



3 Day Strength/Endurance/Power Split

This programme is 3 full body routines incorporating strength training, muscular endurance and the increasing power. It's a good well rounded workout.

Day 1: Strength - 4 sets of 8-10 reps

Day 2: Endurance - 3 sets of 10-12 reps

Day 3: Power - Perform each exercise for 20 seconds and then rest for 40 seconds before proceeding to the next exercise. Rest for 2-3 minutes at the end of the circuit. Repeat circuit 2x.

Day 1 - Strength

	Week 1	Week 2	Week 3	Week 4
Barbell Bench Press				
Barbell Squat				
Assisted Chin-ups				
Stiff-Legged Deadlift				
Upright Row				
Triceps Pushdowns				
Incline Dumbbell Curl				
Dumbbell V-Ups (12-15 reps)				

Day 2 - Endurance

	Week 1	Week 2	Week 3	Week 4
Push-ups (or a variation – easy: on the knees or tough: triangle pushups)				
Walking Dumbbell Lunges with bicep curl				
Bent-over Row				
Stability Ball Hamstring Curls				
Lateral Raise				
Tricep Bench Dips				
Lying Twists				
Superman				

Day 3 - Power

	Week 1	Week 2	Week 3	Week 4
Sumo squat and crunch				
Burpees				
Single leg squats				
Bench Jump				
Deadlift to Hip Opener				
Wood Chopper				
Weighted Ball Crunch and Toss				