

Beginners 3 Day Split Weight Gain Workout

This is the best workout if you are just starting out. Exercises are quite simple and the basic ones needed for mass building. Remember **to warm up for about 10 min before workout.**

Day 1#

Exercise	Sets	Reps
Dumbbell Bench Press	4	10
Incline Bench Press	2	10
Dips	3	Failure
Skullcrushers	3	10

Day 2#

Exercise	Sets	Reps
Wide Grip Pull Up	4	10
Seated Row	3	12
One Arm Dumbbell Row	3	10
Standing Barbell Curl	3	8-10

Day 3#

Exercise	Sets	Reps
Leg Press	4	10
Leg Extension	3	12
Leg Curl	3	10
Military Press	4	8
Dumbbell Laretal Raise	3	12

Notes