

# full body workout split 3 days

## The Ultimate Guide to a Full Body Workout Split 3 Days

Full body workout split 3 days is a highly effective and time-efficient training strategy for individuals seeking consistent progress and balanced muscular development. This approach allows ample recovery between sessions, making it ideal for beginners and experienced lifters alike. By engaging all major muscle groups in each workout, you maximize your training frequency, stimulating muscle growth and strength gains more rapidly than many other splits. This article will delve into the fundamental principles, sample routines, exercise selection, and crucial considerations for designing a successful 3-day full body split. We will explore how to structure your workouts for optimal results, emphasizing compound movements and progressive overload to build a solid foundation.

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## Understanding the Full Body Workout Split

A full body workout split, by definition, involves training all major muscle groups within a single training session. When implemented on a 3-day per week schedule, this means you are hitting your entire

body, from your quads and hamstrings to your chest and back, three times per week. The key to its efficacy lies in the strategic spacing of these workouts, typically with at least one rest day in between each training session. This pattern, for instance, could be Monday, Wednesday, and Friday, allowing for 48 hours of recovery for each muscle group before it is stimulated again. This frequent, yet manageable, stimulus is a powerful driver for muscle protein synthesis and overall strength development.

The philosophy behind a full body approach is to prioritize compound exercises. These are movements that recruit multiple joints and muscle groups simultaneously, such as squats, deadlifts, bench presses, and overhead presses. By focusing on these foundational movements, you not only build strength and muscle efficiently but also improve coordination, balance, and functional fitness. The 3-day structure provides a consistent rhythm for training and recovery, which is often more sustainable for many individuals compared to more frequent or complex splits.

## **Benefits of a 3-Day Full Body Split**

The advantages of adopting a 3-day full body workout split are numerous and contribute to its widespread popularity among fitness enthusiasts of all levels. One of the most significant benefits is time efficiency. For individuals with busy schedules, training the entire body three times a week is far more practical than dedicating separate days to different muscle groups. This allows for a comprehensive workout without requiring a massive time commitment each day.

Another major benefit is increased training frequency per muscle group. While a body part split might hit a muscle group once a week, a 3-day full body split stimulates each major muscle group three times a week. This higher frequency can lead to faster gains in muscle size (hypertrophy) and strength, as it provides more opportunities for muscle protein synthesis to occur. This consistent stimulus is often more potent for growth than less frequent, high-volume sessions.

Furthermore, this split promotes better recovery. By allowing at least one full rest day between

workouts, your muscles have ample time to repair and rebuild. This reduces the risk of overtraining and injury, which is crucial for long-term adherence and progress. Beginners, in particular, benefit from this as their bodies are still adapting to the demands of resistance training and require more recovery time.

Finally, a 3-day full body split is excellent for improving overall work capacity and cardiovascular fitness. The compound nature of the exercises, coupled with the full-body engagement, elevates the heart rate and can contribute to improved endurance and conditioning. It also helps in developing balanced strength across the entire body, preventing the development of muscular imbalances.

## Designing Your 3-Day Full Body Workout Split

Creating an effective 3-day full body workout split requires a strategic approach to exercise selection, volume, and intensity. The primary goal is to hit all major muscle groups with sufficient stimulus to promote growth and strength without causing excessive fatigue or compromising recovery. A common and highly recommended structure involves alternating between two or three different workout routines to provide variation and ensure all aspects of muscle development are addressed.

When structuring your workouts, aim to include at least one exercise for each of the following fundamental movement patterns: a squatting motion, a hip hinge (deadlift variation), a horizontal push (e.g., bench press), a horizontal pull (e.g., row), a vertical push (e.g., overhead press), and a vertical pull (e.g., pull-ups or lat pulldowns). Including accessory work for smaller muscle groups like biceps, triceps, and calves can also be beneficial, but should be secondary to the compound lifts.

The total number of exercises per session should be manageable, typically ranging from 5 to 8 exercises. This allows for sufficient sets and repetitions for each movement without making the workout excessively long. Focus on quality of execution over quantity of exercises. Each workout should ideally last between 45 to 75 minutes, depending on your rest periods and the number of sets performed.

