.epainassist.com)

Your Workout. Do this workout twice a week. Ideally, you'll also train your back twice a week (try this workout) then do a separate legs workout, like this one. Warm up for this workout by .

Back/bi and chest/tri or opposite? : r/Fitness - Reddit



Full-Body Training For Giant Gains. My Giant Program as it reads on JimStoppani is a three-day split: chest, shoulders, and triceps on day one; back, biceps, forearms, and abs on day two; and legs, traps, and calves on day three. But my latest version, which I'll be covering for the next week on my Facebook page with a week's worth of .

This Chest and Triceps Workout Needs 5 Moves to Pack on Muscle



When training a bodypart twice a week, use the following number of sets per workout: 4 to 8 working sets - Large Muscle Groups: These groups include chest, back, shoulders, and quads. 3 to 5 working sets - Small Muscle Groups: These groups include biceps, triceps, calves, abs, and hamstrings.

PPL vs Chest/Triceps, Back/Biceps, Legs/Shoulders , Rest , Repeat



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New York, New York



BUILD MUSCLE

@apfau

PUSH



- Bench Press
- Incline Bench
- Overhead Press
- Dips
- Skull Crushers

PULL



- Deadlifts
- Barbell Rows
- Pullups
- Barbell Curls
- Facepulls

LEGS



- Squats
- Leg Press
- Lunges
- RDLs
- Calf Raises



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One of the more popular questions I get asked is what push, pull, and legs actually means. Push muscles include



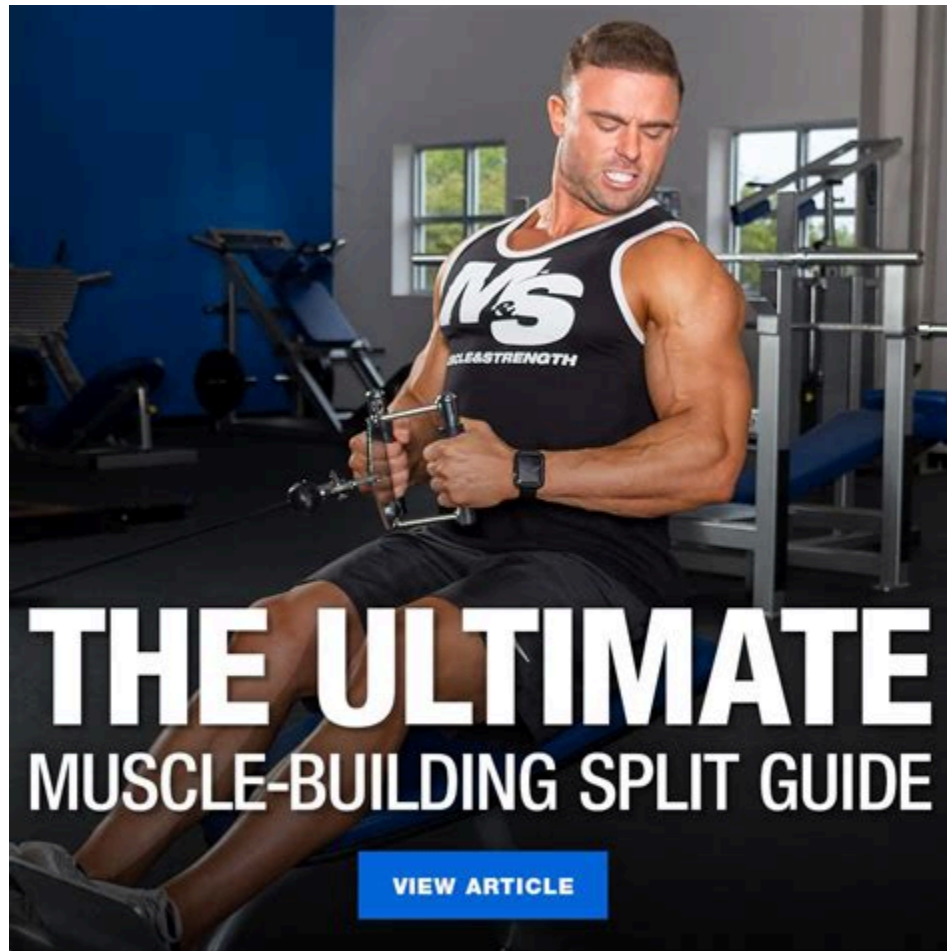
Yes Training gurus have long taught the bodybuilding masses the logic of working a smaller muscle group such as the biceps after a larger muscle group like back, or triceps after chest or shoulders.

Chest and Tris vs. Chest and Back - Bodybuilding Forums



Hold a dumbbell in each hand, starting with your arms straight up toward the ceiling, with the dumbbells directly over your chest and about 1 inch apart, palms facing your feet. From there, bend your elbows to lower the dumbbells slowly until your upper arms are flush on the floor. Pause for a one-count, then powerfully press the weights upward.

