



THE TOOLS YOU NEED TO BUILD
THE BODY YOU WANT®



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Workouts



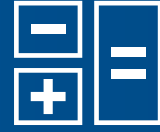
Diet Plans



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3 DAY WORKOUT ROUTINE AND DIET
FOR BEGINNERS

Just starting out in the gym and need a solid workout routine with some dieting advice? Look no further! This 3 day weekly routine is perfect for beginners!

Link to Workout: <https://www.muscleandstrength.com/workouts/3-day-workout-routine-and-diet-for-beginners>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 9 weeks
Days Per Week: 3 Day
Time Per Workout: 45-75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines, Other
Target Gender: Male & Female
Author: [M&S Team](#)

Full Body Workout for Beginners

Exercise	Sets	Reps
Trap Bar Deadlift	3	3 - 5
Bent Over Row	3	5 - 8
Dumbbell Overhead Press	3	6 - 10
Lat Pull Down	3	6 - 10
Dumbbell Bicep Curl	2	10 - 12
Rope Pressdown	2	10 - 12
Plank	2	Failure*

*Time yourself and try to improve the duration of your plank.

Full Body Workout for Beginners

Exercise	Sets	Reps
Front Squats	3	3 - 5
Romanian Deadlift	3	6 - 10
Farmer's Carry	3	45 Secs
Dumbbell Row	3	10 - 15
Incline Dumbbell Bench Press	3	8 - 12
Calf Raise	3	15 - 20
Dead Bugs	2	6 - 12 Each

Full Body Workout for Beginners

Exercise	Sets	Reps
Bench Press	3	3 - 5
Leg Press	3	6 - 10
Leg Curl	3	8 - 12
Lateral Raise	3	10 - 15
Cable Row	3	8 - 12
EZ Bar Curl	2	10 - 12
Skullcrusher	2	10 - 12
Pallof Press	2	6 - 12 Each