## Workout Structure and Sequencing

The order in which you perform exercises in your 3-day full body split can significantly impact your performance and the effectiveness of your workout. Generally, it is advisable to start with the most demanding compound exercises that require the most energy and concentration. These are often the large, multi-joint movements that engage the most muscle mass, such as squats and deadlifts.

Following these primary lifts, you can then move on to other compound exercises like bench presses, overhead presses, and rows. These still require significant effort but may be slightly less taxing than the initial powerlifts. The rationale here is to maximize your strength and focus when your energy levels are highest, ensuring you can lift heavier weights and perform them with proper form.

Finally, accessory or isolation exercises for smaller muscle groups can be placed at the end of the workout. These movements, like bicep curls or triceps extensions, target specific muscles and require less overall energy. This sequencing ensures that your primary strength-building efforts are prioritized, leading to better overall progress.

## Balancing Muscle Groups

A core principle of a successful 3-day full body workout split is ensuring that all major muscle groups are adequately targeted across the week. This means consciously planning your sessions to include movements that address the anterior chain (front of the body) and the posterior chain (back of the body), as well as the upper and lower body. Neglecting one area can lead to imbalances that hinder progress and increase injury risk.

For example, if you consistently prioritize pushing movements (like bench press) over pulling movements (like rows), you can develop rounded shoulders and upper back imbalances. Similarly, an excessive focus on quad-dominant exercises without sufficient hamstring or glute work can create

imbalances in the lower body. A balanced routine ensures that you are building symmetrical strength and muscle mass.

The 3-day split naturally lends itself to balance because you are repeatedly stimulating all muscle groups. However, within each workout, ensure you have a mix of movements. For instance, if you include a barbell squat, also include a Romanian deadlift or glute bridge to balance the quad work with posterior chain activation. This mindful approach to exercise selection is paramount.

## Sample 3-Day Full Body Workout Routines

Here are two sample 3-day full body workout routines designed to provide a comprehensive training stimulus. These routines can be alternated throughout the week, for example, performing Routine A on Monday, Routine B on Wednesday, and Routine A again on Friday. This provides variation while ensuring consistent full-body engagement.

### Routine A

- Barbell Back Squats: 3 sets of 5-8 repetitions
- Barbell Bench Press: 3 sets of 5-8 repetitions
- Barbell Rows: 3 sets of 8-12 repetitions
- Overhead Press: 3 sets of 6-10 repetitions
- Lat Pulldowns (or Pull-ups if able): 3 sets of 8-12 repetitions

- Romanian Deadlifts: 3 sets of 8-12 repetitions
- Plank: 3 sets, hold for 30-60 seconds

## **Routine B**

- Deadlifts: 1-2 sets of 3-5 repetitions (focus on heavy weight and form)
- Incline Dumbbell Press: 3 sets of 8-12 repetitions
- Pull-ups (or Assisted Pull-ups): 3 sets of as many repetitions as possible (AMRAP)
- Barbell Lunges: 3 sets of 8-12 repetitions per leg
- Seated Cable Rows: 3 sets of 8-12 repetitions
- Dumbbell Shoulder Press: 3 sets of 8-12 repetitions
- Face Pulls: 3 sets of 12-15 repetitions
- Hanging Leg Raises: 3 sets of 10-15 repetitions

It is important to adjust the weight for each exercise so that the last few repetitions of each set are challenging to complete with good form. Rest periods between sets should typically be between 60 to 90 seconds for compound lifts and 45 to 60 seconds for accessory movements. These are just templates, and can be modified based on individual experience and equipment availability.

# Exercise Selection for a Full Body Split

The effectiveness of any 3-day full body workout split hinges on the intelligent selection of exercises. The priority should always be placed on compound movements that recruit multiple muscle groups and joints simultaneously. These exercises provide the greatest return on investment in terms of strength, muscle growth, and calorie expenditure. Understanding which movements target which muscle groups is crucial for building a well-rounded program.

For the lower body, fundamental exercises include squats (barbell back squat, front squat, goblet squat), deadlifts (conventional, sumo, Romanian), lunges, and leg presses. These movements effectively target the quadriceps, hamstrings, glutes, and calves. For the upper body, pressing movements like the bench press (barbell, dumbbell, incline, decline), overhead press (barbell, dumbbell), and dips are essential for chest, shoulders, and triceps development.

