

3-DAY SPLIT

Full Body — 3 Sessions a Week



Keith O'Beirne · nononsensefitness.ie

A complete beginner-friendly programme: push, pull and legs focus across three full-body days. Rest 2–3 days between sessions.

01 Day 1 — Push Focus

- **Barbell Bench Press** — 4 sets of 6–8
- **Overhead Press** — 3 sets of 8–10
- **Incline DB Press** — 3 sets of 10–12
- **Tricep Pushdown** — 3 sets of 12–15

02 Day 2 — Pull Focus

- **Barbell Row** — 4 sets of 6–8
- **Pull-Ups (or assisted)** — 3 sets of 8–10
- **Cable Row** — 3 sets of 10–12
- **Barbell Curl** — 3 sets of 12–15

03 Day 3 — Legs

- **Back Squat** — 4 sets of 6–8
- **Romanian Deadlift** — 3 sets of 8–10
- **Leg Press** — 3 sets of 10–12
- **Calf Raise** — 4 sets of 15–20
- Rest 2–3 days between sessions — recovery is where the muscle gets built

KEY TAKEAWAYS

Progressive overload is the whole game: when you hit the top of a rep range on every set, add a small amount of weight next session and start again at the bottom of the range. Log every session — memory lies.

TODAY'S ACTION

Training only works alongside the eating. Track your food free with our own app: nononsensefitness.ie/tracker — barcode scanner, no account, no ads.

Brand new to the gym?

Shopping, calories, tracking and the psychology of sticking with it — free.

Get the Day One Starter Pack →

nononsensefitness.ie/day-one

Now go lift.

Day One starter pack, Year Two advanced guide, free calorie tracker — all free at nononsensefitness.ie



Scan for everything free — or share this PDF with a mate

nononsensefitness.ie

[@nononsensefitness.ie](https://nononsensefitness.ie)