

# Ultimate 3 Day Gym Workout Plan For Beginners

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## Summary

Program Duration	4-8 Weeks
Primary Goal	Building Strength and Lean Mass
Difficulty	Beginner
Suitable For	Male and <a href="#">Female</a>

Duration of One Session	45-60 minutes
Recommended Supplement	<a href="#">Whey Protein Isolate</a>

## Type of Exercises You'll Do

I've included mostly [compound exercises](#) and a few isolation workouts in this beginner 3 Day gym workout split.

Compound exercises are excellent for increasing strength and hypertrophy as they strengthen multiple muscles simultaneously and isolation exercises allow to build up specific muscles at a time. I hope the combination of these exercises will help you achieve your fitness goal.

## Optimum Tempo

Tempo is the rate of speed at which you complete a rep. It includes four phases: eccentric, pause, concentric, and pause; and each phase count in duration typically from zero to five seconds.

Since you're a beginner, I recommend you perform each rep in a controlled fashion without concerning about optimum tempo.

A study demonstrated that neither slow nor fast movement tempos are more effective for muscle hypertrophy.<sup>1</sup> So, it would be best to focus on good muscle contraction during each repetition to achieve the maximum results.

## Rest Days

You can take a rest on alternate days depending on your lifestyle. But avoid working out three days in a row as it can cause muscle fatigue and exhaust you.

### **Warm-up Exercises**

You can do a couple of exercises, such as bodyweight squats, pushups, jumping jacks, and squat jumps to pump your heart and increase blood flow before lifting the pounds.

### **Suitable time to workout**

You can work out at any time of the day that suits you the most. However, you shouldn't work out on an empty stomach. You can take [pre-workout on an empty stomach](#) if you train in the morning. (Also check out: [What's The Best Time To Workout?](#))

### **Core Workout**

I've not included any specific core exercises in this workout plan. However, if you want to bolster your core, you can check out some of the best [isometric abs workouts](#).

Okay! Let's uncover the plan.

## **3 Day Gym Workout Plan For Beginners**

- Day 1: Chest and Triceps
- Day 2: Back and Biceps
- Day 3: Legs and Shoulder

## Day 1: Chest And Triceps

Workout	Reps x Sets	Rest Between Sets
Smith Machine Flat Bench Press	8-12 x 3	1-3 min
Incline Dumbbell Bench Press	8-12 x 3	1-3 min
Pec Deck Fly	8-12 x 2	1-2 min
Narrow Push-ups on Knees	8-12 x 2	1-2 min
Triceps Rope Pushdown	8-12 x 3	1-2 min
Single-arm Overhead Tricep Extension	8-12 x 3	1-2 min

You can replace some of the exercises from this routine in the upcoming weeks. For example, you can do an incline smith machine bench press, flat dumbbell bench press, [assisted dips](#), cable flies, [dumbbell pullover](#) for your

chest and narrow grip bench press, skull crusher, and tricep kickbacks for triceps.

However, as a beginner, you should primarily focus on compound exercises for the chest and triceps, such as presses, dips, and push-ups for gaining [strength and mass](#).

- Increase the load in every set of each workout if possible. But make sure you perform each rep with good form.

## Day 2: Back And Biceps

Workout	Reps x Sets	Rest
Pullups/Deadlift	2-6 x 3	1-3 min
<a href="#">Wide Grip Lat Pulldown</a>	8-12 x 4	1-3 min
<a href="#">Bent-over Barbell Row</a>	8-12 x 3	1-2 min
Seated Cable Rowing	8-12 x 3	1-2 min

Barbell Biceps Curl	8-12 x 3	1-2 min
Cable Biceps Curl	8-12 x 3	1-2 min

You can do various other [exercises to build a bigger and wider back](#), such as single-arm dumbbell row, inverted row, chest supported row, T-bar row, and V-grip lat pulldown.

And for building brawny [biceps](#), you can incorporate incline dumbbell curl, preacher curl, hammer curl, and concentration curl in the 3 Day gym workout routine.

## Day 3: Legs And Shoulder

Workout	Reps x Sets	Rest
Smith Machine Back Squat	10-15 x 3	1-3 min
<a href="#">Dumbbell Forward Lunges</a>	8-12 x 2	1-2 min
Machine Leg Curl	8-12 x 3	1-2 min

Smith Machine Overhead Press	8-12 x 3	1-3 min
Dumbbell Lateral Raises	8-12 x 3	1-2 min
<a href="#">Dumbbell Rear Delt Fly</a>	8-12 x 3	1-2 min
<a href="#">Cable Upright Row</a>	8-12 x 2	1-2 min

Since you're a beginner, you should focus more on machines workout for legs, such as leg press, hack squat, leg extension, and [calf raises](#). You can do these exercises on alternate leg days for efficient results.

And to build rounded delts and muscular [shoulders](#), you can include more shoulder workouts, such as dumbbell overhead press, dumbbell front raises, and dumbbell shrugs in this beginners 3 Day gym workout plan.

## Alternate Gym Workout Plans For Beginners

- [The Best Push Pull Legs 3 Day Split \(With PDF\)](#)
- [3 Day Compound Workout Routine](#)
- [3 Day Full Body Workout At Home](#)
- [3 Day Upper Lower Split for Men and Women](#)

And once you decide to increase training frequency per week, here are some follow-up programs for you:

- [4 Day Push Pull Workout Routine](#)
- [4 Day Compound Workout Routine](#)
- [Push Pull Legs 5 Day Split Workout](#)
- [5 Day Compound Workout Routine To Build Muscle](#)
- [5 Day Gym Workout Schedule](#)

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