

**Dennis Santos'**

# **SPLIT WORKOUTS**



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# **SPLIT WORKOUTS**

**by  
Dennis Santos**

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# INTRODUCTION



**Dennis Santos**

Dear Fitness Enthusiast,

This publication provides written documentation of the full week of workouts regarding that were videotaped and classified as my *Split Workouts*.

Split Workouts, as it relates to weightlifting, refers to how I designate which body part I work on for a given day of the week. For example, on Monday's I work my chest, Tuesday's my back, Wednesdays my shoulders, Thursdays my arms and Fridays my legs.

The 5 split workouts contained in this publication were recorded two weeks out from competition for the Arnold Amateur International Bodybuilding Competition and the videos for these 5 split routines can be viewed on the website:

[www.StrengthTrainingBlueprints.com/members](http://www.StrengthTrainingBlueprints.com/members)

I did these routines and some variations of them for each of the 14 weeks of training that got me in shape for the competition however, during one of these weeks, I did special *two-a-day heavy workout routines* and those videos and their documentation can also be viewed on the same website.

Aside from the exercises that I did in preparation for my competition, the important thing I would like to express to you is that all of the split routine videos were recorded in real time. This means they were unedited and so the exact length of time of the videos is the exact length of time I trained on that particular day. All of my routines take me less than an hour to complete.

Many competitors believe that you have to live in the gym to get big and strong, however, my trainer and I have found that if you increase the pace of your workouts and include supersets whenever possible, you can accomplish your goals and get in and out of the gym in about an hour.

Sincerely,

Dennis Santos



# Split Workout For Chest Mondays



**Exercise #1: Incline Dumbbell Press. Warm-Up.**

Set #	Weight	Reps	Comments
1st	80 lbs.	10+	All of my routines start with a warm-up exercise. This is so I don't get any unnecessary injuries later on in the workout when I push myself harder.
2nd	80 lbs.	10+	
3rd	80 lbs.	10+	
4th	-		

**Exercise #2: Incline Chest Press Superset With Fly's**

Set #	Weight	Reps Chest Press	Reps Fly's	Comments
1st	65 lbs.	10	5	The first part of this exercise works my inner chest along the sternum. My trainer taught me this a while back and I do this fairly regularly in my chest workouts.
2nd	65 lbs.	10	5	
3rd	65 lbs.	10	5	
4th	-	-	-	



Exercise #3: Dumbbell Pull-Overs Super-Setting With Single Leg Raises			
Set #	Weight	Reps	Comments
1st	65 lbs.	10+	Super-setting is an excellent way to take advantage of the time spent in the gym. Many people think you have to spend hours and hours in the gym to get big, but if you spend your time wisely, you can get it all done within usually within an hour. All of my workouts take me less than hour. This does not include cardio or abs.
2nd	65 lbs.	10+	
3rd	65 lbs.	10+	
4th	-		



Figure 3a. Starting position.



Figure 3b. Ending position.



Figure 3c. Starting position.



Figure 3d. Ending position.



Exercise #4: Reverse Grip Bench Press Followed by Dumbbell Chest Press					
Set #	Weight	Reps (Bench)	Weight	Reps (Fly's)	Comments
1st	135 lbs.	10+	65 lbs.	5+	During the fly's part of this exercise, I like to do them one arm at a time with my legs off the ground. This forces me to use my core more for stabilization and so those muscles get worked too.
2nd	135 lbs.	10+	65 lbs.	5+	
3rd	135 lbs.	10+	65 lbs.	5+	
4th	-	-	-	-	



Figure 4a. Starting position.



Figure 4b. Ending position.



Figure 4c. Starting position.



Figure 4d. Ending position.

Exercise #5: Medicine Ball Push-Ups Superset With Cable Cross-Overs					
Set #	Weight	Reps Pushups	Weight	Reps Cable	Comments
1st	Body	10+	80 lbs.	10+	My entire chest routine may look easy, but you hit a wall really fast when you try to keep up a faster pace. You don't always have to lift heavy or for a long time to get results if you do it this way.
2nd	Body	10+	80 lbs.	10+	
3rd	Body	10+	80 lbs.	10+	
4th	-	-	-	-	



Figure 5a. Starting position.



