



FITPANDA

Hey boss,

This FREE workout split is pretty much what I did for the first 2 years of training and is meant to hit all your body parts while spending just the right amount of time in the gym.

If after trying this out you have any questions make sure to contact me by clicking [HERE!](#)

DISCLAIMER: FITPANDA (Victor M) is not a doctor nor a Registered Dietician. All Recommendations and/or Nutritional Coaching are based on scientific evidence and is meant to be for EDUCATIONAL purposes. For any health or medical condition matters please consult a health professional



FITPNDA

Lower Body

	Warmup	Set 1	Set 2	Set 3
Smith Machine Squats	12-15 Reps	8-10 Reps	8-10 Reps	8-10 Reps
Romanian Deadlifts (RDL) With Dumbbells	N/A	10-12 Reps	10-12 Reps	10-12 Reps
Leg Press (any angle)		8-10 Reps	8-10 Reps	8-10 Reps
Leg Curls (Seated)		10-12 Reps	10-12 Reps	10-12 Reps
Leg Extensions		10-12 Reps	10-12 Reps	10-12 Reps

Upper Body

Bench Press	12-15 Reps	8-10 Reps	8-10 Reps	8-10 Reps
Incline press	N/A	10-12 Reps	8-10 Reps	6-8 Reps
Lat Pulldowns		12-15 Reps	10-12 Reps	10-12 Reps
Lateral dumbbell raises		15 Reps	10-12 Reps	10-12 Reps
Biceps Curls		10-12 Reps	10-12 Reps	10-12 Reps