

5 Day Split Workout

| | | Day 1 | | |
|--------------|---|-------|-------|----------|
| Muscle group | Exercise | Sets | Reps | Rest |
| Chest | Barbell bench press | 3 | 10-12 | 1 min |
| | Incline bench press | 3 | 10-12 | 1 min |
| | Dumbbell incline press | 3 | 10-12 | 1 min |
| | Dumbbell flyes | 3 | 10-12 | 1 min |
| | | Day 2 | | |
| Muscle group | Exercise | Sets | Reps | Rest |
| Bicep | Barbell curls | 3 | 10-12 | 1 min |
| | Alternate dumbbell curls | 3 | 10-12 | 1 min |
| | Seated hammer curls | 3 | 10-12 | 1 min |
| | Preacher curls | 3 | 10-12 | 1 min |
| Triceps | Triceps cable pushdowns | 3 | 10-12 | 1 min |
| | Dumbbell kickbacks | 3 | 10-12 | 1 min |
| | Lying triceps extension | 3 | 10-12 | 1 min |
| | | Day 3 | | |
| Muscle group | Exercise | Sets | Reps | Rest |
| Legs | Barbell squats | 3 | 10-12 | 1 min |
| | Leg extension | 3 | 10-12 | 1 min |
| | Dumbbell lunges | 3 | 10-12 | 1 min |
| | Lying leg curls | 3 | 10-12 | 1 min |
| | Still-leg deadlifts | 3 | 10-12 | 1 min |
| | Barbell standing calf raise | 3 | 10-12 | 1 min |
| | Seated calf raises | 3 | 10-12 | 1 min |
| Abs | Crunch | 4 | 20-25 | 1 min |
| | Oblique crunch | 3 | 20-25 | 1 min |
| | Leg lifts | 3 | 20-25 | 30 secs. |

| | | Day 4 | | |
|--------------|---|-------|-------|-------|
| Muscle group | Exercise | Sets | Reps | Rest |
| Back | Barbell Rows | 4 | 10-12 | 1 min |
| | One arm bent over row | 4 | 10-12 | 1 min |
| | Lat pulldowns | 4 | 10-12 | 1 min |
| | Extensions | 4 | 10-12 | 1 min |
| | | Day 5 | | |
| Muscle group | Exercise | Sets | Reps | Rest |
| Shoulders | Machine lateral raise | 3 | 10-12 | 1 min |
| | Dumbbell overhead press | 3 | 10-12 | 1 min |
| | Smith machine upright row | 3 | 10-12 | 1 min |
| | Dumbbell flyes | 3 | 10-12 | 1 min |
| Traps | Smith machine shrug | 3 | 10-12 | 1 min |

Get More Split Workout Routines

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