

# **Greek God**

## **Muscle Building Program**

### **Bonus Routine: 3-Day Workout Split**

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# The “Three-Day Split” Workout Routine

After doing the two-day split workout routine for 6 months, I recommend graduating to a three day split. This will allow you to make better strength gains on your standing press since you’ll be hitting it fresh.

As well, the three-day split will also allow you to hit your legs with a little more volume and include a slightly greater exercise selection since you’ll be having your exercises spread out over three workouts instead of two.

The downside is that you will be hitting your main lifts with less frequency. So instead of hitting your core lifts every 4 to 5 days, you’ll be hitting them once every 7 days.

As a result, your core lifts won’t be increasing quite as fast. With that said, both routines lead to great results so I recommend keeping them both in your arsenal.

**Start with the two-day split workout routines for six months to bring your core lifts up as fast as possible and then you can progress to a three-day split.**

For the three day split I recommend:

- Monday: Shoulders, Back and Triceps
- Wednesday: Legs and Abs
- Friday: Chest and Biceps

This training set up works quite well for adding proportionate muscle and making solid strength gains.

# Three Day Split A

## Monday – Shoulders, Back & Triceps

1. Weighted Chin ups: 3 sets – 6, 8, 10 (RPT)
2. Standing Press: 3 sets – 6, 8, 10 (RPT)
3. Cable Rows: 3 sets – 6-8, 8-10, 10-12 (RPT)
4. Skull Crushers: 3 sets – 6-8, 8-10, 10-12 (RPT)
5. Lateral Raises: Rest Pause

## Wednesday – Legs & Abs

1. Hang Cleans or Sumo Deadlifts: 2 sets – 3, 5 (RPT)
2. Bulgarian Split Squats: 2 sets – 6-8, 8-10 (RPT)
3. Calf Raises: 3 sets – 8-10, 10-12, 12-15 (RPT)
4. Hanging Leg Raises: 3 sets x 10-15 reps
5. Abs Wheel Roll outs: 3 sets x 10-15 reps

## Friday – Chest & Biceps

1. Incline Barbell Bench Press: 3 sets – 6, 8, 10 (RPT)
2. Flat Barbell Bench Press: 3 sets – 6, 8, 10 (RPT)
3. Barbell Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
4. Cable Rope Curls: Rest Pause
5. Bent Over Flyes: Rest Pause

# Three Day Split B

## Monday – Shoulders, Back & Triceps

1. Weighted Pull ups: 3 sets – 6, 8, 10 (RPT)
2. Seated DB Shoulder Press: 3 sets – 4-6, 6-8, 8-10 (RPT)
3. Bent Over Dumbbell Rows: 3 sets – 4-6, 6-8, 8-10 (RPT)
4. Triceps Rope Push Downs: 3 sets – 6-8, 8-10, 10-12 (RPT)
5. Cable Lateral Raises: Rest Pause

## Wednesday – Legs & Abs

1. Pistol Squats: 3 sets – 5, 5 5
2. Romanian Deadlifts: 3 sets – 6, 8, 10 (RPT)
3. Calf Raises: 3 sets – 8-10, 10-12, 12-15 (RPT)
4. Hanging Dip Bar Leg Raises: 3 sets x 10-15 reps
5. Renegade Rows: 3 sets x 6-8 per side

## Friday – Chest & Biceps

1. Flat Barbell Bench Press: 3 sets – 6, 8, 10 (RPT)
2. Incline DB Bench Press: 3 sets – 4-6, 6-8, 8-10 (RPT)
3. Incline DB Curls: 3 sets – 4-6, 6-8, 8-10 (RPT)
4. Reverse Grip EZ Curls: Rest Pause
5. Bent Over Flyes: Rest Pause

## “Rest Pause”

You’ll notice that we’ll be using a new technique on the three-day split called *Rest Pause Training*.

It works similarly to standard pyramid training in that it creates a lot of fatigue and helps add quick muscle size.

One of the primary reasons why lifting heavy and taking long rest periods is the most effective way to build muscle is because it results in a high level of muscle fiber recruitment.

So if you’re lifting at your absolute 5-8-rep max, you’re likely using a near maximum amount of your muscle fibers.

When you’re training with lighter weights and taking short rest periods, you only come close to full muscle fiber recruitment on those last really tough reps.

Therefore you have to do several sets with a light weight to trigger muscle gains.

For example, if you did 5 sets of 10 reps with 60 seconds rest then you’ve done 50 reps total, but probably only 15 of those reps really counted.

Fortunately for us, there’s a loophole to get full muscle fiber recruitment with lighter weight pump training.

The answer, my friend, is rest pause training.

## Enter Rest Pause Training

The premise of rest pause training is simple... You want to pick a weight you can do for 12-15 reps before hitting muscle failure.

This is your activation set. During the last few really tough reps of the movement, you'll start to use maximum muscle fiber recruitment.

It's only when you're using the maximum number of muscle fibers, that you're able to trigger the most amount of muscle growth.

After you finish your activation set, you'll maintain this state for up to 20 seconds or so.

This means that if you take a short 15-20 second break then pump out a few more reps, you'll still be using maximum muscle fiber recruitment.

If you do 4 of these mini sets, you'll be getting the same benefit as if you did 5 full sets, but with much less work and in much less time.

This rest pause training works hand in hand with reverse pyramid training to build maximum muscle growth.

You can feel free to substitute standard pyramid training with rest pause training. Both techniques work quite well, I like to keep both in my arsenal.

So what does this look like in terms of your workout?

Let's break it down:

## Putting it into action

1. Activation Set: 12-15 reps
2. Rest 15-20 seconds and perform 3-5 reps
3. Rest 15-20 seconds and perform 3-5 reps
4. Rest 15-20 seconds and perform 3-5 reps
5. Rest 15-20 seconds and perform 3-5 reps

## Rest Pause Progression

You want to build up to doing 15 reps on your first set and 4 additional sets for 5 reps with 20 seconds or less rest between sets.

Once you have accomplished that you should increase the weight and start back down at 12 reps + 4 sets of 3-4 reps.

Due to the nature of this technique, don't worry too much about increasing the weight all the time.

Only increase the weight when you're able to own that rest pause set with mini sets of 5 reps.