

3 DAY SUPERSET WORKOUT TO BUILD MUSCLES

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Check out [article](#) for more info

Summary

Workout Type	Superset
Suggested Program Duration	60-90 Days
Program Goal	Build Muscles and Strength
Frequency	3 days a week
Workout Duration/Session	60 minutes
Level	Beginners to Intermediate
Suitable Gender	Male and Female
Place to Workout	Gym
Plan to Follow Next	4-Day Superset Workout Plan

Schedule

- Monday – Quads and Chest
- Tuesday – OFF
- Wednesday – Back and Hamstrings
- Thursday – OFF
- Friday – Shoulder and Arms
- Saturday – OFF
- Sunday – OFF

You can also integrate abs and obliques exercises into any training day or dedicate a 15 to 30-minute core workout session on any day during the four days off.

Day 1 – Legs and Chest

Warm-up:

- 30-sec Jumping Jacks
- 30-sec Squat Jumps
- 30-sec Mountain Climber
- 3-5 Min Jogging on Treadmill

Workout 1 (Perform 2 Sets)

- [Dumbbell Lunges](#): 10 reps
- [Bench Press](#): 15 reps (50-60% of your 1RM)

Workout 2 (Perform Three Sets)

- [Back Squats](#): 15 reps (50-60% of your 1RM)
- [Incline Dumbbell Bench Press](#): 15 reps

Workout 3 (Perform Three Sets)

- Leg Extensions: 15 reps
- [Pec Deck Fly](#): 15 reps

Workout 4 (Perform 2 Sets)

- [DB Step-up](#): 10 reps
- [Dumbbell Pullover](#): 12 reps

Cool down:

- Downward Facing Dog: 15-sec x 2
- Upward Facing Dog: 15-sec x 2
- Pigeon Pose: 15-sec x 2
- Seated Bend Forward: 15-sec x 2

Exercises for the following weeks:

- Leg Press
- Bar Dips
- Sumo Squat

- High to Low Cable Flyes
- Calf Raises
- [Deficit Pushups](#)

Day 2 – Back and Legs

Warm-up:

- 15-sec [Ankle Hops](#)
- 5 Burpees
- 3-5 Cycling/Treadmill/Cross Trainer
- 8-10 Inverted Rows

Workout 1 (Three Sets)

- 10 Pull Ups
- 8 Romanian Deadlifts

Workout 2 (Three Sets)

- 12-15 [Lat Pulldowns](#)
- 12-15 Leg Curls

Workout 3 (Three Sets)

- 12-15 [Seated Cable Rows](#)
- 12-15 Glute Bridges

Workout 4 (Three Sets)

- 12-15 [Bent-Over Rows](#)
- 12-15 Calf Raises

Cool down:

- [Single-leg Hamstring stretch](#): 10-sec/side x 2
- Cat-Cow Stretch: 10-sec cat and 10-sec cow x 3
- Standing Bend Forward: 15-sec x 2
- Upward Facing Dog: 15-sec x 2
- Lunges Stretch: 15-sec x 2

- Superman: 10 reps x 2

Exercise options for the upcoming weeks:

- Neutral Grip Pulldown
- Bulgarian Split Squat
- [One-arm Dumbbell Row](#)
- Reverse Lunges
- Standing Lat Pullover
- [KB Pistol Squat](#)
- T-Bar Row
- Lateral Squats
- Facepull

Day 3 – Shoulder and Arms

Warm-up:

- Sprint in Place: 10 seconds x 2
- Jumping Jacks: 10 seconds x 2
- High Knees: 10 seconds x 2
- Mountain Climber: 10 seconds x 2

Workout/Set 1 (Lightweight/empty barbell)

- 20 reps Overhead Press
- 20 reps Barbell Curl
- 20 reps Skull Crusher

Workout 2 (Two Sets)

- 12 reps DB Overhead Press
- 10 reps Alternate Dumbbell Curl
- 12 reps [Triceps Bar Pushdowns](#)

Workout 3 (Two Sets)

- 12 [Dumbbell Lateral Raises](#)
- 12 Cable Curls
- 12 Overhead Tricep Extension

Workout 2 (Two Sets)

- 12 [Dumbbell Rear Delt](#)/Reverse Pec Deck Flyes
- 12 [Hammer Curls](#)
- 10 One-arm Tricep Kickbacks per side

Cool down:

- Cobra Pose
- Bow Pose
- [Cow Face Pose](#)

Alternate exercise options for the upcoming weeks:

- Arnold Press
- Incline Dumbbell Curl
- Bench Dips
- Shoulder Shrug
- Concentration Curl
- Front Raises
- Preacher Curl
- Diamond Pushup

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Optimum Nutrition Amino Energy	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Body Fortress Whey Protein Powder

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Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [30+ Best Smith Machine Exercises](#)

Related Workout Programs:

- [One Hour Full Body Workout to Build Muscle](#)
- [1-Hour Gym Workout for Beginners](#)

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