Pulling movements are equally vital. Barbell rows, dumbbell rows, cable rows, and pull-ups/lat pulldowns target the back muscles (lats, rhomboids, traps) and biceps. Incorporating exercises that address both horizontal and vertical pulling patterns ensures comprehensive upper back development. Even for smaller muscle groups, compound-like movements or efficient isolation exercises should be chosen to maximize time efficiency.

## Lower Body Exercises

When designing a 3-day full body split, dedicating attention to lower body development is paramount. The lower body comprises some of the largest and most powerful muscle groups in the body, including the quadriceps, hamstrings, and glutes. Therefore, selecting effective exercises that stimulate these muscles is crucial for overall strength and physique development.

The cornerstone of lower body training in a full body split is the squat. Variations like the barbell back

squat are excellent for building overall leg strength and mass. Other effective squat variations include the front squat, which emphasizes the quads more, and the goblet squat, which is a good option for beginners or for warming up. Alongside squats, hip hinge movements are vital. The conventional deadlift, while taxing, is a king of exercises for the posterior chain, working the hamstrings, glutes, and lower back. The Romanian deadlift is a more focused hamstring and glute builder, and lunges (walking, stationary, reverse) are fantastic for unilateral strength and balance.

To ensure comprehensive development, consider including exercises that isolate specific muscle groups if time permits and if your recovery can handle it. For instance, leg curls can further target the hamstrings, and calf raises address the calf muscles. However, the focus should remain on the compound lifts for the majority of your lower body work in a 3-day split.

## Upper Body Pushing Exercises

Upper body pushing movements are essential for developing a strong and well-defined chest, shoulders, and triceps. In a 3-day full body workout split, these exercises are strategically placed to ensure adequate stimulation without compromising performance on other lifts. The goal is to incorporate both horizontal and vertical pushing patterns to achieve balanced development.

For horizontal pushing, the barbell bench press is a classic and highly effective exercise for building chest mass and strength. Variations like the incline dumbbell press can emphasize the upper chest, while decline variations target the lower chest. Push-ups, in their many forms, are also excellent bodyweight alternatives that can be modified in difficulty. For shoulder development and triceps involvement, the overhead press (also known as the military press) is a primary compound movement. This can be performed with a barbell or dumbbells, and variations like the Arnold press can provide a different stimulus to the anterior and medial deltoids. Dips are another compound exercise that heavily engages the chest, shoulders, and triceps, particularly when performed with a forward lean.

It's important to balance the volume and intensity of these pushing movements with pulling movements



to prevent muscular imbalances, such as rounded shoulders or forward posture. Including a variety of angles and implement types (barbell, dumbbell, bodyweight) helps ensure all heads of the chest and shoulders, as well as the triceps, are adequately stimulated over the week.

## Upper Body Pulling Exercises

Upper body pulling exercises are critical for building a strong, broad back and well-developed biceps. In a 3-day full body split, these movements are just as important as the pushing exercises to maintain postural integrity and create a balanced physique. The two primary pulling patterns are horizontal and vertical.

For vertical pulling, the pull-up and its assisted variations or lat pulldowns are essential. These exercises target the latissimus dorsi (lats), which contribute significantly to the V-taper shape of the upper back, as well as the biceps and forearms. For horizontal pulling, barbell rows, dumbbell rows, and seated cable rows are excellent choices. These work the rhomboids, traps, rear deltoids, and also engage the biceps. Face pulls are a highly effective accessory exercise for the upper back and rear deltoids, crucial for shoulder health and posture.

By consistently including a mix of vertical and horizontal pulling exercises across your 3-day split, you ensure comprehensive development of the entire upper back musculature. This not only contributes to a more aesthetic physique but also improves posture and reduces the risk of shoulder and neck pain, which can often stem from an imbalance of pushing and pulling strength.

## Progressive Overload and Program Progression

The principle of progressive overload is the cornerstone of long-term muscle and strength gains. Simply put, to continue making progress, you must consistently challenge your muscles beyond what they have previously adapted to. In the context of a 3-day full body workout split, this means

systematically increasing the demands placed on your body over time. Without progressive overload, your workouts will eventually plateau, and you will cease to see improvements.

