

# 30-DAY COMPOUND AND ISOLATION WORKOUT ROUTINE

Created by: [Murshid Akram](#)

Check out [article](#) for more info

When it comes to developing strength, muscle, and overall physique, the combination of compound and isolation exercises can be helpful.

Exercises that work on multiple muscles simultaneously are known as [compound exercises](#). For example, [IYT raise](#) is a compound movement that [engages the shoulder and back](#) at the same time.

And exercises that focus on developing a specific muscle are called [isolation exercises](#). For example, the biceps curl is an isolation exercise that works on the biceps only.

You can do numerous compound and isolation exercises to target all your muscle groups from the upper to the lower body and build a defined physique.

Performing compound and isolation exercises together helps increase overall strength, gain mass, improve physique appearance, and even out muscle imbalance.

I've designed an ultimate 3-day compound and isolation workout routine to help you train in an organized fashion and achieve decent results.

You can try this routine for one month, and I hope you'll see some progress.

**Note:** This program is for healthy individuals. People with any health conditions should avoid this.

## Summary

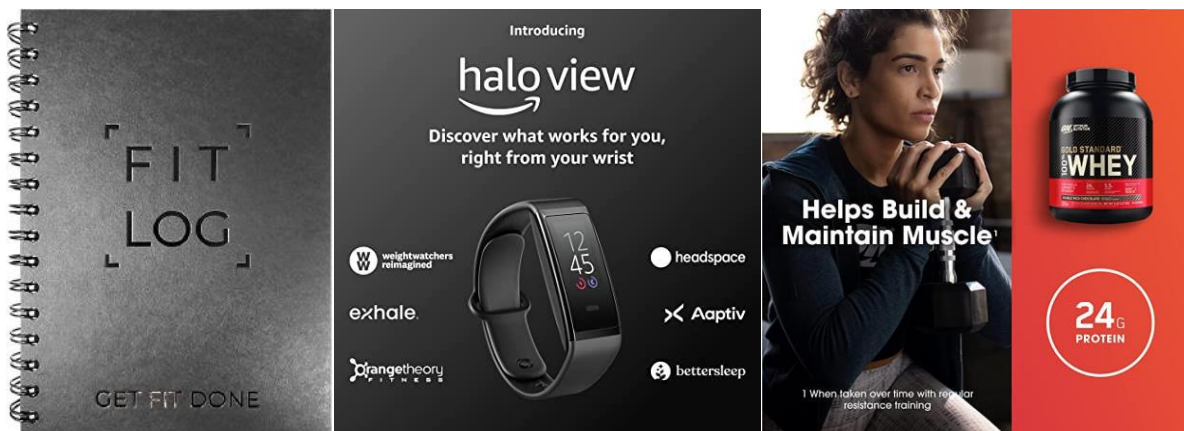
- Sessions/week: 3
- Duration/session: 60 minutes
- Program duration: 4 weeks

- Target Gender: Male and Female
- Workout Level: Beginner to Intermediate
- Interval Time b/w Sets: 2-3 minutes for compound exercises and 1-2 minutes for isolation exercises.

## Schedule

- Monday – Workout
- Tuesday – OFF
- Wednesday – Workout
- Thursday – OFF
- Friday – Workout
- Saturday – OFF
- Sunday – OFF

**Note:** This is a sample of the isolation compound workout routine. You can adjust this program depending on your fitness level and goal.



## Week 1

### MONDAY

Exercise	Movement	Reps	Sets
Back Squat	Compound	10-15	3
Incline DB Bench Press	Isolation	10-12	3
Parallel Bar Dips	Compound	8-10	3
Dumbbell Lateral Raises	Isolation	10-12	3
DB Romanian Deadlift	Compound	8-10	3
Rope Pushdown	Isolation	12-15	3

## WEDNESDAY

Exercise	Movement	Reps	Sets
Pull-ups	Compound	8-10	3
<a href="#">Front Lat Pulldown</a>	Isolation	12-15	3
Barbell Flat Bench Press	Compound	10-12	3
<a href="#">Seated Cable Rowing</a>	Isolation	12-15	3
Barbell Overhead Press	Compound	10-12	3
<a href="#">Alternate Dumbbell Curl</a>	Isolation	12-15	3

