

2-Day Full Body Gym Workout to Build Lean Mass

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This program is based on the [Tri-set method](#), which involves performing three different exercises in a row without taking a break. For example, one set will include one exercise each for the leg, shoulder, and arm.

Instructions: Perform three exercises in a row and take 2-3 minutes rest between tri-sets

Day 1 – Full Body Tri-set Workout A

Tri-sets	Repeat	Reps
Pull-up + Bar Dips + Leg Extension	2	10-15
Pec Deck Fly + Pulldown + Leg Curl	2	10-15
Leg Press + Side Delt Raise + Seated Row	2	10-15
Biceps Curl + Incline Bench Press + Knee Raises	2	10-15

Day 2 – Full Body Tri-set Workout B

Tri-sets	Repeat	Reps
Pull-up + Overhead Press + Lunges	2	10-15
Flat Bench Press + One-arm Row + Step-up	2	10-15
Back Extension + Rear Delt Raises + Side Knee Raises	2	10-15
Calf Raises + Rope Pressdown + Cable Crunches	2	10-15