

3-2-1 Split Workout Routine for a Resilient Body

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Full URL: <https://thefitnessphantom.com/3-2-1-split-workout-scheme>

Program Summary

Split Method	3-2-1 (3x Strength, 2x Pilates, 1x Cardio)
Sessions/Week	Six (Strength training on alternate days)
Duration/Session	60-90 mins for strength and 30-min for Pilates & cardio
Target Gender	Male & Female
Experienced Required	Beginner to Intermediate
Program Goal	Develop Strength, Mass, Flexibility & Balance

This program involves performing strength exercises three times, Pilates twice, and cardio once a week. Here's how you going to train during this split:

- **Day 1:** Strength Training
- **Day 2:** Pilates
- **Day 3:** Strength Training
- **Day 4:** Pilates
- **Day 5:** Strength Training
- **Day 6:** Cardio
- **Day 7:** OFF

The strength day is based on the full-body method, meaning you'll train almost the entire body on alternate days with weights. This split will help you build strength and muscle mass.

Pilates training involves the best exercises and will help you bolster your midsection and improve your balance and flexibility.

And the cardio workout improves your endurance and helps you move faster and effectively.

Here is the list of exercises I've used to design this 3-2-1 split routine.

- [The Ultimate List of Pilates Exercises](#)
- [List of Compound Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [70 Best Bodyweight Cardio Exercises](#)

You can also use these exercises to make adjustments in your second, third, and fourth weeks.

Day 1 – Strength Training

Exercise	Muscle	Sets	Reps
Dumbbell Squat	Legs	3	15-20
Incline Chest Press	Chest	3	10-15
Lat Pulldown	Back	3	10-15

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Overhead Press	Shoulder	3	10-15
Chin-ups/DB Curls	Biceps	3	4-10
Bar Pushdown	Triceps	3	12-18
Hip Thrust	Glutes	3	10-12

Day 2 – Pilates

Exercise	Activity	Sets
Cat-Cow Pose	5 reps each with a 2-sec hold	2
Hundred	As fast as possible	1
Roll Up	6-8 reps	2
One Leg Circles	30 seconds on each side	2
One Leg Stretch	5 reps on each side	2
Double Leg Stretch	5-6 reps	2
Spine Stretch Forward	5-6 reps	2
Pilates Mat Saw	5 reps on each side	1

Day 3 – Strength Training

Exercise	Muscle	Sets	Reps
Leg Press	Leg	3	15-20
Pec Deck Fly	Chest	3	12-15
Seated Cable Row	Back	3	12-15
1-arm Lateral Raises	Shoulders	2	15/side
Inverted Row	Upper Back	3	12-15
Leg Curl	Hamstrings	3	15-20
Cable Pull Through	Glutes	3	10-12

Day 4 – Pilates

Exercise	Activity	Sets
Swan Dive	5 reps with 2-3 seconds hold	2
Neck Pull	5-6 reps	3
Scissors Straight Leg Stretch	5 reps on each side	2
Glute Bridge	5 reps with 2-3 sec hold	2
Bicycle Crunch	5 reps per side	3

Seated Spinal Twist	5 twists on each side	2
Leg Pull Front	5 reps per side	2
Side Plank Hip Dips	10 reps per side	2

Day 5 – Strength Training

Exercise	Muscle	Sets	Reps
Reverse Lunges	Legs	3	15-20
Leg Extension	Legs	3	12-15
Seated FDL Raises	Shoulders	3	12-15
Cable Crossover	Chest	2	15/side
1-arm DB Row	Back	3	12-15
Low Back Extension	Lower Back	3	15-20
Hip Abduction	Adductors	3	10-12

Day 6 – Cardio

Round 1	Round 2	Round 3
15-sec Jumping Jacks	30-sec High Knees	10 Burpees
30-sec Mountain climbers	20 Jumping Lunges	20 Lunges to Kick
10 Squat Jumps	20 Alternate Heel Taps	30-sec Bicycle Crunch
15-20 Pushups	30 Shoulder Taps	10 Pushups to Knee Taps
10-12 Crunches	30-sec Flutter Kick	1-minute Plank

Who Can Follow the 3-2-1 Workout Method?

Anyone looking for a balanced program that involves a mix of strength, mobility, flexibility, and endurance exercises can follow this routine, irrespective of gender.

This program can also work for those who are trying to lose weight through diet and improve their physique and overall fitness through a balanced training plan.

However, those who want to build a huge body like bodybuilders shouldn't follow this routine. Instead, they can try one of these [high-volume bodybuilding plans](#).

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