## FRIDAY

Exercise	Movement	Reps	Sets
Conventional Deadlift	Compound	6-8	3
<a href="#">Pec Deck Fly</a>	Isolation	12-15	3
<a href="#">Barbell Lunges</a>	Compound	8-10	3
Rear Delt DB Raises	Isolation	10-12	3
<a href="#">Barbell Hip Thrust</a>	Compound	10-12	3
Shoulder Shrug	Isolation	10-12	3

## Week 2

## MONDAY

Exercise	Movement	Reps	Sets
<a href="#">Barbell Jammers</a>	Compound	6-8	3
Skull Crusher	Isolation	12-15	3
DB IYT Raises	Compound	8-10	3
Barbell Curl	Isolation	10-12	3
Deficit Pushups	Compound	8-10	3
<a href="#">DB Wrist Extension</a>	Isolation	10-12	3

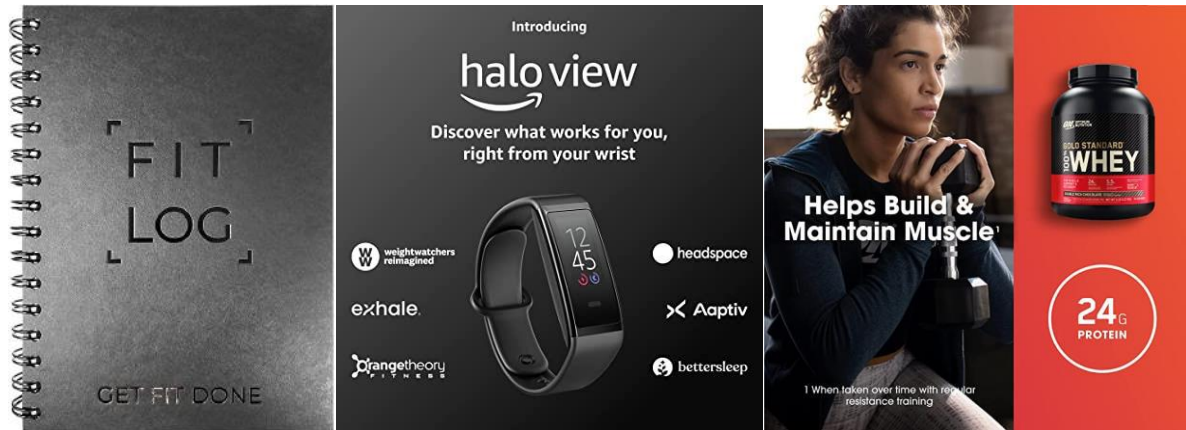
## WEDNESDAY

Exercise	Movement	Reps	Sets
Pull-ups	Compound	8-10	3
Incline DB Bench Press	Isolation	12-15	3
Bent-over Barbell Row	Compound	10-12	3
<a href="#">Lying Leg Curl</a>	Isolation	12-15	3
Parallel Bar Dips	Compound	10-12	3
Standing Calf Raises	Isolation	12-15	3

## FRIDAY

Exercise	Movement	Reps	Sets
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Barbell Back Squat	Compound	8-10	3
Machine Leg Press	Isolation	12-15	3
Barbell Overhead Press	Compound	10-12	3
Lateral DB Raises	Isolation	12-15	3
Chinups	Compound	10-12	3
Concentration Curl	Isolation	12-15	3



## Week 3

### MONDAY

Exercise	Movement	Reps	Sets
Barbell Flat Bench Press	Compound	10-12	3
<a href="#">Incline Cable Flyes</a>	Isolation	12-15	3
Barbell Romanian Deadlift	Compound	8-10	3
<a href="#">Weighted Glute Bridge</a>	Isolation	12-15	3
Bent-over Barbell Row	Compound	10-12	3
Seated Cable Rowing	Isolation	12-15	3

