

3 DAY WORKOUT PLAN

BEGINNER UPPER / LOWER / FULL BODY



- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – UPPER BODY

Exercise	Reps
Barbell Chest Press	3 x 10–12
Cable Chest mid Fly	3 x 10–12
Barbell Lat Pulldown	3 x 10–12
Dumbbell Shoulder Press	3 x 10
Seated Cable Row Wide Grip	3 x 10–12
Lateral Raises Dumbbells	3 x 12–15
Triceps Rope Pushdowns	3 x 12
Dumbbell Biceps Curls	3 x 12

DAY 2 – LOWER BODY

Exercise	Reps
Leg Extensions	3 x 12
Barbell Squats	3 x 12–15
Romanian Deadlifts	3 x 10
Leg Curl Machine	2 x 12
Standing Calf Raises	3 x 15

DAY 3 – FULL BODY

Exercise	Reps
Standing Lunges	3 x 12
Inclined Bench Dumbbell Chest Press	3 x 10
Closed Grip Lat Pulldown	3 x 12
Dumbbell Front Raise	3 x 10
Barbell Hip Thrust or Glute Bridge	3 x 12
Rope Hammer Curls	3 x 12
Cable Small bar Tri Pushdown	3 x 12