Figure 5b. Ending position.



Figure 5c. Starting position.



Figure 5d. Ending position.

# Split Workout For Back Tuesdays



Exercise #1: Kettle Bell Raise			
Set #	Weight	Reps	Comments
1st	70 lbs.	10+	When was the last time you worked out with kettle bells? These are very versatile and can be used in a variety of ways. I use them in my back workouts and they also help my conditioning.
2nd	70 lbs.	10+	
3rd	70 lbs.	10+	
4th	-	-	



Figure 1a. Starting position.



Figure 1b. Ending position.

Exercise #2: Kettle Bell Swing			
Set #	Weight	Reps	Comments
1st	70 lbs.	10+	The key to this exercise is to really thrust your hips forward as you swing the kettle bell upward.
2nd	70 lbs.	10+	
3rd	70 lbs.	10+	
4th	-	-	



Figure 2a. Starting position.



Figure 2b. Ending position.



**Exercise #3: Kettle Bell Lift Followed By a Punch**

Set #	Weight	Reps	Comments
1st	70 lbs.	10+	The key to this exercise is after you have lifted the kettle bell upward, make sure when you punch forward, the entire kettle bell is horizontal to the ground so that you are pushing through the handle of the bell into the weight. You don't want the bell to be hanging downward and pushing only the handle forward.
2nd	70 lbs.	10+	
3rd	70 lbs.	10+	
4th	70 lbs.	10+	

Figure 3a.



Figure 3b.



Figure 3c.



Figure 3d.

**Exercise #4: Plank One Arm Rows**

Set #	Weight	Reps	Comments
1st	40 lbs.	10+	What makes this exercise hard is that even though I am rowing with one arm, the other arm is also working to support myself. A lot of my exercises are done this way to get as much out of them as possible. This also enables me to get my workouts completed usually in less than an hour.
2nd	40 lbs.	10+	
3rd	40 lbs.	10+	
4th	-		

Figure 4a.



Figure 4b.





Exercise #5: Bent Over Rows			
Set #	Weight	Reps	Comments
1st	40 lbs.	15+	Make sure you keep your back as straight as possible and your chin up throughout this exercise.
2nd	40 lbs.	15+	
3rd	40 lbs.	15+	
4th	-	-	



Figure 5a.



Figure 5b.

Exercise #6: Machine Rows			
Set #	Weight	Reps	Comments
1st	190 lbs.	10+	Nothing special about this exercise except that when you are working at a high pace, these are really difficult and help fatigue the muscles in a safer environment than free weights.
2nd	190 lbs.	10+	
3rd	190 lbs.	10+	
4th	-	-	



Figure 6a.



Figure 6b.

Exercise #7: One Arm Lat Pull Downs			
Set #	Weight	Reps	Comments
1st	140 lbs.	10+	Sometimes we do things a little unconventional so the body doesn't get locked into a routine. This forces the muscles to work a little harder when we do this. We still do the traditional lat pull downs but not in this particular back workout.
2nd	140 lbs.	10+	
3rd	140 lbs.	10+	
4th	-	-	



Figure 7a.



Figure 7b.

Exercise #8: Hip Extensions			
Set #	Weight	Reps	Comments
1st	140 lbs.	10+	Most people are used to doing hip or back extensions on an upright seated machine. This accomplishes the same thing but in a different plane. My back was really fatigued after this last exercise and especially the last set.
2nd	140 lbs.	10+	
3rd	140 lbs.	10+	
4th	140 lbs.	10+	



Figure 8a.



Figure 8b.

# Split Workout For Shoulders Wednesdays



Exercise #1: High Rope Pull			
Set #	Weight	Reps	Comments
1st	150 lbs.	10+	This is a great exercise to loosen up the arms and also work the rear delts. The rear delts get overlooked a lot and when you build this muscle up properly, it adds great symmetry to your upper body.
2nd	150 lbs.	10+	
3rd	150 lbs.	10+	
4th	-		



Figure 1a.



