

# Foundational Strength

## **12 Week Full-Body Training Program,**

3 Days Per Week/Maximum Frequency/Accelerated Progress

### **Ideal For**

Beginners ready to commit to 3 training sessions weekly

Those wanting maximum practice with fundamental movements

Individuals seeking faster strength development

Anyone building a foundation for intermediate programs

# Program Overview

The 3-Day Foundational Strength Program uses a full-body training split to maximize your weekly training frequency on the primary lifts. By training each movement pattern 2-3 times per week, you'll accelerate skill acquisition, strength gains, and muscular development compared to lower frequency programs.

## Why Full-Body Training?

- Full-body workouts are ideal for beginners because they:
- Provide frequent practice with fundamental movement patterns
- Create multiple opportunities for technique refinement each week
- Maximize muscle protein synthesis throughout the week
- Allow for faster strength progression with adequate recovery
- Build balanced, total-body strength efficiently

## Training Schedule

- Train 3 non-consecutive days per week. Recommended schedules:
- Monday, Wednesday, Friday (most common)
  - Tuesday, Thursday, Saturday
  - Sunday, Tuesday, Thursday

CRITICAL: Maintain at least one rest day between all training sessions. Your body needs recovery time to adapt and grow stronger.

## Program Structure

- 12 weeks divided into three distinct phases:
- Phase 1 (Weeks 1-4): Foundation & Technique
  - Phase 2 (Weeks 5-8): Volume Accumulation
  - Phase 3 (Weeks 9-12): Strength Intensification

# Weekly Training Split

Week A Pattern: Heavy/Light/Medium

Day 1: Heavy Lower, Medium Upper

Exercise	Sets	Reps	Notes
Back Squat	4	5	Heavy working sets
Dumbbell Press	3	8	Moderate weight
Romanian Deadlift	3	10	Hamstring/ glute focus
Lat Pulldown	3	10	Vertical pull

Day 2: Light/Technique Emphasis

Exercise	Sets	Reps	Notes
Front Squat	3	8	Light weight, perfect form
Overhead Press	3	10	Focus on bar path
Dumbbell Row	3	12	Each arm, controlled tempo
Face Pulls	3	15	Rear delt/ upper back health

Day 3: Heavy Upper, Medium Lower

Exercise	Sets	Reps	Notes
Deadlift	3	8	Heavy working set
Incline Bench Press	4	6	Moderate weight
Barbell Row	4	6	Moderate horizontal pull
Ab Wheel Rollout	3	10	Extra core work/cardio

Progressive Loading Strategy

This program uses a systematic approach to progressive overload across three distinct phases, each designed to develop specific attributes while building toward the next phase.

1Phase 1: Weeks 1–4 (Foundation)  
Primary Goal: Master technique and establish baseline strength

Loading Guidelines

Week 1: Start at 60–65% of estimated 1RM

Week 2: Add 5–10 lbs to lower body, 2.5–5 lbs to upper body

Week 3: Continue linear progression

Week 4: Deload week – reduce to 70% of Week 3 weights

Training Focus

- Technique perfection over weight lifted
- Leave 2–3 reps in reserve on all sets
- Rest 2–3 minutes between compound lifts
- Film your lifts to assess form

## Phase 2: Weeks 5–8 (Volume)

Primary Goal: Build work capacity and add muscle mass

### Loading Guidelines

Week 5: Resume from Week 3 weights and add 5–10 lbs

Weeks 6–7: Continue adding weight weekly

Week 8: Deload – 65% of Week 7 weights week – reduce to 70% of Week 3 weights

### Training Focus

Push closer to failure – 1–2 reps in reserve

Maintain strict form as fatigue increases

Focus on controlled tempo (3–1–1–0)

Nutrition and sleep become critical

## Phase 3: Weeks 9–12 (Strength)

Primary Goal: Maximize strength and prepare for intermediate programming

### Loading Guidelines

Week 10: Push for new rep PRs

Week 11: Test estimated 1RMs (8RM to 5RM conversion)

Week 12: Recovery week – 60% of Week 11 weights

### Training Focus

Lower rep ranges (5–6 reps on heavy lifts)

Extended rest periods (3–5 minutes on compounds)

Mental preparation and intensity techniques

Track all personal records

# Exercise Technique Guide

## Primary Compound Movements

### Back Squat

#### Setup:

Position bar on rear deltoids (low bar) or upper traps (high bar)

Grip width allows comfortable elbow position

Feet shoulder-width, toes slightly out

Create full-body tension before unracking

#### Execution:

Big breath, brace core hard

Initiate by breaking hips and knees together

Descend to parallel minimum (hip crease below knee)

Maintain upright torso, knees tracking over toes

Drive through whole foot to stand

#### Common Errors:

Good morning squat (hips rise first)

Valgus collapse (knees cave in)

Insufficient depth

Loss of neutral spine

### Deadlift

#### Setup:

Bar over mid-foot, 1 inch from shins

Hip-width stance, toes forward or slightly out

Grip just outside legs (double overhand or mixed)

Shoulders over or slightly ahead of bar

Flat back, lats engaged (pull shoulder blades into back pockets)

#### Execution:

Create tension by pulling slack out of bar

Big breath and brace

Push floor away with legs while pulling bar into body

Bar maintains contact with legs throughout

Lock out at top with neutral spine

Reverse movement: hips back first, bar past knees, then bend knees

#### Common Errors:

Starting with hips too high or too low

Not creating tension before the pull

Bar drifting away from the body

Looking up or hyperextending the neck

Not finishing the lockout properly

## Bench Press

### Setup:

Eyes under bar when lying on bench

Feet flat on floor, drive into ground

Arch upper back, squeeze shoulder blades together and down

Grip slightly wider than shoulders (forearms vertical at bottom)

