

# FULL BODY SPLIT

## (WEEK 6+)

### INTRO

You've built good habits, you know your way around the gym, and now it's time to step things up. The Full Body Split is ideal if you're training three days a week and want every session to feel complete. Each session targets your whole body, with small exercise changes daily to keep things varied and avoid boredom. Three days, three different sessions, one consistent result.

### WORKOUT SUMMARY

Train three days a week with a rest day between each session. Monday, Wednesday, and Friday work well, but fit around your own schedule. Each workout includes warm-up routines, a main weight training section, and cardio finishers! Increase the weight whenever a set starts to feel easy.

FULL BODY A				
WARM UP				
Exercise	Sets	Reps / Time (mins / secs)	Rest (secs)	Notes / Instructions
Elliptical Trainer, low intensity	1	5m	60s	
Upper back roll - FR	2	30s	0s	
Bird dog cross, right	2	20s	0s	
Bird dog cross, left	2	20s	0s	
Hip stretch, right	2	20s	0s	
Hip stretch, left	2	20s	0s	
Chest stretch standing, right	2	20s	0s	
Chest stretch standing, left	2	20s	0s	
WORKOUT				
Seated leg press machine	3	10	60s	
Bench press inclined - DBs	3	10	60s	
Lat pulldown wide grip front	3	10	60s	
Lying leg curl machine	2	12	60s	
Preacher curl machine	2	12	60s	
Plank	3	30s	30s	
Elliptical Trainer, interval	5	20s	40s	Push as hard as you can for 20 seconds
Stationary Bike, high intensity	1	10m	60s	

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FULL BODY B				
WARM UP				
Exercise	Sets	Reps / Time (mins / secs)	Rest (secs)	Notes / Instructions
Elliptical Trainer, low intensity	1	5 m	60s	
Upper back roll - FR	2	30s	0s	
Bird dog cross, right	2	20s	0s	
Bird dog cross, left	2	20s	0s	
Hip stretch, right	2	20s	0s	
Hip stretch, left	2	20s	0s	
Chest stretch standing, right	2	20s	0s	
Chest stretch standing, left	2	20s	0s	
WORKOUT				
Goblet squat - KB	3	10	60s	
Shoulder press seated - DBs	3	10	60s	
Row - Pulley machine	3	10	60s	
Seated leg extension	2	12	60s	
Tricep pushdown - Pulley	2	12	60s	
Plank	3	30s	30s	
Rowing machine, interval	5	20s	40s	Push as hard as you can for 20 seconds
Stationary Bike, high intensity	1	10m	60s	



### APP INSTRUCTIONS

You can log this workout on the Buzz Gym app. Open the app, click on 'Calendar', press the '+' button, and scan this QR code! Alternatively, click on 'Workouts', and type in 'Beginners Workout - Phase 3 - Full Body Split'.

# FULL BODY SPLIT

(WEEK 6+)

FULL BODY C				
WARM UP				
Exercise	Sets	Reps / Time (mins / secs)	Rest (secs)	Notes / Instructions
Elliptical Trainer, low intensity	1	5m	60s	
Upper back roll - FR	2	30s	0s	
Dead bug leg, right	2	20s	0s	
Dead bug leg, left	2	20s	0s	
Hamstring stretch foot elevated, alternating legs	2	30s	0s	
Arm raise prone position	2	30s	0s	
WORKOUT				
Deadlift half range - DBs	3	10	60s	
Seated chest press	3	10	60s	
One arm row, right - DB	3	10	60s	
One arm row, left - DB	3	10	60s	
Reverse pectoral fly machine	2	12	60s	
Calf machine	2	12	60s	
Lying leg raise	3	15	60s	
Stationary Bike, interval	5	20s	40s	Push as hard as you can for 20 seconds
Elliptical Trainer, high intensity	1	10m	60s	



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