The Ultimate Muscle Building Split Reference Guide



Sets: 3-4 Reps: 10-15 Rest: 30-45 sec. Step 1. Get into pushup position with your hands shoulder-width apart and legs extended straight behind you at hip-width. Tuck your pelvis slightly so it's perpendicular to the floor and brace your glutes and abs. Have a partner place a weight plate, chain, or sandbag on your back for added resistance. .

Chest/tris Back/bis legs/shoulders. - Bodybuilding Forums



Day 1- chest/tri Day 2- back/bi Day 3- off or cardio/abs Day 4- shoulders/traps Day 5- legs. Day 6- off cardio/abs Day 7- off / cardio abs Had really good results with it. And it allows for time off for life/ social activities JeffersonPutnam • 1 yr. ago Training back the day before legs can be an issue.

The Lean Muscle Series: Chest, Bi's and Tri's - Oxygen Mag



Yea I do the leg shoulders. But I fit in rear delts in the back day with Facepull. It just feels right to me that day. radicalexponents • 5 yr. ago I do this because a nagging shoulder injury won't let me lift heavy on shoulders and chest on the same day so I split it this way and I've made great gains leftenant_t • 5 yr. ago

The Best Chest and Triceps Workouts for Building Muscle - Onnit



12-05-2012, 08:15 AM #2 naich Bar Bender Join Date: Nov 2011 Posts: 11,984 Rep Power: 73583 The problem is shoulders not resting enough before chest, but if you did chest/tri, legs/shoulders, back/bi and a rest day you'd be golden. **Florida Crew** **Waiting for National Guard Bus Ride to Labor Camp Crew** 12-05-2012, 08:24 AM #3 kirksofcuz

3 Day Split Workout - Complete Guide (2023) - Hevy #1 Workout Tracker

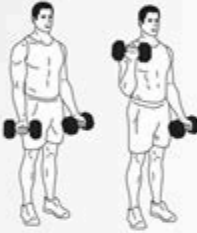


There are four very powerful changes you can make in the gym to solve these problems: Change your exercises. Change your set/rep scheme. Been doing three sets of ten since the 8th grade? Try 5 x 5, 2 x 15, or 8 x 3. Optimize your peri-workout nutrition (on Amazon). Adopt a fresh training split. Let's take a closer look at number four.


The Ultimate Back and Biceps Workout Routine - SET FOR SET

BACK & BICEPS


DAREBEE
WORKOUT
© darebee.com
30 seconds rest
between exercises




10 alt bicep curls
x 3 sets in total
30 seconds rest
between sets




8 bent over rows
x 3 sets in total
30 seconds rest
between sets



8 shoulder press
x 3 sets in total
30 seconds rest
between sets



16 kneeling one arm rows
x 3 sets in total
30 seconds rest
between sets



8 deadlifts
x 3 sets in total
30 seconds rest
between sets

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Jim Stoppani's Full-Body Giant-Set Program - Bodybuilding



Here's a full upper body workout for all you gals that split your workouts into lower and upper! It includes shoulder, chest/triceps, and back/biceps! You'll.

Chest/Tri, Back/Bi, Legs/Shoulders - Bodybuilding Forums



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New York, New York



BUILD MUSCLE

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PUSH



- Bench Press
- Incline Bench
- Overhead Press
- Dips
- Skull Crushers

PULL



- Deadlifts
- Barbell Rows
- Pullups
- Barbell Curls
- Facepulls

LEGS



- Squats
- Leg Press
- Lunges
- RDLs
- Calf Raises



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One of the more popular questions I get asked is what push, pull, and legs actually means. Push muscles include



Chest & Triceps / Back & Biceps / Shoulders & Abs / Legs Workout Plan By Myworkouts Intermediate (2-3 years) 55 minutes/day | 4 days/week Build Muscle, Fat Loss, Gain Strength, Lose Weight, Tone Body

When To Train What And Why? - Bodybuilding

HOW TO TRAIN

@CoreBodyFitness

TO BE STRONG



Trains 1-5 Reps
Compound Lifts
Full Body
Little to No Conditioning
Sleeps 7-9 hours
High Carbs and Protein

TO BE BIG



Trains 6-12 Reps
Compound Lifts
Full Body or PPL Split
Little Conditioning
Sleeps 7-9 hours
High Carbs and Protein

TO BE LEAN & FIT



Trains 1-20+ Reps
Compound Lifts
Full Body or PPL Split
Metabolic Conditioning
Sleeps 7-9 hours
High Carbs and Protein

*** Can Get Strong, Big, Lean and Fit training in all rep ranges ***

Rep Power: 179266 I love chest and back. I use super setting in all my workouts, so those two are a logical choice. - Alchemist of Alcohol - - - Journal: forum. bodybuilding/showthread. php?t=126418493 03-01-2010, 09:27 AM #3 avyion12

- <https://season-firefly-df8.notion.site/Testosterone-Enanthate-Compared-To-Testosterone-Cypionate-7164aba49c5f456eab53dd5064c478d1>
- <https://groups.google.com/g/35athlete33/c/Z4nT72vNXZM>
- <https://publiclab.org/notes/print/46807>