There are several ways to implement progressive overload. The most common methods include increasing the weight lifted, performing more repetitions with the same weight, increasing the number of sets, reducing rest times between sets, improving the range of motion, and enhancing the tempo or control of the movement. For a 3-day full body split, focusing primarily on increasing the weight lifted and the number of repetitions is highly effective, especially for compound exercises.

For instance, if you successfully complete 3 sets of 8 repetitions with 100kg on the barbell squat, the next time you perform squats, aim for 9 repetitions with the same weight, or stick to 8 repetitions but increase the weight to 102.5kg. This consistent, incremental challenge forces your muscles to adapt and grow stronger. Tracking your workouts meticulously is crucial to ensure you are applying progressive overload effectively.

## Methods of Progressive Overload

To effectively implement progressive overload within your 3-day full body workout split, understanding the various methods available is key. These strategies ensure that you are continuously challenging your body to stimulate further adaptation and growth. The most straightforward and common method is increasing the weight lifted. Once you can comfortably hit the upper end of your target rep range for all sets of an exercise, it's time to add a small amount of weight for the next training session.

Another crucial method is increasing the number of repetitions. If your target rep range is 8-12, and you are currently hitting 3 sets of 8 with a certain weight, aim to hit 3 sets of 9, then 10, and so on, before increasing the weight. This builds muscular endurance and strength within the chosen rep range. Increasing the number of sets is also a viable strategy, though it can increase the overall workout duration and fatigue. For example, progressing from 3 sets to 4 sets of an exercise can provide an additional stimulus.

Techniques like reducing rest periods between sets can also be a form of progression, increasing metabolic stress and conditioning. Finally, improving the mind-muscle connection, controlling the eccentric (lowering) phase of a lift, and ensuring a full range of motion are all ways to increase the effectiveness and challenge of each repetition without necessarily increasing external weight. A combination of these methods will yield the best results.

## Tracking Your Progress

Effective tracking of your progress is non-negotiable for success with a 3-day full body workout split. Without accurate records, it becomes impossible to implement progressive overload systematically and to know whether you are truly moving forward. A training log, whether a physical notebook or a digital app, should be an indispensable tool for any lifter.

At a minimum, your log should record the date of each workout, the specific exercises performed, the weight used for each exercise, and the number of sets and repetitions completed for each set. For exercises where the number of repetitions is variable (like pull-ups or planks), note the achieved number or duration. Beyond these basics, you can also log your perceived exertion for each exercise or workout, and any notes on how you felt, such as muscle soreness or energy levels.

Regularly reviewing your training log is essential. This review should happen at least once a week, ideally before your next training session. Look for trends: are you consistently increasing the weight or reps? Are there exercises where you are stuck? This data will inform your decisions about when to increase weight, when to aim for more reps, and whether any adjustments to your program are needed. This systematic approach ensures that you are always pushing yourself effectively and making tangible gains.

# Nutrition and Recovery for a 3-Day Full Body Split

The most effective 3-day full body workout split will yield suboptimal results if not supported by proper nutrition and recovery strategies. Resistance training breaks down muscle tissue; it is during the recovery period, fueled by adequate nutrition, that this tissue repairs and grows back stronger and larger. Therefore, understanding the interplay between training, diet, and rest is critical for maximizing gains.

When it comes to nutrition, adequate protein intake is paramount. Protein provides the building blocks for muscle repair and growth. Aim for a daily protein intake of 1.6 to 2.2 grams per kilogram of body weight. Carbohydrates are essential for providing energy to fuel your workouts and replenishing glycogen stores post-exercise. Healthy fats are important for hormone production and overall health. Ensuring a caloric surplus is generally recommended for muscle gain, but this should be a controlled surplus to minimize excess fat accumulation.

Recovery is equally vital. Sleep is when the majority of muscle repair and hormone release (like growth hormone) occurs. Aim for 7-9 hours of quality sleep per night. Active recovery, such as light cardio or stretching on rest days, can improve blood flow and reduce muscle soreness. Listening to your body and not pushing through extreme fatigue or pain is a crucial aspect of preventing overtraining and injury.

