

3-DAY MODERATE VOLUME SPLIT

Complete Training System for Busy Bodybuilders

PROGRAM OVERVIEW

Training Split: 3 days per week

Workout Duration: 60 minutes maximum

Rest Periods: 45 seconds between sets

Program Length: 4-week cycles with deload every 5th week

Target Audience: Intermediate to advanced bodybuilders

Equipment: Commercial gym with machines and free weights

Training Split Structure

- **Day 1:** Back, Rear Delts, Biceps
- **Day 2:** Legs, Calves, Abs
- **Day 3:** Chest, Side Delts, Triceps

Key Features

- ✓ **Joint-Friendly:** No squats, deadlifts, or overhead pressing
 - ✓ **Time-Efficient:** Precisely timed 60-minute sessions
 - ✓ **Moderate Volume:** Sustainable long-term approach
 - ✓ **Upper Chest Focus:** Prioritizes upper pec development
 - ✓ **Machine-Based Legs:** Safer lower body training
 - ✓ **Complete Recovery:** 72-96 hours between muscle groups
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DAY 1A: BACK WIDTH FOCUS

Date: _ Start Time: *End Time:* __

Exercise	Sets	Reps	Weight	RPE	Notes
Wide-Grip Lat Pulldowns	5	12-15	_____		

Cable Rows (Wide Grip)	4	12-15	_____		

One-Arm Dumbbell Rows	4	12-15	_____		

Rear Lateral Raises	4	12-15	_____		

Alternating Dumbbell Curls	5	12-15	_____		

Hammer Curls	4	12-15	_____		

Exercise	Sets	Reps	Weight	RPE	Notes

Spider Curls (Finisher)	1	12-15	_____		

Session Notes: _ Energy Level (1-10): __ Sleep Quality (1-10): ____

DAY 1B: BACK THICKNESS FOCUS

Date: _ Start Time: *End Time:* __

Exercise	Sets	Reps	Weight	RPE	Notes
Close-Grip Lat Pulldowns	5	12-15	_____		

Cable Rows (Close Grip)	4	12-15	_____		

T-Bar Rows	4	12-15	_____		

Reverse Flyes	4	12-15	_____		

Barbell Curls	5	12-15	_____		

Preacher Curls	4	12-15	_____		

Exercise	Sets	Reps	Weight	RPE	Notes

Hammer Concentration Curls (Finisher)	1	12-15	_____		
Dumbbell Pullovers	1	15-20	_____		

Session Notes: _ Energy Level (1-10): __ Sleep Quality (1-10): ____

DAY 2A: LEGS, CALVES, ABS

Date: _ Start Time: *End Time:* __

Exercise	Sets	Reps	Weight	RPE	Notes
Leg Curls	5	12-20	_____		

Leg Extensions	5	12-20	_____		

Leg Press	5	12-20	_____		

Standing Calf Raises	5	15-20	_____		

Cable Crunches	4	15-25	_____		

Exercise	Sets	Reps	Weight	RPE	Notes

Single Leg Calf Raises (Finisher)	1	15-20 each	L:_ R:___		

Session Notes: _ **Energy Level (1-10):** __ **Sleep Quality (1-10):** ____

DAY 2B: LEGS, CALVES, ABS

Date: _ **Start Time:** *End Time:* __

Exercise	Sets	Reps	Weight	RPE	Notes
Hack Squat Machine	5	12-20	_____		

Romanian Deadlifts (Dumbbells)	4	12-20	_____		

Walking Lunges	4	12-16 each	_____		

Seated Calf Raises	5	15-20	_____		

Cable Crunches	4	15-25	_____		

Single Leg Seated Calf Raises (Finisher)	1	15-20 each	L: _ R: ____		

Session Notes: _ Energy Level (1-10): __ Sleep Quality (1-10): ____

DAY 3A: UPPER CHEST FOCUS

Date: _ Start Time: *End Time:* __

Exercise	Sets	Reps	Weight	RPE	Notes
Incline Dumbbell Press	5	12-15	_____		

Incline Flyes	4	12-15	_____		

Flat Dumbbell Press	4	12-15	_____		

Lateral Raises	5	12-15	_____		

Close-Grip Bench Press	5	12-15	_____		

Exercise	Sets	Reps	Weight	RPE	Notes
Tricep Pushdowns	4	12-15	_____		

Dumbbell Pullovers	2	12-15	_____		

Session Notes: _ Energy Level (1-10): __ Sleep Quality (1-10): ____

DAY 3B: OVERALL CHEST

Date: _ Start Time: *End Time:* __

Exercise	Sets	Reps	Weight	RPE	Notes
Machine Incline Press	5	12-15	_____		

Cable Crossovers (High to Low)	4	12-15	_____		

Dips	4	12-15	_____		

Cable Lateral Raises	5	12-15	_____		

Overhead Tricep Extension	4	12-15	_____		

Single Arm Cable Extensions	4	12-15	_____		

Exercise	Sets	Reps	Weight	RPE	Notes

Pushups to Failure (Finisher)	1	To Failure	Bodyweight		

Session Notes: _ Energy Level (1-10): __ Sleep Quality (1-10): ____

PROGRESSION GUIDELINES

Week-to-Week Progression

- Start with weights that allow you to complete the minimum reps with good form
- When you can complete all sets at the top of the rep range, increase weight by 2.5-5%
- Focus on progressive overload week to week
- Track all weights and reps for consistent progress

Deload Protocol (Every 5th Week)

- Reduce total sets by 35% (approximately 18-20 sets per workout)
- Reduce weight by 20-25% from previous week
- Maintain same exercises and rep ranges
- Focus on form and mind-muscle connection

Rest Periods

- 45 seconds between sets of same exercise
- 60-90 seconds when transitioning between exercises
- Listen to your body and adjust as needed

Scheduling Options

- **Option 1:** Monday/Wednesday/Friday
 - **Option 2:** Tuesday/Thursday/Saturday
 - **Option 3:** Flexible spacing with 72-96 hours between sessions
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EXERCISE SUBSTITUTIONS

Back Exercises

- **Cable rows** can be replaced with machine rows
- **T-bar rows** can be replaced with barbell rows
- **One-arm dumbbell rows** can be replaced with chest-supported rows

Leg Exercises

- **Hack squat** can be replaced with leg press
- **Walking lunges** can be replaced with stationary lunges
- **Romanian deadlifts** can be replaced with stiff-leg deadlifts

Chest/Tricep Exercises

- **Dips** can be replaced with close-grip push-ups
 - **Machine incline press** can be replaced with barbell incline press
 - **Cable crossovers** can be replaced with pec deck
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PROGRAM NOTES

Getting Started

1. **Assess current fitness level** and exercise experience
2. **Start with conservative weights** to learn movement patterns

3. **Focus on form** over heavy weights initially
4. **Track all workouts** for progression monitoring

Monitoring Progress

- **Strength increases** week over week
- **Improved muscle endurance** (more reps at same weight)
- **Better mind-muscle connection**
- **Reduced fatigue** between sets
- **Visual muscle development**

When to Adjust

- **Plateau for 2+ weeks:** Consider exercise variation
- **Excessive fatigue:** Implement extra rest day
- **Joint discomfort:** Reduce load or modify exercise
- **Time constraints:** Reduce sets per exercise