

2-3-4 DAY FULL BODY WORKOUT ROUTINE FOR BEGINNERS

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You can follow any of the following programs or all of them in three weeks.

2 Day Full Body Workout

If you've recently decided to get fit and strong, you can do this 2-day full-body workout.

This program includes primarily [compound exercises that work on multiple muscle groups](#) simultaneously and help build strength and size.

One session will take approximately one hour to complete.

Make sure you warm up for at least 5 minutes to get yourself ready to lift weights.

You can run on the treadmill or do bicycling, jumping jacks, and burpees as [warm-up exercises](#).

Day 1 – Monday

Exercise	Muscles Worked	Reps	Rest
Leg Press	Legs	12 x 3	2-3 mins
DB Incline Bench Press	Chest	10 x 2	2-3 mins
Lat Pulldown	Back	10 x 2	2-3 mins
Lateral Delt Raises	Shoulder	10 x 2	2-3 mins
Bench Dips	Triceps	10 x 2	1-2 mins
Seated Cable Row	Back	10 x 2	2-3 mins

Day 2 – Thursday

Exercise	Muscles Worked	Reps	Rest
Dumbbell Overhead Press	Shoulder	10 x 3	2-3 mins
Pec Deck Fly (Butterfly)	Chest	10 x 3	2-3 mins

Single-arm Dumbbell Row	Back	10 x 2	2-3 mins
Barbell Curl	Biceps	10 x 2	2-3 mins
Leg Curl	Hamstrings	10 x 3	1-2 mins
Calf Raises	Glutes	10 x 2	1-2 mins

Pro Tips:

1. You can increase or decrease the number of reps and sets depending on your fitness level.
2. You can replace any exercise that is difficult for you to perform.
3. Substitute some exercises in your subsequent weeks.
4. You can increase and decrease the interval time between sets.
5. Check your progress and make changes whenever necessary.

3 Day Full Body Workout

Working workout three times a week is the most suitable frequency for beginners. In this three-day workout program, you'll train every alternate day, while on the other days, you can take a rest to let your muscles recover and rebuild.

Here's how a full body 3-day workout routine looks:

Day 1 – Monday

Exercise	Muscles Worked	Reps	Rest
Lat Pulldown	Back	12 x 3	2-3 mins
Leg Press	Legs	12 x 3	2-3 mins
Incline DB Bench Press	Chest	12 x 3	2-3 mins
Lateral Delt Raises	Shoulder	10 x 2	1-2 mins
Bench Dips	Triceps	10 x 2	1-2 mins
Dumbbell Curl	Biceps	10 x 2	1-2 mins

Day 2 – Wednesday

Exercise	Muscles Worked	Reps	Rest
Dumbbell Front Squat	Quadriceps	10 x 2	1-2 mins
Machine Overhead Press	Shoulder	10 x 3	1-3 mins
Pec Deck Fly	Chest	10 x 3	1-2 mins
Seated Cable Rowing	Back	10 x 3	2-3 mins
Rope Pushdown	Triceps	10 x 3	1-2 mins

Leg Curl	Hamstrings	10 x 2	1-2 mins
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Day 3 – Friday

Exercise	Muscles Worked	Reps	Rest
Dumbbell Lunges	Legs	10 x 2	1-2 min
Hammer Incline Bench Press	Chest	12 x 3	2-3 mins
One-arm Dumbbell Row	Back	10 x 2	1-2 min
Reverse Pec Deck Fly	Shoulder	12 x 3	1-2 min
Cable Curl	Biceps	12 x 3	1-2 min

Total Body 4 Day Workout

You can also follow a 4-day total body workout program to build strength and mass. Each session in this program will take 45 minutes to finish.

If your lifestyle allows you to hit the gym four times a week, you can follow this program.

Day 1 – Monday

Exercise	Target Muscles	Reps	Rest
Machine Leg Press	Legs	12 x 3	2-3 mins
Machine Bench Press	Chest	10 x 3	2-3 mins
Lateral Raises	Shoulder	10 x 3	1-2 mins
Single-arm Dumbbell Row	Back	10 x 3	1-2 mins

Day 2 – Tuesday

Exercise	Target Muscles	Reps	Rest
Machine Overhead Press	Shoulder	10 x 3	1-3 mins
Pec Deck Fly	Chest	10 x 3	1-2 mins
Seated Cable Rowing	Back	10 x 3	2-3 mins
Machine Leg Curl	Hamstrings	10 x 3	1-2 mins

Day 3 – Thursday

Exercise	Target Muscles	Reps	Rest
Sumo Deadlift	Legs	5 x 3	2-3 mins
Incline Bench Press	Chest	12 x 3	2-3 mins
Lat Pulldown	Back	12 x 3	1-3 mins
Reverse Pec Deck Fly	Shoulder	10 x 3	2-3 mins

Day 4 – Friday

Exercise	Target Muscles	Reps	Rest
Front Dumbbell Lunges	Legs	10 x 3	2-3 mins
Flat Bench Press	Chest	10 x 3	2-3 mins
Chinups	Biceps	6 x 3	2-3 mins
High to Low Wood Chop	Abs	10 x 2	1-2 mins
Plank	Core	45-sec	–

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.⁴

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
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
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If the above workout plan helped you, kindly support my work buying through these affiliate links.

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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