



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



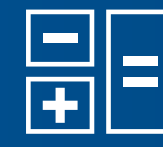
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3 DAY WORKOUT FOR BEGINNERS

New to weight training? This workout is for you. Designed to hit each muscle group with the big compound exercises once per week. Each workout day has 3-5 exercises.

Link to Workout: <https://www.muscleanstrength.com/workouts/3day-beginners-workout.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 10 Weeks

Days Per Week: 3 Days

Time Per Workout: 30 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Author: Team Muscle & Strength

Monday - Chest & Triceps

Exercise	Sets	Reps
Chest		
Dumbbell Bench Press	4	12, 10, 10, 10
Incline Bench Press	2	10
Triceps		
Tricep Dip	3	Failure
Lying Tricep Extension	3	10
Notes		
<ul style="list-style-type: none"> • Have a 10 min warmup before you begin your workout. • Have your bench at a 30 degree angle for incline bench press. • Make sure you lean forward to focus the work on your lower chest. Use assisted dip machine if you cannot do bodyweight. • Light weights only for skullcrushers, focus on form. 		

Wednesday - Back & Biceps

Exercise	Sets	Reps
Back		
Wide Grip Pull Up	4	10
Seated Row	3	12
One Arm Dumbbell Row	3	10
Biceps		
Standing Barbell Curl	3	8 - 10
Notes		
<ul style="list-style-type: none"> • Have a 10 min warmup before you begin your workout. • Focus on form. • Use lat pull downs if you can not do pull ups. • Can use EZ bar for barbell curls. 		

Friday - Legs & Shoulders

Exercise	Sets	Reps
Legs		
45 Degree Leg Press	4	12, 10, 10, 10
Leg Extension	3	12
Leg Curl	3	12
Shoulders		
Military Press	4	8 - 10
Dumbbell Lateral Raise	3	10
Notes		
<ul style="list-style-type: none"> • Have a 10 min warmup before you begin your workout. • 45 degree leg press, start with 75% of your max and add weight on each set. • Lateral raises - focus on form using light weights 		