

3 Day Full Body Workout Routine for Beginners

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This 3-day full-body workout routine is suitable for those beginners who work out more than two times a week.

Working out three days a week produces slightly similar results in “lean mass and strength” compared to working out six times a week – shown in 8-week research published by the International Journal of Sports Science.

However, the results won't be the same always. It is because everyone's body responds differently.

So you'll need to check your progress continuously and make changes whenever necessary.

Okay, let's see what exercises you'll do in beginner's 3 days a week gym workout plan.

Day 1 – Monday

Exercise	Muscles Worked	Reps	Rest
Smith Machine Back Squat	Legs	15, 12, 10	2-3 mins
Dumbbell Lunges	Legs	10 x 2	1-2 mins
Incline Bench Press	Chest	10 x 2	2-3 mins
DB Incline Bench Press	Chest	10 x 2	2-3 mins
Overhead Press	Shoulder	10 x 2	2-3 mins
Incline DB IYT Raises	Shoulder & Back	10 x 2	2-3 mins
Bench Dips	Triceps	10 x 2	1-2 mins
Plank and Side Plank	Core	1 x 1	30-60 sec

Day 2 – Wednesday

Exercise	Muscles Worked	Reps	Rest
Deadlift	Legs and Back	6, 5, 4	2-3 mins
Lat Pulldown	Back	10 x 2	1-2 mins
Seated Cable Rowing	Back	10 x 2	2-3 mins
Single Arm DB Rowing	Back	10 x 2	2-3 mins
Face pull	Rear Delt & Upper Trap	10 x 2	2-3 mins
Barbell Curl	Biceps	10 x 2	2-3 mins
Hamstring Curl	Hamstrings	10 x 2	1-2 mins
Glutes Bridge	Glutes	10 x 2	1-2 mins
Reverse Crunches	Core	10 x 2	30-seconds

Day 3 – Friday

Exercise	Muscles Worked	Reps	Rest
Incline Bench Press	Chest	10 x 2	2-3 mins
Dumbbell Pullover	Chest and Lats	8 x 2	1-2 mins
Bent-arm Lateral Raise	Shoulder	8 x 2	2-3 mins
Upright Row	Back and Shoulder	8 x 2	2-3 mins
Bent-Over Row	Back	10 x 2	2-3 mins
Barbell Jammers	Legs, Shoulder, and Chest	10 x 2	2-3 mins

Exercise	Muscles Worked	Reps	Rest
DB Squat to Calf Raise	Legs	10 x 2	1-2 mins
Hip Thrust	Hips and Glutes	10 x 2	1-2 mins

List of Exercises with how-to instructions that you can use in your workout schedule.

1. [20+ Dumbbell Compound Exercises](#)
2. [Best Chest And Shoulder Workout To Build Muscle](#)
3. [Top 7 Back Workout For Mass Gain](#)
4. [Dumbbell Leg Exercises \(An Ultimate Guide\)](#)
5. [Best Glute And Hamstring Workout](#)
6. [Biceps And Triceps Workout At The Gym \(With PDF\)](#)

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If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.