

# 3 Day Full Body Routine

**Training Frequency:** 3 days per week

**Routine Duration:** 6 to 12 weeks

Exercise	Sets	Reps
<b><u>Thighs:</u></b> Squats or Leg Presses	2	8-12
Leg Extensions	2	8-12
<b><u>Hamstrings:</u></b> Leg Curls	3	12-15
<b><u>Back:</u></b> Lat Pull-downs	2	8-12
Cable Rows	2	8-12
<b><u>Chest:</u></b> Bench or Chest Press	2	8-12
Dumbbell Flyes	2	8-12
<b><u>Shoulders:</u></b> Shoulder Press	3	8-12
<b><u>Triceps:</u></b> Tricep Pushdowns (3 x 8-12)	3	8-12
<b><u>Biceps:</u></b> Barbell Curls (3 x 8-12) -	3	8-12
<b><u>Calves:</u></b> Calf Raises (3 x 12-15) -	3	8-12
<b><u>Abdominals:</u></b> Floor Crunches (3 x 12-15) -	3	12-15

**Sets Per Exercise:** 2 - 3 sets

**Rests Between Sets:** Up to 2 minutes

**Body Parts Trained Each Week:** 3 times

**Rest Between Body Parts Each Week:** 1 to 2 days

\* If you can successfully reach 12 reps before failure you need to raise the weight so it becomes difficult at 8 to 10 reps