

Best 3 Day Full Body Barbell Workout Routines

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Check out [article](#) for more info

Full Body 3 Day Barbell Workout For Beginners

DAY 1

Exercise	Muscle Worked	Reps	Rest
Barbell Squat	Quads	10-15 x 3	2-min
Barbell Bench Press	Chest	10-12 x 3	2-min
Barbell Bent-over Rowing	Back	10-12 x 3	2-min
Barbell RDL	Hams	6-8 x 3	2-min

Additional exercises:

- [Barbell Front Raises](#)
- [Leaning Over Barbell Lateral Raises](#)

DAY 2

Exercise	Muscle Worked	Reps	Rest
Barbell Deadlift	Integrated Full Body	2-6 x 4	2-min
Barbell Overhead Press	Shoulder	10-12 x 3	2-min
Barbell Curl	Biceps	10-12 x 3	1-min
Narrow Grip Bench Press	Triceps	10-12 x 3	1-min

You can also do the following exercises if you like:

- [Barbell Hip Thrust](#)
- Chest Supported Row

DAY 3

Exercise	Muscle Worked	Reps	Rest
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Barbell Lunges	Lower Body	8-12 x 3	1-min
Pendlay Barbell Row	Back	8-12 x 3	2-min
Incline Barbell Bench Press	Chest	10-12 x 3	2-min
Barbell Upright Row	Back and Shoulder	8-10 x 3	2-min

The additional workouts you can do:

- Barbell Shrug
- [Barbell Sumo Squat](#)

3 Day Barbell Only Workout For Intermediate

Monday – Day 1

Exercise	Muscle Worked	Reps	Rest
Barbell Squat	Quads	10-15 x 3	2-min
Barbell Bench Press	Chest	10-12 x 3	2-min
Barbell Bent-over Rowing	Back	10-12 x 3	2-min
Barbell Skullcrusher	Triceps	8-12 x 3	2-min
Barbell Biceps Curl	Biceps	8-12 x 3	2-min

Tuesday – Day 2

Exercise	Muscle Worked	Reps	Rest
Barbell Deadlift	Full Body	2-6 x 4	2-min
Barbell Good Morning	Lower Body	6-8 x 3	1-min
Barbell Overhead Press	Shoulder	10-12 x 3	2-min
Barbell Meadows Row	Back	10-12 x 3	1-min
Barbell Upright Row	Shoulder	8-12 x 3	1-min

Wednesday – Day 3

Exercise	Muscle Worked	Reps	Rest
Barbell Lunges	Lower Body	8-12 x 3	2-min
Incline Bench Press	Chest	10-12 x 3	2-min
Incline Chest Supported Row	Back & Delts	10-12 x 3	2-min
Barbell Hip Thrust	Glute & Ham	8-12 x 3	1-min
Barbell Front Raises	Front Delt	8-12 x 3	2-min

Advanced 3 Day Full Body Barbell Workout Routine

Monday

Exercise	Muscle Worked	Reps	Rest
Barbell Bench Press	Chest	8-12 x 4	2-min
Barbell Forward Lunges	Legs	8-10 x 3	2-min
Barbell Bent-over Rowing	Back	8-12 x 4	2-min
Barbell Overhead Press	Shoulder	8-12 x 3	2-min
Barbell Crunches	Core	8-12 x 3	1-min
Incline Chest Supported Row	Back & Delts	8-12 x 3	2-min

Wednesday

Exercise	Muscle Worked	Reps	Rest
Barbell Back Squat	Legs	8-12 x 4	2-min
Incline Bench Press	Chest	8-12 x 4	2-min
Barbell T Rowing	Back	8-12 x 3	2-min
Barbell Landmine Press	Pecs and Delts	8-12 x 3	2-min
Barbell Upright Row	Traps & Delts	8-12 x 3	2-min
Barbell Skull Crusher	Triceps	8-12 x 3	2-min

Friday

Exercise	Muscle Worked	Reps	Rest
Barbell Deadlift	Full Body	2-6 x 4	2-min
Barbell Jammers	Full Body	6-8 x 4	2-min
Barbell Rollout	Core	6-8 x 2	1-min
Seated Barbell Oblique Twist	Core	8-10 x 2	1-min
Stiff-Leg Deadlift	Hams & Glute	6-8 x 3	2-min
Barbell Biceps Curl	Biceps	8-12 x 3	1-min

Related Programs:

- [Best 6 Week Full Body Workout Plan](#)
- [Best 4 Day Dumbbell And Barbell Workout Routine](#)

- [Best Barbell HIIT Workouts And Routines](#)
- [The Ultimate 3 Day Gym Workout Plan](#)

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