Long before steroids, men were using full body routines to carve out massive and strong natural physiques. This article presents 5 effective workouts!

It's time for a challenge. I want you to put aside everything you know about training and try something new. And here's the interesting part...this "new" form of training isn't new at all. In fact, it's old as in *old school*.

Believe it or not, in a time not so long ago - before steroids invaded the muscle building scene - lifters trained using full body approaches. Yes, that's right. Full body training. In fact, full body training used to be the accepted norm. Then things changed.

Now I know what you're thinking: *the change from full body routines to training splits must have been a needed evolution.* It was! You're correct. Steroids entered the scene, and [bodybuilders](https://www.muscleandstrength.com/athletes) found they could train longer and recover more quickly. So steroid users began experimenting with split training.

Around this time, publisher Joe Weider started to feature the elaborate split training routines of the largest steroid users on the planet in his magazines. As a result, the science and practices of [natural bodybuilding](https://www.muscleandstrength.com/athletes) training was left behind and nearly forgotten. For the next 40 years or so, lifters opened magazines to (only) find HUGE Mr. Olympia and his six day double split routine. There was rarely any serious talk of full body training.

In this article I will turn back the hands of time and introduce you to some training routines that were once the norm for natural bodybuilders. It is my hope that you won't dismiss them simply because they are *old school*. Consider the fact that some of the biggest naturals of all time trained using full body routines - Reg Park, John Grimek and Steve Reeves. Full body routines are not outdated. Every [natural bodybuilder](https://www.muscleandstrength.com/athletes) should take them seriously. A full body routine might not be the best routine for you, but as they say...*you never know until you try.*

Full Body Training Notes

Full body routines are different than training splits in several ways. You will be hitting every major muscle group on each training day, either directly or indirectly, but you will be performing fewer daily sets per bodypart. Full body training can be very taxing, simply because you are hammering your entire body. Make sure you resist the urge to add in more training days.

Here are some other things you should know about full body training:

* Training Frequency. Most full body routines require 3 weekly [workouts](https://www.muscleandstrength.com/workout-routines), generally on Monday, Wednesday and Friday. You never want to perform full body workouts on back to back days.
* Exercise Selection. Full body routines focus on the use of [heavy compound lifts](https://www.muscleandstrength.com/exercises/compound). By getting strong on several major lifts, you will be stimulating muscle growth without the need to use numerous [exercises](https://www.muscleandstrength.com/exercises) for each body part.
* Minor Muscle Groups. In general, you will not find an excess of direct work for minor muscle groups. You must resist the urge to feel like a full body workout isn't effective because you aren't getting in enough direct work for rear delts, forearms, abs, etc. You are casting a *broad net* by working the entire body with compound lifts 3 times each week. This approach WILL cause minor muscle groups to respond.
* Mental Connection. Some trainees struggle making the mental connection with full body training. For some, seeing everyone around you engaged in split training can make you wonder if you're truly doing the right thing. Remember that just because full body workouts are *old school* doesn't mean that the lifters didn't have a clue about what they were doing. Full body routines were used effectively for decades upon decades.