

SKBUILT GYM - 3 Days per Week Program

Name: _____

Name: _____

Day 1 - Back/Biceps

#	Machine	Date: _____		Date: _____		Date: _____		Date: _____	
		Wt.	Sets	Wt.	Sets	Wt.	Sets	Wt.	Sets
11	Lat Pulldown Machine								
12	T-Bar Row								
13	Hammer High Row								
14	Hammer Seated Row								
28	Pulse Bicep Curl								

(10-15 Reps/Set)

Day 2 - Chest/Shoulders/Triceps

#	Machine	Date: _____		Date: _____		Date: _____		Date: _____	
		Wt.	Sets	Wt.	Sets	Wt.	Sets	Wt.	Sets
31	Pulse Incline Press								
29	Pulse Flat Press								
30	Pulse Decline Press								
3	Seated Side Lateral Machine								
25	Hammer Front Military Press								
38	Rear Delt Machine								
39	Rope Pushdown								

(10-15 Reps/Set)

Day 3 - Legs

#	Machine	Date: _____		Date: _____		Date: _____		Date: _____	
		Wt.	Sets	Wt.	Sets	Wt.	Sets	Wt.	Sets
4	Lying Leg Curl								
21	Atlantis Leg Press								
20	Horizontal Leg Press								
23	Hammer Seated Leg Curl								
15	Standing Calf Raises								
8	Seated Calf raise								

(10-15 Reps/Set)