

Intermediate 3 Day Split Weight Gain Workout

This workout is created for those who think that they are ready to step over the beginner level. Not recommended for beginners and athletes with (after) injuries, because this routine is quite hard and pushes you way further than the beginner's routine. At this point you should know all about warming up! You can arrange your workout days as you want.

Day 1#

Exercise	Sets	Reps
Incline Dumbbell Press	3	10
Bench Press	3	8
Flyes	2	12
Skullcrushers	3	10
Military Press	3	8
Dumbbell Lateral Raises	3	12
Bent Over Dumbbell Laterals	2	12

Day 2#

Exercise	Sets	Reps
Lat Pulldowns	3	12
Deadlifts	4	6-8
Dumbbells Rows	3	12
Dumbbell Shrugs	4	16
Biceps Curls	3	10
Hammer Curls	3	12
Barbell Forearm Curls	4	8-20

Day 3#

Exercises	Sets	Reps
Squats	4	8
Leg Extensions	3	12
Leg Curls	3	12
Lying Leg Curls	2	10
Standing Calf Press	3	16
Donkey Calf Raises	3	16
Cable Crunches	4	40

Notes