



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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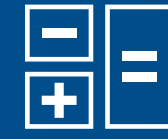
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## FULL BODY WORKOUT PROGRAM FOR TALL GUYS

Finding an appropriate workout program can be hard for tall guys. So, we created a 3 day muscle building full body program that's designed for the tall crowd.

Link to Workout: <https://www.muscleandstrength.com/workouts/full-body-workout-program-for-tall-guys>

**Main Goal:** Build Muscle

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, Other

**Author:** Josh England

### Day 1: Full Body Training for Tall Guys

Exercise	Sets	Reps
1. <a href="#">Trap Bar Deadlift</a>	5	12, 10, 8, 5, 5
2. <a href="#">Neutral Grip Dumbbell Bench Press</a>	4	8 - 12
3. <a href="#">Z Press</a>	3	8 - 12
4. Wide Grip <a href="#">Bent Over Row</a>	3	12
5. <a href="#">Close Grip Chin Up</a>	3	Mechanical Failure

### Day 2: Full Body Training for Tall Guys

Exercise	Sets	Reps
1. <a href="#">Front Squat</a>	5	12, 10, 8, 5, 5
2. <a href="#">Landmine Romanian Deadlift</a>	4	8 - 12
3. <a href="#">Incline Bench Press</a>	3	8 - 12
4. <a href="#">Cable Face Pulls</a>	3	8 - 12
5. <a href="#">Farmer's Carry</a>	3	20 Yards

### Day 3: Full Body Training for Tall Guys

Exercise	Sets	Reps
1. <a href="#">Standing Military Press</a>	5	12, 10, 8, 5, 5
2. <a href="#">Goblet Squat</a>	4	8 - 12
3. <a href="#">Barbell Hip Thrust</a>	3	8 - 12
4. Wide Grip <a href="#">Inverted Row</a>	3	12 - 15
5. <a href="#">Push Up</a>	3	12 - 15