## Importance of Protein Intake

Protein is the undisputed macronutrient for muscle building and repair, and its role in a 3-day full body workout split cannot be overstated. When you engage in resistance training, microscopic tears occur in your muscle fibers. Protein provides the amino acids necessary to repair these tears and, in doing so, stimulate muscle hypertrophy (growth). Without sufficient protein, your body cannot effectively rebuild the muscle tissue that has been broken down during your workouts, hindering your progress.

For individuals following a 3-day full body split, where each muscle group is stimulated multiple times per week, consistent and adequate protein intake is even more critical. A commonly recommended target for individuals engaged in regular strength training is between 1.6 to 2.2 grams of protein per kilogram of body weight per day. This amount ensures that your body has a constant supply of amino acids available for muscle protein synthesis.

Distributing your protein intake throughout the day, rather than consuming it all in one or two large meals, can be more beneficial for optimizing muscle protein synthesis. Including a source of protein with each meal and snack, and particularly post-workout, can support recovery and growth. Good sources of protein include lean meats, poultry, fish, eggs, dairy products, legumes, and plant-based protein powders.

## **Adequate Sleep and Rest**

Sleep and rest are not merely passive periods; they are active and indispensable components of muscle growth and recovery, especially when following a demanding 3-day full body workout split. During sleep, your body undergoes crucial restorative processes. This is when the majority of muscle repair occurs, damaged tissues are mended, and muscle protein synthesis rates are at their highest.

Furthermore, the pituitary gland releases growth hormone during deep sleep, a key anabolic hormone that plays a significant role in muscle growth, tissue repair, and fat metabolism. Insufficient sleep can disrupt these vital processes, leading to impaired recovery, reduced muscle growth, increased muscle breakdown (catabolism), and a higher risk of injury. For optimal results with your 3-day split, aim for 7-9 hours of quality sleep per night.

Rest days are equally important. The 3-day split inherently provides ample rest between training sessions, typically one or two full days. These rest days allow your muscles to recover, replenish energy stores, and adapt to the training stimulus. While active recovery, such as light walking, stretching, or foam rolling, can be beneficial on rest days to improve blood flow and reduce soreness,

it's crucial not to overdo it. Prioritizing complete rest when your body signals fatigue is essential for preventing overtraining and ensuring long-term progress.

## **Common Mistakes to Avoid with a 3-Day Full Body Split**

While a 3-day full body workout split is highly effective, several common pitfalls can hinder progress and lead to frustration. Being aware of these mistakes is the first step to avoiding them and maximizing the benefits of this training methodology. One of the most frequent errors is not prioritizing compound movements. While accessory exercises have their place, a full-body routine should be built around foundational lifts like squats, deadlifts, presses, and rows.

Another common mistake is insufficient recovery. Even with a 3-day split, neglecting sleep, nutrition, or pushing through extreme fatigue can lead to overtraining. This can manifest as decreased performance, persistent soreness, and increased susceptibility to injury. Conversely, some individuals may undertrain, not applying enough intensity or volume to stimulate adaptation.

Poor form is another significant issue. Lifting too heavy without proper technique not only reduces the effectiveness of the exercise but also drastically increases the risk of injury. Focusing on controlled movements and perfect execution should always take precedence over ego-lifting. Finally, a lack of progression or an inconsistent approach to progressive overload will lead to plateaus. Without a plan to gradually increase the challenge, progress will inevitably stall.

### **Not Prioritizing Compound Lifts**

A fundamental error for those implementing a 3-day full body workout split is the failure to prioritize compound lifts. These multi-joint exercises, such as squats, deadlifts, bench presses, overhead presses, and rows, are the most efficient way to stimulate a large amount of muscle mass, build overall strength, and improve functional fitness. They engage multiple muscle groups and joints

simultaneously, leading to a greater hormonal response and a more significant metabolic challenge.

While isolation exercises like bicep curls or triceps extensions have their place, they should be secondary in a full-body routine, especially one with only three training days per week. If a significant portion of your workout time is spent on single-joint movements, you are likely neglecting the opportunity to build a strong, well-rounded foundation. In a 3-day split, every minute counts, and compound lifts offer the biggest bang for your buck in terms of muscle activation and systemic stimulus.

Ensuring that each full-body workout includes at least one primary compound exercise for the lower body (squat or deadlift variation), an upper body push (press variation), and an upper body pull (row or pull-up variation) is crucial. This ensures that you are consistently challenging the major muscle groups with the most effective movements available, paving the way for substantial strength and muscle gains.

