

Beginners 3-Day Full Body 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 Squats: 3 Sets of 8 - 12 Reps
- Stiff Leg Deadlift: 3 Sets of 8 - 12 Reps
- Dumbbell Bench Press: 3 Sets of 8 - 12 Reps
- Machine Rows: 3 Sets of 8 - 12 Reps
- Lateral Raises: 2 Sets of 12 - 15 Reps
- Calf Raise: 2 Sets of 12 - 15 Reps

Day 2: Rest or Active Rest

Day 3: Full Body Workout

- Dumbbell Bulgarian Split Squats: 3 Sets of 8 - 12 Reps Each Leg
- Romanians Deadlift: 3 Sets of 8 - 12 Reps
- Dumbbell Shoulder Press: 3 Sets of 8 - 12 Reps
- Lat Pulldowns: 3 Sets of 8 - 12 Reps
- Dumbbell Skullcrusher: 2 Sets of 12 - 15 Reps
- Dumbbell Curl 2 Sets of 12 - 15 Reps

Day 4: Rest or Active Rest

Day 5: Full Body Workout

- Dumbell Step Ups: 3 Sets of 8 -12 Reps Each Leg
- Single Leg Deadlift: 3 Sets of 8 -12 Reps Each Leg
- Incline Dumbbell Press: 3 Sets of 8 - 12 Reps
- Reverse Fly: 3 Sets of 8 - 12 Reps
- Tricep Extension: 2 Sets of 12 - 15 Reps
- Dumbbell Reverse Curl: 2 Sets of 12 - 15 Reps

Day 6: Rest or Active Rest

Day 7: Rest or Active Rest

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