

# 3-Day Full Body Workout Routine for Beginners

## Full Body Workout 1

- Bench press - 3 sets (8-10 reps)
- Rows - Three sets of 8-10 reps
- [Squats](#) – 3 sets of 8-10 reps

## Full Body Workout 2

- Deadlifts – 3 sets of 6-8 reps
- Pull-ups and Lat pulldowns - 3 sets (8-10 reps)
- Shoulder press - 3 sets (8-10 reps)

# Intermediate 3-Day Full Body Workout

## Full Body Workout 1

- Bench press - 3 sets - 5-8 reps
- Dumbbell shoulder presses - 2 sets of 5 to 8 reps
- Lat pulldown – 3 sets of 10-15 reps
- Leg curl - 3 sets, 10-15 reps
- Squats - 3 sets 5-8 reps
- Inline curl - 2 sets, 10-15 reps

- Triceps press down - 2 sets of 10-15 reps

## **Full Body Workout 2**

- 2 sets of 15-20 reps for lateral raise
- Cable row seated - 3 sets of 10-15 reps
- Dumbbell hammer curls - 2 sets of 10-15 reps
- Extension of the overhead triceps - 2 sets, 10-15 reps
- [Leg press](#) - 3 sets, 10-15 reps
- Incline dumbbell press – 3 sets of 10-15 reps
- Romanian deadlift – 3 sets of 10-15 reps

## **Full Body Workout 3**

- Cable crossover - 3 sets with 15-20 reps
- Dumbbell row – 3 sets of 5-8 reps
- Leg extension - 3 sets, 15-20 reps
- Leg curl - 3 sets, 15-20 reps
- Lying triceps extension – 2 sets of 10-15 reps
- Two sets of 10-15 reps for bent-over lateral raise
- Preacher curl – 2 sets of 10-15 reps

# Mass Workout: 3-Day Full Body Workout

## Full Body Workout 1: Push

- Floor Press - 4 sets with 5 reps
- Goblet squat- 4 sets of 5 reps
- Landmine press - 3 sets (8-12 reps)
- Leg extension - Three sets of 12 reps
- Leg press - 3 sets (8-12 reps)
- Pallof Press - 3 sets 12 reps

## Full Body Workout 2: Pull

- Cable rotations – 3 sets of 12 reps
- Rack pull - 5 sets of rack pull
- Lying Hamstring curl - 3 sets with 12 reps
- Hip thrusts – 3 sets of 8-12 reps
- Pull-ups – 3 sets of 5 reps
- Pulldown lat - 3 sets (8-12 reps)

## Full Body Workout 3: Superset

- Deadlift kettlebell - 3 sets (8-12 reps)
- Dumbbell incline press - 3 sets of 8-12 reps
- Dolly press single-arm dumbbell presses - 3 sets of 12 reps
- Hack squat – 3 sets of 8-12 reps

- Single-arm row – 3 sets of 8-12 reps
- Three sets of 8-12 reps for the bent-over row

# 3-Day Full-body Workout for Weight Loss

## Full Body Workout 1

- 5 sets of 5 deadlifts from the barbell
- Do 3 sets of 20 reps.
- Do 5 sets of 8 reps.
- Dumbbell power clean – 3 sets of 5 reps
- Dumbbell RDL to shrug- 3 sets of 12 reps
- Hanging leg raise – 3 sets of 10 reps
- Rows - 2 sets of rows for 1000M

## Full Body Workout 2

- 4 sets of 8 reps for the Barbell Bench Press
- AB wheel rollout – 3 sets of 12 repetitions
- Barbell squat 8 sets of 3 reps
- Barbell hip thrust – 4 sets of 12 reps
- Dumbbell bench press 4 sets of 10 reps
- Do 4 sets of 8 repetitions of the kneeling push-up
- Farmer's Walk - 2 sets covering the furthest distance
- Sprint Running - 5 sets at top speed for 8-10 secs

### **Full Body Workout 3**

- 4 sets of 8 repetitions for the overhead dumbbell press
- Bench Jump - 5 sets with 5 reps
- Cable woodchip - Three sets of eight reps per side
- Dumbbell shrug – 4 sets of 20 reps
- Dumbbell lunge – 4 sets of 8 reps each
- Do 100 repetitions of a kneeling push-up
- Face Pull - 4 sets with 12 reps
- Leg curls - 4 sets of 20 repetitions

## **The 3-Day Full-Body Workout Routines by Muscle Evo**

### **Full Body Workout 1**

- Bench Press 3 sets x 5 to 8 reps
- Reverse grip lat pulldown 3 sets x 10-15 reps
- Do 3 sets of squats x 5-8 reps
- Leg Curl 3 sets, x 10-15 reps
- Dumbbell Shoulder Press 2 sets, x 5-8 reps
- Incline Curl 2 sets, x 10-15 reps
- Triceps Pressdown 2 sets, x 10-15 reps

### **Full Body Workout 2**

- Incline Dumbbell Press 3 sets, x 10-15 reps

- **Cable Row 3 sets, 8-12 reps.**
- **Leg Press 3 sets, x 10-15 reps**
- **Romanian Deadlift 3 sets, x 10-15 reps**
- **Lateral Raise 2 sets x 15-20 reps**
- **Dumbbell Hammer Curl 2 sets, x 10-15 reps**
- **2 sets of Overhead Triceps Extension x 10-15 reps**

### **Full Body Workout 3**

- **Cable Crossover 3 sets, x 15-20 reps**
- **Wide Grip Front Lat Pulldown 3 sets, x 8-12 reps**
- **Leg Extension 3 sets x 10-15 reps**
- **Leg Curl 3 sets, x 10-15 reps**
- **Cable Face Pulls 2 sets, x 10-15 reps**
- **Preacher Curl 2 sets, x 10-15 reps**
- **Lying EZ Bar Extension 2 sets, x 10-15 reps**

This is the default version for the 3-day, full-body workout. Three workouts are done per week. You train your whole body on Monday, Wednesday, and Friday.

- **Monday: Full Body Workout 1**
- **Tuesday - Off**
- **Wednesday: Full Body Workout 2**
- **Thursday Off**
- **Friday Full Body Workout 3**
- **Saturday Off**
- **Sunday - Off**

The days that you train doesn't have to be set in stone. You can train on Tuesday, Thursday, and Saturday if you are unable to make it to the gym Monday, Wednesday, and Friday. You can also push back the day if you are late for a workout. Let's take, for example, a Wednesday workout that you missed. This is what your week could look like:

- **Monday: Full Body Workout 1**
- **Tuesday - Off**
- **Wednesday: Off**
- **Thursday: Full Body Workout 2**
- **Friday Off**
- **Saturday Full Body Workout 3**
- **Sunday - Off**

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**You are solely responsible for injury or any harm caused by consulting this manual.**

**We are not responsible for ensuring your safety during exercise or any problems related to your health.**

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**This guide is provided by [huyhoa.net](http://huyhoa.net). You can see detailed instructions and all exercises at this link:**

**<https://huyhoa.net/en/full-body-workout/>**