Figure 1b.

Exercise #2: Rope Shrugs			
Set #	Weight	Reps	Comments
1st	110 lbs.	10+	A great exercise to work the middle and front delts. I like to make sure that I raise the rope high above my head to really target these muscle groups. The pace that I work out at also has a lot to do with how much I can improve. The faster the pace, the harder even the simplest exercises are to do and this is of great benefit to me.
2nd	110 lbs.	10+	
3rd	110 lbs.	10+	
4th	-		



Figure 2a.



Figure 2b.



Exercise #3: Undulation Rope Superset With Standing Dumbbell Press				
Set #	Rope Reps	Weight	Reps	Comments
1st	30	40 lbs.	8+	You will notice that we try to superset as many exercises as we can. This builds conditioning as well as size and strength. It also allows me to complete a really solid workout in less than an hour.
2nd	30	40 lbs.	8+	
3rd	30	40 lbs.	8+	
4th	-	-	-	



Figure 3a.



Figure 3b.



Figure 3c.



Figure 3d.



Exercise #4: Push Ups On Step Mill Superset With Lateral Raise				
Set #	Step Reps	Weight	Reps	Comments
1st	75	30 lbs.	15	Who would think to do push-ups on a step mill? This gets blood flowing in my chest, arms and upper back and then the superset really fatigues my shoulders with the lateral raise.
2nd	75	30 lbs.	15	
3rd	75	30 lbs.	15	
4th	75	30 lbs.	15	



Figure 4a.



Figure 4b.



Figure 4c.



Figure 4d.

**Exercise #5: Medicine Ball Slams Superset With Dumbbell Press**

Set #	Ball Reps I	Ball Reps II	Weight	Reps	Comments
1st	5	5	30 lbs.	5	This set started with 5 ball slams, then a sprint to the other end for 5 more ball slams, then a sprint back to the dumbbell press. I thought we were done after the fourth set so I put a lot of effort into that one. When my trainer said to do two more sets, I got really noxious as you can tell in the video at the end of the sixth set.
2nd	5	5	30 lbs.	5	
3rd	5	5	30 lbs.	5	
4th	5	5	30 lbs.	5	
5th	5	5	30 lbs.	5	
6th	5	5	30 lbs.	5	



Figure 5a.



Figure 5b.



Figure 5c.



Figure 5d.

**Exercise #6: Lateral Raises**

Set #	Weight	Reps	Comments
1st	70 lbs.	10+	After a solid workout, this is a safe way to get that final burn in a muscle group without losing control of a barbell and perhaps getting hurt. I like to use machines in a way that I can workout a tired muscle group without the risk of injury. I save the barbells, etc. for exercises where I have more strength and stamina.
2nd	70 lbs.	10+	
3rd	70 lbs.	10+	
4th	70 lbs.	10+	



Figure 6a.



Figure 6b.



# Split Workout For Arms Thursdays

<b>Exercise #1: Bench Dips (BD) Superset With Seated Dumbbell Curls (DC)</b>					
Set #	Weight BD	Reps BD	Weight DC	Reps DC	Comments
1st	Body	15	40 lbs.	5	This is a good way to warm up the triceps and biceps before getting into the more aggressive lifts. My trainer added a 40 lbs. dumbbell on my lap during the bench dips.
2nd	Body + 40 lbs	15	40 lbs.	5	
3rd	Body + 40 lbs	15	40 lbs.	5	
4th	Body + 40 lbs	15	40 lbs.	5	



Figure 1a.



Figure 1b.



Figure 1c.



Figure 1d.



