

The Ultimate 3 Day Gym Workout Routine

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Summary

Program Duration	6-8 Weeks
Program Goal	Build Muscle and Strength
Routine Type	Upper/Lower Mix and PPL
Training Level	Beginner to Advanced
Training Days per Week	3 Days
Suitable For	Men and Women
Duration of One Session	45-90 minutes
Alternate Programs	30 Day Muscle Building Workout Plan

You can save this [3-Day Gym Workout Plan](#) if you're a beginner.

The Best 3 Day Gym Workout Routine for Mass

- Day 1: Chest, Triceps, and Calves
- Day 2: Back, Biceps, and Hamstrings
- Day 3: Shoulder, Quadriceps, and Glutes

Day 1: Chest, Triceps, And Calves

Workout	Sets	Reps	Rest Between Sets
Flat Barbell Bench Press	4	12, 10, 8, 8	1-2 min
Incline Dumbbell Bench Press	3	12, 10, 8	1-2 min
Machine Chest Fly	3	12, 10, 10	1-2 min
Triceps Rope Pushdown	3	12, 10, 10	1-2 min
One-arm Overhead Tricep Extension	2	10, 10	1-2 min
Standing Calf Raises	3	15, 15, 15	1-2 min

1. Increase the load after each set of every exercise.
2. Perform each exercise in a controlled manner with proper form.

You can replace some exercises for the chest, triceps, and calves in the following weeks of 3 Day gym workout schedule.

Here's the list of exercises you can incorporate or replace:

Exercise	Muscle
Barbell Incline Bench Press	Chest
Dips	Chest and Triceps
Dumbbell Pullover	Chest
Pec Deck Fly	Chest
Skull Crusher	Triceps
Tricep Kickback	Triceps
Bench Dips	Triceps
Cable Pushdown	Triceps
Donkey Calf Raises	Calves

3 Day Gym Workout Routine

Day 2: Back, Biceps, And Hamstrings

Workout	Sets	Reps	Rest
Wide Grip Lat Pulldown	4	12, 10, 10, 8	1-3 min
Bent-over Barbell Row	3	12, 10, 8	1-2 min
Seated Cable Rowing	3	12, 10, 8	1-2 min
Barbell Biceps Curl	3	12, 10, 10	1-2 min
Concentration Curl	3	12, 10, 10	1-2 min
Romanian Deadlift	3	8, 6, 6	1-3 min

- You can replace some exercises in the following weeks. For example, you can do one-arm dumbbell rowing instead of bent-over row, pull-ups instead of the deadlift, cable curl instead of barbell curls, etc.

Day 3: Quadriceps, Shoulder, And Glutes

Workout	Sets	Reps	Rest
Barbell Back Squat	4	15, 12, 10, 8	1-3 min
Machine Leg Press/Extension	3	15, 12, 10	1-2 min
Barbell Overhead Press	3	12, 10, 8	1-3 min
Dumbbell Lateral Raises	3	12, 10, 8	1-2 min
Machine Reverse Fly	3	12, 10, 8	1-2 min
Upright Row	3	12, 10, 8	1-2 min
Hip Thrust	3	12, 10, 8	1-2 min

Advanced 3 Day Gym Workout Schedule To Build Muscle

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

Day 1: Chest, Shoulder, And Triceps

Exercise	Sets	Reps	Rest
Flat Barbell Bench Press	4	12, 10, 8, 6	2-3 min
Incline Dumbbell Press	4	10, 8, 8, 6	2-3 min
Barbell Overhead Press	4	12, 10, 8, 6	2-3 min
Dumbbell Lateral Raises	3	12, 10, 8	1-2 min
Machine Reverse Fly	3	10, 10, 8	1-2 min
Triceps Pushdown	3	12, 10, 8	1-2 min
One-arm DB Tricep Extension	3	10, 10, 8	1-2 min

Day 2: Back, Biceps, And Forearms

Exercise	Sets	Reps	Rest
Conventional Deadlift	4	6, 4, 3, 2	2-3 min
Bodyweight/Weight Pull-ups	3	6-12 each	2-3 min
Wide Grip Lat Pulldown	4	12, 10, 8, 6	2-3 min
Seated Cable Rowing	4	12, 10, 8, 6	1-2 min
Standing Barbell Bicep Curl	3	12, 10, 8	1-2 min
Seated Dumbbell Curl	3	12, 10, 8	1-2 min
Dumbbell Wrist Curl	3	12, 10, 8	1-2 min

Day 3: Legs And Core

Exercise	Sets	Reps	Rest
Barbell Back Squat	4	15, 12, 10, 8	2-3 min
Machine Leg Press	3	15, 12, 10	2-3 min
Leg Extension	3	12, 10, 8	1-2 min
Machine Leg Curl	3	12, 10, 8	1-2 min
Hip Thrust	3	12, 10, 8	1-2 min
Dumbbell Side Bends	2	12, 12	30-sec
Hanging Knee Raise	2	10, 10	30-sec
Weighted Plank	1	1-2 min	–

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Alternate Gym Workout Plans

- [6 Week Full Body Workout Plan](#)
- [4 Week Free Weight Workout Plan To Build Muscle](#)
- [Best 4 Day Gym Workout Schedule For Muscle Gain](#)

- [Push Pull Legs 5 Day Split](#)
- [Best Upper Lower Split 3, 4, 5, & 6 Day Routine](#)