

3 Day Full Body Barbell and Dumbbell Workout to Build Muscles

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Having dumbbells and barbells at home allows you to perform myriad exercises that build muscle and improve shape.

To help you build lean mass, I've created a 3-day barbell and dumbbell workout plan.

This plan is suitable for all fitness enthusiasts, from beginners to intermediates.

Summary

- Duration/session: 45-60 minutes
- Training Days: Monday, Wednesday & Friday
- Suggested Program Duration: 2-3 Months
- Way to perform reps and sets: Perform all sets of one exercise before moving to another.
- Plan to Follow Next: [4-day Dumbbell and Barbell Workout](#)

Day 1 – Compound Workout

Warm-up

- Ankle Hops: 15-sec x 2
- Jumping Jack: 15-sec x 2
- High Knees: 15-sec x 2
- Mountain Climber: 15-sec x 2

Weight Training

- Bench Press: 15 x 3
- Dumbbell Squat: 15 x 3

- Arnold Press: 10 x 3
- Bent-over Barbell Row: 12 x 3
- [Dumbbell RDL](#): 10 x 3

Day 2 – Isolation Workout

Warm-up

- Jumping Jacks: 15-sec x 2
- Lunges to Front Kick: 15-sec x 2
- Mountain Climber: 15-sec x 2
- Sprint in Place: 15-sec x 2

Main Workout

- Dumbbell Lunges: 10 reps/side x 2
- Incline DB Bench Press: 10-12 x 4
- Lateral Delt Dumbbell Raises: 12 x 3
- Rear Delt Dumbbell Fly: 12 x 3
- Alternate Dumbbell Curl: 10 reps/side x 2
- Single-arm Triceps Extension: 10 reps/side x 2
- [Single-leg Leaning Dumbbell Calf Raises](#): 10 reps/side x 2

Day 3 – Compound & Isolation Workout

Warm-up

- Jumping Lunges: 15-sec x 2
- Squat Jumps: 15-sec x 2
- Burpees: 5 reps x 2
- Mountain Climber: 15-sec x 2

Resistance Training

- Conventional Deadlift: 8 x 3
- [Barbell Landmine Press](#): 10 x 3
- Dumbbell Squat: 15 x 3
- Single-arm Dumbbell Row: 10/side x 3
- [Lying Leg Curl](#): 12 x 3
- Kneeling Dumbbell Low to High Chop: 10 reps/side x 3

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 foods 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.

Recommended Supplements:

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

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [The Ultimate List of Isolation Exercises](#)

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