

3 Day Full Body Barbell and Dumbbell Workout for Fat Loss

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Check out [article](#) for more info

You can perform numerous exercises with dumbbells and barbells to burn significant calories, boost metabolism, [enhance cardiovascular fitness](#), and decrease body fat percentage.

However, you need a well-designed workout plan to train in an organized manner and achieve the best results.

That is why I've created an ultimate 3-day full body dumbbell and barbell workout routine for those who want to shed excess kilos and improve body composition.

Whether you're a male or female, you can follow this program to improve your overall fitness.

Summary

- Duration/session: 45 minutes
- Intensity: Moderate to High (60-75% of your maximum heart rate)
- The number of rounds: As many rounds as possible in 45 minutes.
- Training Days: Monday, Wednesday & Friday
- You can also perform bodyweight cardio on alternate days.
- Suggested Program Duration: 12-16 weeks

Day 1 – Monday

Perform as many rounds as possible in 45 minutes

Exercise	Reps	Interval
DB Squat to Overhead Press	10	45-sec
Bent-over Barbell Row	12	45-sec
Dumbbell Surrenders	10	60-sec
Kneeling DB Woodchop	10/side	60-sec

Barbell Romanian Deadlift	10	2-min
Incline DB Plank Rowing	10/side	2-min

Day 2 – Wednesday

Exercise	Reps	Interval
Barbell Bench Press	15	1-min
DB Lunges to Rotation	6/side	2-min
Barbell Thruster	10	2-min
Dumbbell Lateral Raises	12	1-min
Dumbbell Overhead Squat	12	90-sec
Barbell Landmine Oblique Twist	10/side	2-min

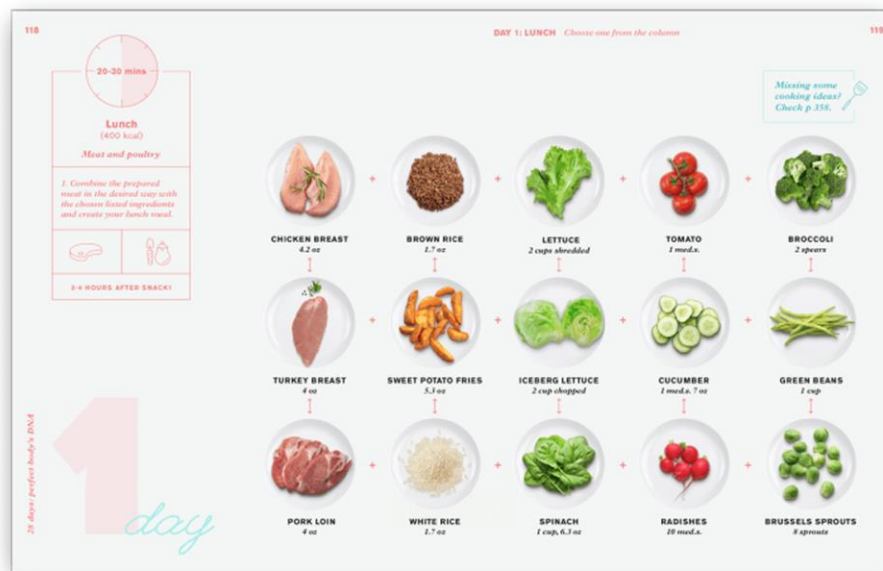
Day 3 – Friday

Exercise	Reps	Interval
Conventional Deadlift	8	2-min
One-arm Kneeling Landmine Press	10/side	60-sec
Sumo Cossack Squat	10/side	60-sec
Kneeling DB Low to High Chop	10/side	60-sec
Incline DB Plank Rowing	10/side	60-sec
Seated Rear Delt Dumbbell Raise	12	2-min

Additional Tips and Information for Maximizing Results

1. **Progressive Overload:** Increase the loads, the number of reps and sets, and daily workout duration gradually to level up your fitness and build an athletic physique.
2. **Pre-Workout Meal:** For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.
3. **Post-Workout Meal:** Having some good food and supplements after the training helps rebuild muscle and increase mass. I suggest consuming 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).
4. **Modification:** You can make any adjustment to this program depending on your fitness level.

5. **Add a variety of exercises:** You can include more exercises from the [list of dumbbell](#) and [barbell exercises](#) in the coming weeks.
6. **Best time to work out:** It is best to work out when you feel physically and mentally active to give your hundred percent.
7. **Maintain a little discipline:** Repeating the same thing for a considerable period can be boring, but you must maintain the discipline to accomplish the best result.



If you want to know more about the best weight loss diet, you can check this [Beyond Body Guide](#).

Recommended Supplements for Speeding up Weight Loss:

1. [Fat Burn Active](#)
2. [Keto Actives](#)
3. [NuviaLab Keto](#)
4. [Fast Burn Extreme](#)
5. [Nutrigo Lab Burner](#)
6. [Cappuccino MCT Coffee](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [Full Body Dumbbell Workout For Weight Loss](#)
- [The Ultimate HIIT Exercises List](#)

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