



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



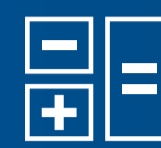
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INTRODUCTION TO BODYBUILDING WORKOUT

This is a starter workout designed for absolute beginners to muscle building. It is a 3 day a week routine which works all the major muscle groups in 1 session.

Link to Workout: <https://www.muscleandstrength.com/workouts/3-introduction-to-bodybuilding-workout.html>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 6 Weeks
Days Per Week: 3 Days

Time Per Workout: 45 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Troy A. Dolfi

Daily Workout Schedule

Exercise	Sets	Reps
Legs		
45 Degree Leg Press	3	12
Leg Curl	3	12
Calf Raises	2	15
Chest & Shoulders		
Flat Barbell Bench Presses	2	10
Barbell Shoulder Presses	2	10
Back		
Front Pulldowns	2	12
Barbell Rows	2	10
Arms		
Barbell Curls	2	10
Lying Tricep Extensions	2	10
Abdominals		
Ab Crunches	2	20