Exercise #2: Triceps Kickback (KB) Superset With Biceps Curl (BC)					
Set #	Weight KB	Reps KB	Weight BC	Reps BC	Comments
1st	40 lbs.	10	40 lbs.	10	The key to the triceps kickback is to make sure your arm doesn't swing up to your chest as you go through the reps. It really should not go past 90 degrees to the floor before repeating.
2nd	40 lbs.	10	40 lbs.	10	
3rd	40 lbs.	10	40 lbs.	10	
4th	40 lbs.	10	40 lbs.	10	



Figure 2a.



Figure 2b.



Figure 2c.



Figure 2d.



Exercise #3: Skull Crushers (SC) Superset With Biceps Curl (BC)					
Set #	Weight SC	Reps SC	Weight BC	Reps BC	Comments
1st	40 lbs.	10	40 lbs.	10	I do both exercises one arm at time. This doesn't give me any rest and really helps to maximize my workout time. I keep my feet off the ground during the skull crushers to make them harder too.
2nd	40 lbs.	10	40 lbs.	10	
3rd	40 lbs.	10	40 lbs.	10	
4th	40 lbs.	10	40 lbs.	10	



Figure 3a.



Figure 3b.



Figure 3c.



Figure 3d.

<b>Exercise #4: Triceps Press Downs Superset With Biceps Curls</b>						
Set #	Triceps Wt. Supinated	Triceps Reps Supinated	Triceps Wt. Pronated	Triceps Reps Pronated	Biceps Curls Weight	Biceps Curls Reps
1st	70 lbs.	5	70 lbs.	5	40 lbs. each	10
2nd	70 lbs.	5	70 lbs.	5	40 lbs. each	10
3rd	70 lbs.	5	70 lbs.	5	40 lbs. each	10
4th	70 lbs.	5	70 lbs.	5	40 lbs. each	10



Figure 4a. Starting position.



Figure 4b. Ending position with supinated grip.



Figure 4c. Starting position.



Figure 4d. Ending position with pronated grip.



Figure 4e. Starting position.



Figure 4f. Ending position.

### Exercise #5: Biceps Posing Cable Pulls

Set #	Weight	Reps	Comments
1st	70 lbs.	10+	I had each weight stack set at 70 lbs. The key to this exercise is to drive your hands toward your ears while maintaining good form and not letting your hands get in front of your head. This is also a good exercise to do since one of the necessary poses in bodybuilding is a front double biceps pose, so you get good practice with this.
2nd	70 lbs.	10+	
3rd	70 lbs.	10+	
4th	70 lbs.	10+	



Figure 5a.



Figure 5b.

### Exercise #6: Hand Grip And Forearm Exercise

Set #	Weight	Reps	Comments
1st	140 lbs.	20+	I took different hand positions with each set to work a different angle on my hands and forearms. This is a great finishing exercise. You wouldn't want to start with this exercise because if you weaken your grip, you won't be able to do the necessary lifts in your workout.
2nd	140 lbs.	20+	
3rd	140 lbs.	20+	
4th	140 lbs.	-	



Figure 6a.



Figure 6b.





# Split Workout For Legs

## Fridays

### Exercise #1: Alternating Prone Single Leg Curls

Set #	Weight	Reps	Comments
1st	50 lbs.	10+	This is one of my warm-up exercises for my legs. Since I am going to be working the hamstrings a lot on this day, I need an exercise to get them ready for the more demanding exercises and this is a great way to start the day.
2nd	50 lbs.	10+	
3rd	50 lbs.	10+	
4th	50 lbs.	10+	



Figure 1a. Starting position.



Figure 1b. Ending position.

### Exercise #2: Prone Leg Curls Using Both Legs

Set #	Weight	Reps	Comments
1st	100 lbs.	10+	Still part of the warm-up routine, but getting a little heavier with the weight since both legs are used at the same time.
2nd	100 lbs.	10+	
3rd	100 lbs.	10+	
4th	-	-	



Figure 2a. Starting position.



Figure 2b. Ending position.



