

# 3 DAY UPPER LOWER SPLIT FOR BEGINNERS TO BUILD STRENGTH AND MASS

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Check out [article](#) for more info

## Workout Routine Summary

- Sessions/week: 3
- Duration/session: 45 minutes
- Suggested Program Duration: 8-12 weeks
- Workout Level: Beginner
- Target Gender: Male and Female
- Plan to follow next: [4-day Upper Lower Split Bodybuilding](#)

## Terms used in the program:

- **AMRAP**: As many reps as possible
- **RPE**: Rate of perceived exertion. It is a way of measuring how hard you push yourself to perform reps. It is a scale of 1-10, with 6-7 being a warm-up, eight meaning 2-4 reps left in the tank before failure, 9 meaning one rep left in the tank, and ten being your one rep max (the maximum weight you can lift in one rep).
- **SM**: Smith Machine
- **DB**: Dumbbell

## Program Schedule

- **Day 1** – Upper Body (Chest, Shoulder, and Triceps)
- **Day 2** – Lower Body (Legs and Glutes)
- **Day 3** – Upper Body (Back, Shoulder, and Biceps)
- **Alternate Day OFF**

**Core Workout:** I've not included specific [abs and oblique exercises](#) in this workout routine. However, if you want to bolster your core, you can perform some exercises on the upper or lower body day.

## Day 1 – Upper Body (Chest, Shoulder, and Triceps)

### Warm-up

1. Ankle Hops: 15 seconds
2. Jumping Jacks: 15 seconds
3. Mountain Climber: 15 seconds
4. [Back and Forth Leg Swings](#): 15-sec/leg
5. Treadmill: 2-3 min at your desired pace

### Strength Training

Exercise	Reps	Sets	Rest	RPE
<a href="#">SM Flat Bench press</a>	10-12	3	2-min	8
Incline DB Bench Press	10-12	3	2-min	9
Pec Deck Machine Fly	12-15	2	90-sec	9
<a href="#">DB Lateral Raise</a>	10-12	2	90-sec	8
Rope Pushdown	12-15	2	2-min	9

### Cool Down Stretching

- Cobra Pose: 15-sec x 2
- [Child Pose](#): 15-sec x 2
- Knee to Chest Stretch: 15-sec/side



## Day 2 – Lower Body (Legs and Glutes)

### Warm-up

6. Ankle Hops: 15 seconds x 2
7. Jumping Jacks: 15 seconds x 2
8. Mountain Climber: 15 seconds x 2
9. Knee Pushups: 10 reps x 2
10. Treadmill: 2-3 min at your desired pace

## Strength Training

Exercise	Reps	Sets	Rest	RPE
<a href="#">Dumbbell Front Squat</a>	10-12	3	2-min	8
Machine Leg Press	10-12	3	2-min	9
<a href="#">DB Front Lunges</a>	8-10	2	2-min	9
Machine Leg Curl	12-15	2	2-min	8
<a href="#">Calf Raises</a>	12-15	2	90-sec	9

### Cool Down Exercise:

- Stationary Bicycling: 3-5 min

## Day 3 – Upper Body (Back, Shoulder, and Biceps)

### Warm-up

- Jumping Jacks: 15 seconds
- Mountain Climber: 15 seconds
- Squat Thrust: 10 reps
- Back and Forth Leg Swings: 15-sec/leg
- Treadmill: 2-3 min at your desired pace

## Strength Training

Exercise	Reps	Sets	Rest	RPE
<a href="#">Front Lat Pulldown</a>	10-12	3	2-min	9
<a href="#">Seated Cable Rowing</a>	10-12	3	2-min	9
One-arm Dumbbell Row	8-10	2	2-min	9
Reverse Pec Deck Fly	12-15	3	2-min	9
<a href="#">Barbell Curl</a>	12-15	3	90-sec	8

### Cool Down Stretching

- Cobra Pose: 15-sec x 2
- Child Pose: 15-sec x 2
- [Cat-Cow Pose](#): 15-sec x 2
- [Superman Fly](#): 10-sec x 2



## Instructions and Tips to Follow This Program Effectively

### 1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

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.

### 2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

### 3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.<sup>4</sup>

### 4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

### 5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

## **6. Train When You Feel the Most Active**

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

## **7. Progress Your Level**

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

## **8. Post Workout Meal**

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 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).

## **9. Keep yourself hydrated**

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

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<sup>1</sup> When taken over time with regular resistance training

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### Recommended Supplements:

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	Orgain Organic Vegan Protein Powder
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testo Activator</a>

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### Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)

- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

**Alternate Routines:**

- [3 Day Hybrid Workout Plan](#)
- [3 Day Superset Workout to Build Muscles](#)
- [The Best Push Pull Legs 3 Day Split](#)
- [3 Day Compound Workout Routine](#)

**I've also designed a customized 12-Week Detailed Workout plan for serious fitness enthusiasts who want to put on muscles and increase strength.**

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