

## Experienced 3 Day Split Weight Gain Workout

### Day 1#

Exercise	Sets	Reps
Squats	3	10-8-6
Hack Squats	3	10-8-6
Straight Leg Deadlifts	2	10-8
Standing Calf Raises	3	12-10-8
Pullups	3	8-6-4
Seated Rows	3	8-6-4
Dumbbell Rows	2	10-8
Hyperextensions	3	12-10-8

### Day 2#

Exercise	Sets	Reps
Bench Press	3	10-8-6
Incline Dumbbell Press	3	10-8-6
Cable Crossovers	2	10-8
Incline Dumbbell Flyes	2	10-8
Shoulder Press	3	10-8-6
Side Laterals	2	10-8
Bent Over Raises	2	10-8
Barbell Shrugs	3	12-10-8

### Day 3#

Exercise	Sets	Reps
Dips	3	8-6-4
SkullCrushers	3	12-10-8
Close Grip Bench	2	10-8
Ez Bar Curls	3	12-10-8
Preacher Curls	2	10-8
Seated Hammer Curls	2	20-16

**Notes**