

# Barbell Basics 3-Day Workout

If you're a beginner at working out and want to focus on key exercises to build full body strength, you can use this workout routine. You can do this workout routine on Monday, Wednesday & Friday; Tuesday, Thursday & Saturday; or Wednesday, Friday & Sunday. Start at a weight you can comfortably lift. For Progressive Overload Increase the Lower Body Exercises by 2.5kg to 5kg & Upper Body Exercises by 1.25kg to 5kg each week.

## Day 1: Full Body Workout

- Barbell Back Squat: 4 Sets of 8 - 12 Reps
- Barbell Bench Press: 3 Sets of 6 - 10 Reps
- Barbell Bent-Over Rows: 3 Sets of 8 - 12 Reps
- Plank Holds: 3 Sets of 30 Seconds

## Day 2: Rest or Active Rest

## Day 3: Full Body Workout

- Barbell Front Squat: 4 Sets of 8 - 12 Reps
- Overhead Press: 3 Sets of 6 - 10 Reps
- Romanian Deadlift: 3 Sets of 8 - 12 Reps
- Hanging Knee Raises: 3 Sets of 12 - 15 Reps

## Day 4: Rest or Active Rest

## Day 5: Full Body Workout

- Deadlifts: 4 Sets of 6 - 10 Reps
- Dumbbell or Barbell Lunges: 3 Sets of 10 Reps Each Leg
- Barbell Shrugs: 3 Sets of 12 Reps
- Russian Twists (Weighted): 3 Sets of 20 Reps

## Day 6: Rest or Active Rest

## Day 7: Rest or Active Rest

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