

3 DAY WORKOUT PLAN

BEGINNER 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 – FULL BODY

Exercise	Reps
Leg Extensions	3 x 12
Barbell Chest Press	3 x 10–12
Barbell Lat Pulldown	3 x 10–12
Dumbbell Shoulder Press	3 x 10
Seated Leg Curl	3 x 12
Cable Rope Triceps Pushdown	3 x 12
Dumbbell Biceps Curl	3 x 12

DAY 2 – FULL BODY

Exercise	Reps
Barbell Squats	3 x 12
Incline Dumbbell Bench Press	3 x 12
Seated Cable Row Close Grip	3 x 10–12
Lateral Raises Dumbbells	3 x 12–15
Romanian Deadlift	3 x 12
Seated Overhead Dumbbell Triceps Extension	3 x 12
Hammer Rope Curls	3 x 12

DAY 3 – FULL BODY

Exercise	Reps
Bench Bulgarian Split Squats	3 x 10
Mid Chest Fly Cable	3 x 12
Wide-Grip Barbell Row	3 x 10
Barbell Hip Thrust or Glute Bridge	3 x 12
Face Pulls	3 x 12–15
Cable Small Bar Biceps Curl	3 x 12
Cable Triceps Pushdown Small Bar	3 x 12