### WEDNESDAY

Exercise	Movement	Reps	Sets
Conventional Deadlift	Compound	8-10	3
Hanging Knee Raises	Isolation	12-15	3
Barbell Overhead Press	Compound	10-12	3
Rear Delt Dumbbell Raise	Isolation	12-15	3
Parallel Bar Dips	Compound	10-12	3
Shoulder Shrug	Isolation	12-15	3

### FRIDAY

Exercise	Movement	Reps	Sets
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<a href="#">Dumbbell Cluster</a>	Compound	8-10	3
<a href="#">V Grip Lat Pulldown</a>	Isolation	12-15	3
<a href="#">Dumbbell Man maker</a>	Compound	8-10	3
Overhead Triceps Extension	Isolation	12-15	3
<a href="#">Dumbbell Pullover</a>	Compound	10-12	3
Cable Biceps Curl	Isolation	12-15	3

## Week 4

### MONDAY

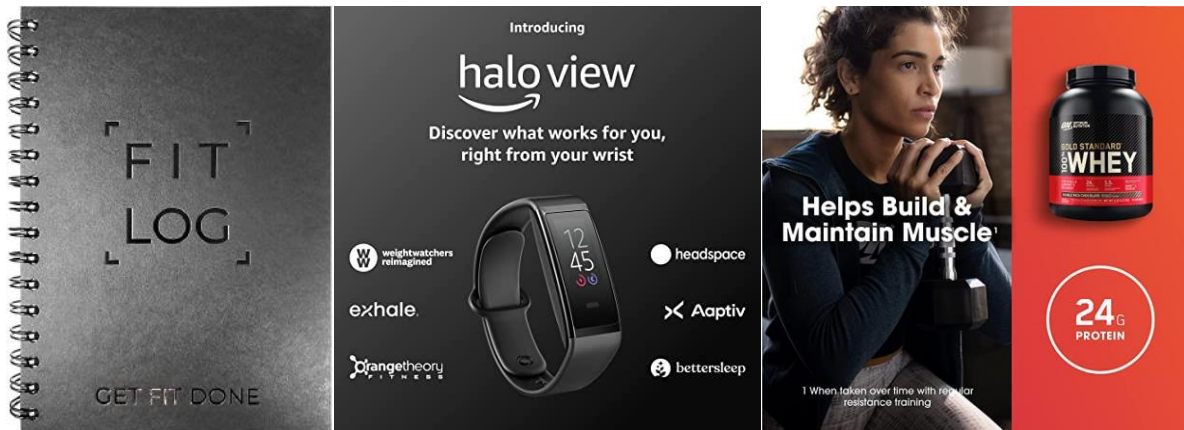
Exercise	Movement	Reps	Sets
Barbell Back Squat	Compound	8-10	3
<a href="#">Machine Leg Extension</a>	Isolation	12-15	3
Barbell Overhead Press	Compound	10-12	3
Lateral DB Raises	Isolation	12-15	3
Pull-ups	Compound	10-12	3
<a href="#">One-arm DB Rowing</a>	Isolation	12-15	3

### WEDNESDAY

Exercise	Movement	Reps	Sets
Barbell Flat Bench Press	Compound	10-12	3
Incline DB Bench press	Isolation	10-12	3
Barbell Hip Thrust	Compound	8-10	3
Incline Dumbbell Curl	Isolation	12-15	3
Parallel Bar Dips	Compound	10-12	3
Rope Pushdown	Isolation	12-15	3

### FRIDAY

Exercise	Movement	Reps	Sets
Conventional Deadlift	Compound	8-10	3
Hanging Knee Raises	Isolation	12-15	3
Barbell Overhead Press	Compound	10-12	3
Rear Delt Dumbbell Raise	Isolation	12-15	3
Pushup to Renegade Row	Compound	10-12	3
Shoulder Shrug	Isolation	12-15	3



## 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.

### 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>	<a href="#">Orgain Organic Vegan Protein Powder</a>



<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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1. [4 Day Superset Workout Plan](#)
2. [4 Day Gym Workout Schedule](#)
3. [4 Day Full Body Workout Routine](#)
4. [4 Day Compound Workout Routine](#)
5. [4 Day Upper Lower Split Bodybuilding](#)

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