

Full Body 3 Day Bodyweight Workout To Build Muscle At Home

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Article Links: thefitnessphantom.com/3-day-full-body-workout-at-home

[Bodyweight exercises have a plethora of benefits](#) including increased strength, mobility, and muscle growth.

You can do bodyweight exercises to improve muscular endurance ³and posture ⁴.

You can follow my best 3 day full body home workout plan to build a fair amount of strength and mass.

- **Time: 45-60 Minutes**
- **Frequency: 3 day a week**
- **Goal: Bodybuilding**
- **Beginner – 1 set, Intermediate – 2 sets**
- **Training Days:** Monday, Wednesday and Friday or Alternate Days
- **Intervals between sets:** 30 to 90 seconds

Day -1

- **Forward Lunges** – 10 Reps x 2
- **Squat** – 15 Reps x 3
- **Floor IYT Raises** – 8 Reps x 2
- **Incline Push up** – 10 Reps
- **Trinagle Pushup** -10 Reps x 2
- **Pike Push up** – 6 Reps x 2
- **Chair Dips** – 10 Reps x 2
- **Plank** – 30 to 60 seconds

Day 2

- **Jump Squat** – 20 seconds
- **Mountain Climbers** – 20 seconds
- **Table Inverted Row** – 8 Reps x 2
- **[W Superman](#)** – 8 Reps x 2

- **Towel Pull inside** – 10 Reps x 2
- **Bicep Leg Curl** – 10 Reps x 2
- **Reverse Crunches** – 10 Reps x 2
- **Leg raises** – 8 Reps x 2
- **Flutter Kicks** – 15 seconds
- **Side Plank** – 20 seconds

Day 3

- **Squat** – 20 reps
- **Bulgarian Split Squat** – 10 reps
- **Standing Leg Curl** – 10 reps
- **Single-Leg Romanian Deadlift** – 8 reps
- **Glutes Bridges** – 10 reps x 2
- **Floor IYT Raises** – 8 Reps x 2
- **Pike Push up** – 6 Reps x 2
- **Chair Dips** – 10 Reps x 2
- **Bird Dog** – 6 Reps x 2
- **Table Inverted Row** – 8 Reps x 2
- **Leg Biceps Curl** – 10 Reps x 2
- **Leg Raises** – 10 reps
- **Reverse Crunches** – 10 reps
- **Plank** – 30 to 60 seconds
- **Side Plank** – 20 to 30 seconds
- **Russian Twist** – 15 to 20 seconds
- **V ups** – 6 Reps x 2

Related: [Bodyweight Workout Plan To Get Ripped \(With PDF\)](#)

Is 3 Days A Week Enough To Build Muscle?

No, doing a 3-day full-body workout at home without equipment isn't enough to build muscle. However, if you're lean, then there is a chance that it can help you build strength and mass over a long period of time and increase your calorie consumption. You can eat [high-protein foods](#) as well as can take [whey protein powder](#) to boost muscle gain.

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