

The 3 On 1 Off Split: 8-Day Muscle Building Workout Plan

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Full URL: <https://thefitnessphantom.com/3-on-1-off-split-workout-with-pdf>

This routine will start with chest and arms training, followed by back, calves, and abs on day 2, thighs and shoulders on day 3, and rest on day 4.

Each day you'll do 12 sets for large body parts, such as chest, back, abs, and legs, and 6-8 sets for shoulder, biceps, and triceps. This approach allows train your every muscle group efficiently and helps [build strength and mass over time](#).

PROGRAM OVERVIEW

- **Split Type:** 3-day on 1-day Off Combined Body Part Split
- **Program Goal:** Muscle and Strength Building
- **Experienced Required:** Intermediate
- **Recommend Program Duration for visible results:** 10-12 Weeks
- **Target Gender:** Male
- **Duration/Session:** 75-90 minutes

SCHEDULE

I've designed the complete 8-day schedule that has a variety of compound and isolation exercises.

- **Day 1:** Chest and Arms
- **Day 2:** Back, Calves, and Abs
- **Day 3:** Legs and Shoulder
- **Day 4:** Rest
- **Day 5:** Chest and Arms
- **Day 6:** Back, Calves, and Abs
- **Day 7:** Legs and Shoulder
- **Day 8:** Rest

Day 1 – Chest and Arms

Exercises	Sets	Reps	Rest
Incline Bench Press	4	12, 10, 8, 6	3-min
Flat DB Bench Press	4	12, 10, 8, 6	2-min
Horizontal Cable Flies	4	12, 10, 8, 6	2-min
Bar Dips + Chin-ups (superset)	3	Max Reps	1-min
Pushdown + Barbell Curl (SS)	3	12, 10, 8	1-min

Day 2 – Back, Calves, and Abs

Exercises	Sets	Reps	Rest
Front Lat Pulldown	4	12, 10, 8, 8	3-min
Seated Cable/Machine Row	4	12, 10, 8, 8	2-min

Bent-over Barbell Row	4	12, 10, 8, 6	2-min
Calf Raises + Cable Crunches	4	15-20	1-min
Hanging Knee Lifts + Cable Chop	3	15 & 10/side	1-min

Day 3 – Legs and Shoulder

Exercises	Sets	Reps	Rest
Overhead Press + Leg Extension	3	10 & 15	1-min
Back Squat	4	12, 10, 8, 8	3-min
Leg Press	4	12, 10, 8, 6	3-min
Seated Leg Curl + Lateral Raises	4	15 & 10	2-min
Hip Thrust + Rear Delt Fly	4	10-12	2-min
Barbell Shrug	3	12-15	3-min

Day 4 – Rest

You've trained for three consecutive days with all your efforts and now your entire body needs one full day's rest so that you can train to your full potential in the next three days.

To utilize your rest day, I recommend taking an ice bath or sauna, sleeping 1-2 more hours than usual, and avoiding tasks requiring much effort.

Day 5 – Chest and Arms

Exercises	Sets	Reps	Rest
Incline Hammer Bench Press	4	15, 12, 10, 8	3-mins
Seated Pec Deck Fly	4	15, 12, 10, 8	2-mins

Bent-over Cable Fly	3	12, 10, 8	2-mins
Close Grip Press + Preacher Curl	3	12, 10, 8	2-mins
Triceps Extension + Hammer Curl	3	12, 10, 8	2-mins

Day 6 – Back, Calves, and Abs

Exercises	Sets	Reps	Rest
Pull-ups (BW or weighted)	4	AMRAP	2-mins
Cable/Machine Lat Pullover	3	15, 12, 10	2-mins
Single-arm Cable Row	3	10 per side	2-mins
Bent-over T-Bar Row	4	15, 12, 10, 8	2-mins
Calf Raises + Decline Crunches	4	15-20	1-min
Cable Bicycle Crunch + Cable Side Bends	3	10 per side	1-min

Day 7 – Legs and Shoulder

Exercises	Sets	Reps	Rest
Front Raises + Front Lunges	3	12 & 10/leg	1-2 mins
Lateral Raises + Bulgarian Squat	3	12 & 8/leg	1-2 mins
Rear Delt Raises + Cossack Squat	3	10 & 8/leg	1-2 mins
Upright Row + Leg Curl	3	10 & 12/leg	1-2 mins

Day 8 – Rest

Enjoy a steam or ice bath, massage your body (if possible), sleep 1-2 more hours extra, and avoid tasks that involve heavy objects.

Pros and Cons of 3 On 1 Off Workout Plan

Pros

1. Optimum Recovery Time

During this split, your muscles will get more time to recover against the [6-day weekly split](#). For example, you'll have 7 rest days in a 3-1 rotation routine compared to 4 days off in a six-day split in 4 weeks.

These extra rest days can help recover your muscles more efficiently and better recovery produces better results in muscle development.¹

2. Easier to Catch Up

If you miss a workout, it's simpler to pick up where you left off with a 3 on 1 off split, as you have more time to recover and fewer workouts to fit into your schedule.

3. Flexibility

This split allows for flexibility in your training routine, as you can adjust your schedule to accommodate changes in your life, such as work or school commitments, without feeling overwhelmed.

Cons

With a 3-on-1-off split, some bodybuilders may find that the reduced frequency (3 days of training per week) can be sub-optimal for muscle growth and development, particularly for those who respond well to higher frequency training.

Who Can Follow This 3 days on 1 day off Training?

It may be a perfect split for those who:

- Need more recovery time between workouts
- Have a busy schedule and struggle to fit in multiple workouts per week
- Want to lose weight and build muscle simultaneously

Related Programs:

1. [6 Day Upper Lower Split for an Aesthetic Body](#)
2. [6 Day Muscle Group Workout Plan \(Bro-Split\)](#)

Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)

Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)

I've also designed a customized [12-week comprehensive workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

“The reader does not steal, and the thief does not read.”

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