

3 Day PPL Barbell Workout Schedule At Home for Beginners

Created by [Murshid Akram](#)

Administrator of the [Thefitnessphantom.com](#)

Article Link - [Thefitnessphantom.com/barbell-workout-routine-at-home/](#)

- Monday – Push Workout- Chest, Shoulder and Triceps
- Wednesday – Pull Workout – Back, Biceps, and Core
- Friday – Quadriceps, Hamstrings, Glutes, and Calves

Monday – Push Workout- Chest, Shoulder, and Triceps

Exercise	Muscle Build	Reps	Rest
Barbell Bench Press	Chest	15, 12, 10	1-3 mins
Incline Bench Press	Chest	12, 10, 8	1-3 mins
Barbell Landmine Press	Chest	12, 10, 8	1-3 mins
Narrow Grip Bench Press	Triceps	12, 10, 8	1-3 mins
Skull Crushers	Triceps	12, 10, 8	1-3 mins
Barbell Overhead Press	Shoulder	12, 10, 8	1-3 mins
Barbell Front Raises	Shoulder	12, 10, 8	1-3 mins

Wednesday – Pull Workout – Back, Biceps, and Core

Exercise	Muscle Build	Reps	Rest
Barbell Deadlift	Back and Legs	6, 5, 4, 2	1-3 mins

Exercise	Muscle Build	Reps	Rest
Barbell Bent Over Row	Back	10, 8, 6	1-2 mins
Barbell T Rowing	Back	12, 10, 8	1-2 mins
Incline Prone Rowing	Back	12, 10, 8	1-2 mins
Barbell Drag Curl	Biceps & Back	12, 10, 8	1-2 mins
Barbell Curl	Biceps	12, 10, 8	1-2 mins
Landmine Curl	Biceps	12, 10, 8	1-2 mins
Barbell Ab Rollout	Abs	5 x 3	30-60 sec
Barbell Sit-ups	Abs	6 x 3	30-60 sec
Barbell Wrist Curl	Wrists	10 x 2	1-2 mins

Friday – Quadriceps, Hamstrings, Glutes, and Calves

Exercise	Muscle Build	Reps	Rest
Barbell Back Squat	Quad	20, 15, 12	2-3 mins
Barbell Lunges	Quad and Hams	12, 10, 8	1-2 mins
Sumo Deadlift	Entire Legs	12, 10, 8	1-2 mins
Hip Thrust	Hips and Glutes	10, 10, 8	1-2 mins
Romanian Deadlift	Hams and LB	10, 8, 6	1-2 mins
Barbell Good Morning	Hams and LB	10, 8, 6	1-2 mins
Barbell Calf raises	Calves	12, 10, 8	1-2 mins

Alternate: [3 Day Compound Workout Routine](#)

More articles for beginners and workout routines that can be helpful for you.

- 1) [1 Hour Gym Workout For Beginners To Build Muscle](#)
- 2) [Bodyweight Push Workout For Beginner](#)
- 3) [Knee Push-Ups For Beginners \(With Video\)](#)
- 4) [Dumbbell Exercises For Beginners \(Complete Guide\)](#)
- 5) [Full Bodyweight Workout For Beginners At Home](#)
- 6) [Beginner Upper Body Workout \(An Ultimate Guide\)](#)
- 7) [A Complete 4-Week Beginner Workout Routine](#)
- 8) [4 Day Compound Workout Routine \(5 Types\)](#)

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