### Execution:

Unrack with straight arms, position over chest

Lower to lower chest with controlled tempo

Elbows at 45-degree angle (not flared)

Touch chest, pause briefly

Press bar back to start in slight arc

### Common Errors:

Flared elbows (90-degree angle)

No leg drive

Flat back on the bench

Bouncing the bar off the chest

Unracking incorrectly either unracking with arms fully extended (losing your tight setup) or having the bar too far forward/back in the rack

# Nutrition for Optimal Results

## Macronutrient Targets

### Protein

Target: 0.8–1.0 grams per pound bodyweight daily

Distribute evenly across 3–4 meals

High-quality sources: chicken, beef, fish, eggs, Greek yogurt, cottage cheese

Plant sources: lentils, beans, tofu, tempeh (which are gay and should never make up a main protein source)

### Carbohydrates

Primary energy source for training

2–3 grams per pound bodyweight for most trainees

Focus on whole grains, rice, potatoes, oats, fruits

Time larger carb meals around training

### Fats

Essential for hormone production

0.3–0.5 grams per pound bodyweight

Sources: olive oil, avocados, nuts, fatty fish, egg yolks

Don't fear saturated fat in moderation

### Meal Timing Strategies

Pre-workout (2–3 hours before): Balanced meal with protein and carbs

Post-workout (within 2 hours): Protein + carbs for recovery

Before bed: Protein-rich snack aids overnight recovery

# Tracking Your Progress

What gets measured gets managed. Implement a comprehensive tracking system to ensure continuous improvement.

## Essential Metrics to Track

### Every Training Session:

Exercise, sets, reps, weight for each lift  
RPE (rate of perceived exertion) per set  
Total workout duration  
How you felt (energy, focus, motivation)  
Any technical notes or form cues

### Weekly:

Bodyweight (same time, same conditions)  
Average sleep duration  
Recovery quality (1–10 scale)  
Adherence to nutrition plan

### Monthly:

Rep maxes on primary lifts

# Recovery and Regeneration

You don't build strength in the gym – you build it during recovery. Optimize these factors for maximum progress.

## Sleep Optimization

Minimum 7 hours, optimal 8–9 hours nightly  
Consistent sleep/wake times (even on weekends)  
Dark, cool room (65–68°F)  
Limit screens 1–2 hours before bed  
Avoid caffeine after 2 PM  
Consider sleep tracking to identify issues

## Carbohydrates

Light walking (10,000 steps daily)  
Swimming or cycling at easy pace  
Avoid intense conditioning that impairs recovery

## Stress Management

Chronic stress elevates cortisol, impairing recovery  
Practice daily stress reduction: meditation, breathing exercises  
Time in nature improves recovery markers  
Training itself is stress management – don't skip sessions



# Frequently Asked Questions

## How is this different from the 2-day program?

The 3-day program provides 50% more weekly training frequency, allowing for greater practice with each movement pattern and faster strength development. You'll hit each major lift 2–3 times per week compared to once per week on the 2-day program. This accelerated learning curve makes it ideal for those who can commit to the additional training day.

## Can I add cardio or other activities?

Light cardio (walking, easy cycling) on non-training days is fine and may aid recovery. Avoid intense conditioning, HIIT, or long-distance running as these will interfere with strength development and recovery. Save high-intensity cardio for after completing this foundational phase.

## What if I can only train 2 days some weeks?

Why did you buy this program then? What are we talking about?

## How do I know when to increase weight?

Follow the phase-specific guidelines. Generally, if you complete all prescribed sets and reps with good form and have 1–2 reps left in reserve, you're ready to progress. Lower body lifts can typically handle 5–10 lb jumps, while upper body lifts progress with 2.5–5 lb increases.

## Should I train if I'm sore?

Mild to moderate muscle soreness is normal and you can train through it. Warm up thoroughly and you'll often feel better once you start moving. However, if you're experiencing sharp pain, extreme soreness that limits range of motion, or other injury symptoms, take an extra rest day and consult a healthcare provider if needed. Please, don't overthink this. You are not as fragile as you think.

## What comes after this 12-week program?

After completing this program, you'll be ready for intermediate programming options including 4-day upper/lower splits, push/pull/legs routines, or periodized strength programs. You'll have built the technical proficiency and work capacity needed to handle increased training volume and complexity.



# Your 12-Week Journey

You now have everything needed to transform your strength over the next 12 weeks. This program has successfully guided thousands of beginners to build solid foundations.

## Keys to Success

### Consistency is Everything

Three workouts per week, every week, for 12 weeks. That's 36 total sessions. Don't skip. Don't make excuses. Results come from accumulated effort over time.

### Technique First, Weight Second

Perfect form on every rep builds proper movement patterns that will serve you for years. Bad habits ingrained early become difficult to break later. Lower the weight if needed to maintain quality.

### Track Everything

You cannot manage what you don't measure. Write down every workout. Every set, every rep, every weight.

Reviewing your log provides motivation and insight into your progress.

## Recovery is Not Optional

Sleep 8 hours. Eat sufficient protein and calories. Manage stress. Your body builds strength during recovery, not during training. Treat recovery with the same seriousness as your workouts.

## Trust the Process

Progressive overload works. The program is designed to produce results if you execute it consistently. Don't program hop. Don't add exercises. Don't skip deload weeks. Trust the process and put in the work.

**12 weeks from now, you'll be grateful you started today.**

**Now shut up and lift.**