## **Ignoring Recovery and Sleep**

It is a critical mistake for individuals following a 3-day full body workout split to neglect the crucial pillars of recovery and sleep. While the 3-day structure itself allows for built-in rest days, this does not give a free pass to disregard other recovery needs. Muscle growth and repair do not happen during the workout itself; they occur during the rest periods that follow, particularly during sleep.

Inadequate sleep (consistently less than 7-9 hours per night) directly impairs muscle protein synthesis, hormone regulation (including testosterone and growth hormone), and overall physical and mental recovery. This can lead to diminished performance in subsequent workouts, increased fatigue, irritability, and a heightened risk of injury. Similarly, insufficient rest days, or not allowing the body to truly recover between sessions by engaging in overly strenuous active recovery or other demanding physical activities, can lead to overtraining syndrome.

Symptoms of overtraining include persistent fatigue, decreased motivation, plateaued or declining

strength and performance, increased resting heart rate, and increased susceptibility to illness or minor injuries. To avoid these pitfalls, prioritize sleep hygiene, listen to your body's signals for rest, and ensure that your rest days are truly rest days, allowing your body to fully repair and rebuild.

## **Who is a 3-Day Full Body Split Best For?**

The 3-day full body workout split is remarkably versatile and can be highly beneficial for a wide range of individuals. Its simplicity, efficiency, and effectiveness make it an excellent choice for beginners who are new to resistance training. For those just starting, a full-body approach allows them to learn the fundamental movement patterns with multiple practice opportunities throughout the week, leading to faster skill acquisition and strength development.

Experienced lifters can also benefit significantly from this split. It can be used as a tool to increase training frequency and provide a potent stimulus for muscle growth and strength, especially if they have been following more specialized splits for a prolonged period and are experiencing a plateau. It is also an ideal strategy for individuals with limited training time, such as those with busy careers, family commitments, or other demanding schedules, as it requires only three dedicated sessions per week.

Furthermore, athletes in sports that require well-rounded strength and conditioning can find this split beneficial. It promotes balanced muscular development, which is crucial for athletic performance. Individuals looking to improve general fitness, cardiovascular health, and overall body composition will also find this training methodology to be highly effective and sustainable in the long term.

## **Beginners and New Lifters**

For individuals who are new to the world of strength training, a 3-day full body workout split is arguably the most recommended starting point. The primary advantage for beginners is the increased frequency of practice for fundamental movement patterns. Learning proper form for exercises like squats,



deadlifts, presses, and rows takes time and repetition. By performing these movements three times a week, beginners can develop motor skills, build neuromuscular coordination, and establish a solid foundation of strength and technique more rapidly than with a less frequent split.

Moreover, the 3-day full body approach allows beginners to gauge their recovery capabilities effectively. Since they are not training each muscle group to extreme fatigue in every session, they can typically recover well between workouts, reducing the risk of injury and discouragement. This structured yet forgiving approach helps build confidence and consistency, which are crucial for long-term adherence to a training program. The focus remains on mastering the basics and creating a consistent training habit.

## **Time-Constrained Individuals**

For many individuals, the biggest barrier to consistent training is a lack of time. This is where a 3-day full body workout split truly shines. By consolidating all major muscle groups into just three sessions per week, it offers an incredibly efficient way to achieve significant results without demanding a substantial time commitment. This makes it an ideal choice for professionals with demanding careers, parents juggling family responsibilities, or students with heavy academic loads.

The structure of a 3-day split, typically involving workouts on non-consecutive days like Monday, Wednesday, and Friday, allows for a structured training week that still leaves ample time for other life obligations and essential rest. Each workout, while comprehensive, can usually be completed within 45-75 minutes, depending on the individual's pace and rest periods. This time-efficient nature makes it far more sustainable and realistic for many people to stick to a long-term training regimen compared to more complex or time-consuming splits.

## **Intermediate to Advanced Lifters**

While often lauded for its beginner-friendliness, a 3-day full body workout split can also be a highly effective tool for intermediate and advanced lifters, particularly for specific goals. For those looking to break through strength plateaus, increasing the frequency of training key compound lifts can provide a novel stimulus. Hitting squats or deadlifts three times a week, with appropriate intensity and volume management, can lead to significant improvements in strength and power.