Exercise #3: Step-ups Superset With Lunges					
Set #	Weight Step-up	Reps Step-up	Weight	Reps Lunges	Comments
1st	Body + 40 lbs.	10	Body	10 per leg	Good safe exercise that really gets the burn going in the legs.
2nd	Body + 40 lbs.	10	Body	10 per leg	
3rd	Body + 40 lbs.	10	Body	10 per leg	
4th	Body + 40 lbs.	10	Body	10 per leg	



Figure 3a. Starting position.



Figure 3b. Ending position.

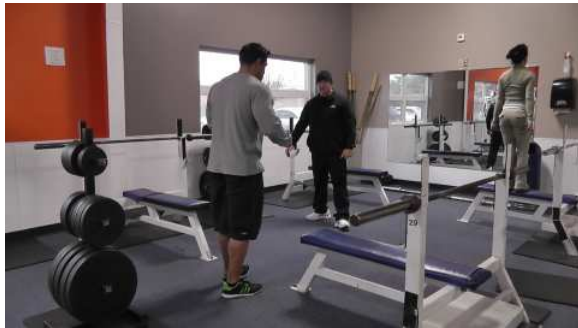


Figure 3c. Starting position.



Figure 3d. Ending position.

**Exercise #4: Single Leg Extensions**

Set #	Weight	Reps	Comments
1st	70 lbs.	10+	Leg extensions can also be used as a warm-up exercise for other heavier lifts, but in this routine and at this stage of the workout, I am using them as a safe way to continue the burn in my muscles.
2nd	70 lbs.	10+	
3rd	70 lbs.	10+	
4th	-	-	



Figure 4a. Starting position.



Figure 4b. Ending position.

**Exercise #5: Leg Extensions, Both Legs**

Set #	Weight	Reps	Comments
1st	130 lbs.	10+	This exercise helps to continue the burn in my quads from the previous two exercises, especially Exercise #3 where I did the step-ups superset with lunges. Those really put a good strain in my quads and I am really feeling it here.
2nd	130 lbs.	10+	
3rd	130 lbs.	10+	
4th	-	-	



Figure 5a. Starting position.



Figure 5b. Ending position.

<b>Exercise #6: Hip Abductors, Hip Adductors, Walking Lunges.</b>							
Set #	Abductors	Reps	Adductors	Reps	Lunges	Reps	Comments
1st	120 lbs.	10	200 lbs.	10+	Body wt.	25+	Nothing like a superset with another superset. All controlled movements that really work the entire leg.
2nd	120 lbs.	10	200 lbs.	10+	Body wt.	25+	
3rd	120 lbs.	10	200 lbs.	10+	Body wt.	25+	
4th	120 lbs.	10	200 lbs.	10+	Body wt.	25+	



Figure 6a. Starting position.



Figure 6b. Ending position.

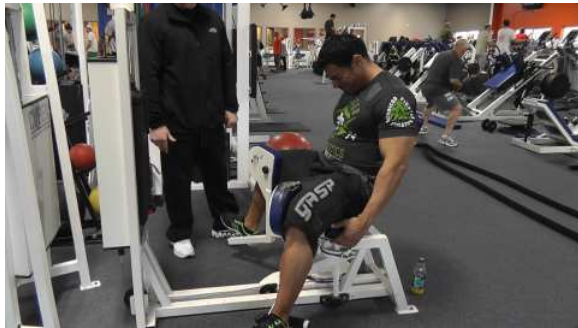


Figure 6c. Starting position.



Figure 6d. Ending position.



Figure 6e. Starting position.



Figure 6f. Ending position.

Exercise #7: Standing Calf Raises			
Set #	Weight	Reps	Comments
1st	500 lbs.	10+	Standing calf raises really works the gastrocnemius muscle very well. I will also do sitting calf raises sometimes which work the other calf muscle, the soleus. I choose to do my leg workouts on Friday's because as you can see, they are my longest workouts and I need the weekend to really recover from them.
2nd	500 lbs.	10+	
3rd	500 lbs.	10+	
4th	500 lbs.	10+	
5th	500 lbs.	10+	
6th	500 lbs.	10+	



Figure 7a. Starting position.



Figure 7b. Ending position.