

# 3 DAY WEIGHTS 3 DAY CARDIO SPLIT TO BECOME STRONG AND AESTHETIC

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Check out [article](#) for more info

## Program Summary and Description

<b>Split Type</b>	Cardio and Strength Workout Split
<b>Strength Routine Type</b>	<a href="#">Upper and Lower Split</a>
<b>Cardio Type</b>	Low-impact, Moderate Intensity, and HIIT
<b>Sessions/week</b>	<b>Six</b> with one full day rest.
<b>Program Goal</b>	Improve Muscularity, Build Strength, and Enhance Cardiovascular Fitness
<b>Target Gender</b>	Male and Female Both
<b>Workout Difficulty</b>	Intermediate (Moderate)
<b>Suggested Duration</b>	12-16 Weeks

**Cardio Days:** In this program, you'll do low-impact aerobic exercises on day one, medium-intensity interval training (MIIT) workout on day three, and [high-intensity interval training \(HIIT\)](#) on day five.

**Resistance Training Days:** It includes training chest and arms on day two; legs and glutes on day four; and [back and shoulder](#) on day six. You can shuffle this order according to your need.

**Intensity (MHR) for Cardio Training:** 40-60 percent for light cardio, 60-80 for MIIT, and 80-95 percent for HIIT. You can calculate your maximum heart rate (MHR) by subtracting your age from 220.

**Rep Ranges for Strength Training:** You can perform 10-20 reps per set. I've mentioned sets and reps for each exercise, so make sure you lift weights accordingly. For example, you should increase the load when the number of reps goes down.

## 3 Day Weights 3 Day Cardio Split to Become Strong and Aesthetic

- Day 1 – Low-Impact Cardio
- Day 2 – Chest and Arms
- Day 3 – Moderate Intensity Cardio
- Day 4 – Legs and Glutes
- Day 5 – High-Intensity Interval Training
- Day 6 – Back and Shoulder
- Day 7 – OFF (you can take a steam or ice bath for recovery)

**Warm-up:** Perform [dynamic stretches](#) and a few isolation exercises with light weights to activate your muscles before starting your main cardio and lifting exercises. For example, you can do bomber push-ups, leg swings, cat-cow stretches, the [world's greatest stretch](#), arms swings, and some lifting exercises for warming up.

### Day 1 – Low-Impact Cardio

Exercise	Activity	Rest
Treadmill	15 minutes at 40-60% of your MHR	2-minute
Stationary Bike	10 minutes at 50-60% of your MHR	2-minute
Elliptical Trainer	5 minutes at 50-60% of your MHR	2-minute
Jumping Rope	5 minutes at 50-60% of your MHR	2-minute
<a href="#">Bodyweight Cardio</a>	15-20 minutes	-

### Day 2 – Chest and Arms

Exercise	Sets	Reps
Incline Bench Press	3	15, 12, 10

Seated Pec Deck Fly	3	20, 16, 12
<b>High-to-Low Cable Fly</b>	3	15, 12, 10
Triceps Press Down	3	15-20
1-arm Overhead Triceps Extension	3	15-20
Cable/Barbell Biceps Curl	2	15-20
Concentration/Hammer Curl	2	15-20
<b>Reverse Barbell Curl</b>	2	12-15

## Day 3 – Moderate Intensity Cardio

Exercise	Activity	Rest
Treadmill	10 minutes at 60-80% of your MHR	2-minute
Stationary Bike	5 minutes at 60-70% of your MHR	2-minute
Rowing Machine	5 minutes at 60-80% of your MHR	2-minute
Battle Rope	5 minutes at 70-80% of your MHR	2-minute
Burpees	3 sets x 10 reps	1-minute
Kettlebell Swings	2 sets x 20 reps	1-minute
Barbell Thruster	2 sets x 15 reps	1-minute
<b>Abs Workout</b>	15 minutes	–

## Day 4 – Legs and Glutes

Exercise	Sets	Reps
Walking DB Lunges	2	10/leg
<b>DB Front Squat</b>	3	20, 15, 10
Leg Extension	3	20, 16, 12
Machine Leg Press	3	15, 12, 10
Machine Leg Curl	4	20, 16, 12, 10
Hip Thrust/Step-up	3	15, 12, 10
Calf Raises	3	20-25

## Day 5 – High-Intensity Interval Training

Exercise	Activity	Rest
Treadmill	30-second run @80-95% followed by a 45-second break x 6	2-minute

Battle Rope	20-second swing @80-95% followed by a 40-second break x 5	2-minute
Bicycling	20-second swing @80-95% followed by a 40-second break x 5	2-minute
Core Workout	<b>15-minute core exercises at high-intensity</b>	–

## Day 6 – Back and Shoulder

Exercise	Sets	Reps
Pull-ups	3	Till failure
Front Lat Pull-down	2	12-15
Close Grip Lat Pull-down	2	12-15
Seated Cable/Machine Row	3	12-15
Single-arm DB Row	2	10/arm
Overhead Press	3	10-12
Side Delt Raises	3	12-15
Rear Delt Flies	3	12-15
<b>Shoulder Shrug</b>	3	12-15

## The Bottom Line

Resistance training helps build strength and mass, while aerobic workouts promote cardiovascular fitness and body composition. And, doing them both helps yield better results when it comes to enhancing overall fitness than doing the either one only.

The best way to utilize the benefits of cardio and strength training is to do them on alternate days.

Alternating cardio and resistance training allows you to **focus on building muscle** on one day and improving your cardiovascular fitness the other day.

In this article, I showed you how to design a cardio and strength training split so you can utilize both workouts effectively.

You can also download the program I've uploaded above, make changes if needed, and use it for a few months.

# Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

## *1. Pre-Workout Meal*

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

**Examples of pre-workout foods include:**

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

## *2. Workout When You Feel Energetic*

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

## *3. Keep yourself hydrated during the workout*

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypo-hydration.

## *4. Post-Workout Stretching and Cool Down*

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

### *5. Post-workout Meal*

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

#### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

### *6. Make Progress*

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

### *7. Make Adjustment*

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

## **Recommended Brands:**

1. [Performix \(Supplement\)](#)
2. [Amazon \(Supplement\)](#)
3. [GOAT Stamina Energy Drink](#)

## Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

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