This split can also be used to increase overall training volume in a controlled manner. Instead of trying to cram all the volume into one or two sessions per week for each muscle group, spreading it across three full-body sessions allows for better recovery and management of fatigue. Advanced trainees might use it for hypertrophy phases, focusing on higher rep ranges and carefully managed intensity, or as a strategic deload or active recovery phase within a more intense training block. The key for advanced lifters is to carefully manipulate variables like exercise selection, intensity, volume, and rest periods to ensure continued adaptation.

## **FAQ**

### **Q: How many sets and reps should I aim for with a 3-day full body workout split?**

A: For most compound exercises in a 3-day full body split, aim for 3-4 sets with a rep range of 5-8 for strength and 8-12 for hypertrophy. For accessory exercises, 2-3 sets of 10-15 repetitions are generally effective. The key is to choose a weight that makes the last few reps challenging to complete with good form.

### **Q: How long should my rest periods be between sets in a 3-day full body workout?**

A: For heavy compound lifts like squats and deadlifts, rest periods of 90-120 seconds are often recommended to allow for adequate recovery. For other compound movements and accessory

exercises, 60-90 seconds is typically sufficient. Adjust rest periods based on how you feel and your ability to maintain performance.

### **Q: Can I do cardio on the same day as my full body workout?**

A: Yes, you can incorporate cardio, but it's generally advisable to perform it after your weight training session, or on separate days. If you do cardio on the same day, keep the intensity moderate to avoid significantly compromising your strength training performance or recovery.

### **Q: How often should I change the exercises in my 3-day full body split?**

A: You don't need to change your exercises frequently. Consistency is key for progressive overload. You might consider swapping exercises every 4-8 weeks to provide a new stimulus, or if you find an exercise is not working well for you. However, focus on progressing with your current exercises for a significant period.

### **Q: What is the best way to warm up before a 3-day full body workout?**

A: Start with 5-10 minutes of light cardio (e.g., jogging, cycling) to increase blood flow. Follow this with dynamic stretching and mobility exercises that target the major muscle groups you'll be working. Perform a few light sets of your first main exercise to prepare the specific muscles.

### **Q: Should I use the same weight for all three workouts in a week?**

A: No, ideally you should aim to progressively overload. While you might use similar exercises, you should strive to increase the weight, reps, or sets over time. However, some variations between workouts (like alternating between heavier strength days and lighter hypertrophy days) can be beneficial.

## Q: How long does it take to see results from a 3-day full body workout split?

A: Results can vary depending on genetics, diet, consistency, and training intensity. However, most individuals can expect to see noticeable improvements in strength within 2-4 weeks and some visible changes in muscle tone and size within 4-8 weeks of consistent training.

## Q: Is it okay to train on consecutive days with a 3-day full body split?

A: It is generally not recommended to train full body on consecutive days. The 3-day split is designed to allow at least one full rest day between workouts for muscle recovery and adaptation. Training consecutive days could lead to overtraining and hinder progress.

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**full body workout split 3 days:** *The Women's Health Big Book of Exercises* Adam

Campbell, 2016-10-25 Revised edition includes 100 new exercises! The Women's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever written specifically for women, this book is a body-shaping power tool for both beginners and longtime fitness buffs alike. This book contains hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the world's top trainers. Backed by the authority of Women's Health magazine, this updated and revised edition features 100 new exercises in 20 workouts designed by BJ Gaddour, the Fitness Director of Men's Health magazine, and 1,350 photographs, showing movements for every muscle and training plan to match every fitness goal.

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- And also a weight tracking tool to track your bodyweight.
- Cheat sheet including all the exercises and progressions with youtube links. The training programs and bodyweight training progressions will work for beginners and intermediates and get you far. I will present bodyweight strength training programs based on well known workout splits that have stood the test of time and guides to all exercise progressions. I will give you a tool that includes these programs, allows you to track and plan your workouts for future success. The tool will also include youtube video examples on each exercise. In order to cover all 100+ exercises I will not present any of the exercises in this book in picture format. With video examples you will have a better chance of getting the exercise form

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