

THE ULTIMATE 3 DAY COMPOUND WORKOUT ROUTINE FOR MASS GAIN

Created by: [Murshid Akram](#)

Check out [article](#) for more info

If you want to grow strength and mass, lift big, do compound exercises. Most probably you may have heard this advice. Well, this isn't entirely true but yes, compound liftings are super effective. I personally love doing them and they help me develop firm and muscular physique.

Compound movements, also known as multi-joint exercises, work on multiple muscles simultaneously and help promote strength and hypertrophy.¹ Squats, bench presses, and deadlifts are popular examples of compound lifting.

There are [various compound exercises](#) you can do to target your every muscle from the upper to the lower body. However, if you do not have a workout plan, you won't be able to utilize them properly.

A well-crafted workout routine allows you to train in an organized manner and help you reach your fitness goal.

In this article, I've shared an ultimate 3 day compound workout routine that is easy to follow, effective, and can help you level up your fitness.

It will be a [4-week program](#) which you can extend till the desired time.

Contents [show](#)

Program Summary

Routine Type	Full Body and Hybrid Split
Workout Duration	4 Weeks (Recommended 12 weeks)
Main Goal	Strength and Muscle Building
Training Level	Intermediate
Sessions Per Week	Three
Time Per Session	60-90 Minutes
Target Gender	Male and Female

Suitable Age Group	20-40 years
Plan to Follow Next	4 Day Compound Workout Routine

If you're a beginner and train twice a week, you can download this [2 day split compound workout program](#).

The Best 3 Day Compound Workout Routine to Build Muscle

Schedule:

- **Week 1 & 3 – Full Body Workout**
 - Monday – Workout
 - Tuesday – OFF
 - Wednesday -Workout
 - Thursday – OFF
 - Friday – Workout
 - Saturday – OFF
 - Sunday – OFF
- **Week 2 & 4 – Hybrid Split**
 - Day 1 (Mon) – Chest, Triceps, and Abs
 - Day 2 (Wed) – Back and Shoulder
 - Day 3 (Fri) – Legs and Biceps

Instructions

- Warm-up: 5-10 minutes (you use treadmill, stationary bike, or [bodyweight cardio exercises](#)).
- Rest between sets: 1-3 minutes
- Method of Training: Standard Rep-Set Pattern

Week 1 – Full Body Compound Workout

- Monday – Total Body Compound Workout
- Tuesday – OFF
- Wednesday – Total Body Compound Workout Training
- Thursday – OFF
- Friday – Full Body Compound Workout
- Saturday – OFF
- Sunday – OFF

Day 1

Exercise	Muscle Worked	Sets	Reps
Barbell Back Squat	Quad, Ham, & Glutes	3	12, 10, 8
Pull-ups	Back, Biceps, & Core	3	6-12
Barbell Bench Press	Chest, Triceps, & Shoulder	3	12, 10, 8
Standing Overhead Press	Shoulders, Ab, and Chest	3	12, 10, 8
Seated Cable Row	Back and Biceps	3	12, 10, 8

Day 2

Exercise	Muscle Worked	Sets	Reps
Barbell Deadlift	Integrated Full Body	4	8, 6, 4, 2
Incline DB Bench Press	Chest, Triceps, & Shoulders	3	12,10, 8
Parallel Dips	Triceps, Shoulders, Abs, Chest	3	12,10, 8
Chin-ups	Biceps and Back	3	10, 8, 6
Weighted Plank	Core, Arms, Shoulder	2	60-sec

Day 3

Exercise	Muscle Worked	Sets	Reps
Weighted Push-ups	Chest, Core, & Triceps	3	15, 12, 10
Smith Machine Lunges	Quad, Ham, & Glutes	3	12, 10, 8, 6
Bent-over Barbell Row	Back and Biceps	3	16, 12, 10, 8
Incline IYT Raises	Biceps, Triceps, & Shoulders	3	16, 12, 10, 8
Dumbbell Pullover	Chest, Back, & Core	3	12, 10, 8, 6

Beyond Body
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PERFORMIX

NATURALLY OCCURRING AMINO ACID PROFILE*

Essential Amino Acids	Percentage
Leucine, Lysine, Phenylalanine, Isoleucine, Threonine, Valine, Methionine, Histidine, Tryptophan	48%

Conditionally Essential Amino Acids	Percentage
Arginine, Cysteine, Glutamine & Tyrosine, Glycine, Proline, Glutamic Acid	32%

Non-Essential Amino Acids	Percentage
Aspartic Acid, Serine, Alanine	20%

*Values are naturally occurring & unprocessed.

Week 2 – Hybrid Split Compound Workout Routine

- Day 1 – Chest, Triceps, and Abs
- Day 2 – Back and Shoulder
- Day 3 – Legs and Biceps
- Alternate day off

Day 1 – Chest, Triceps, and Abs

Exercise	Sets	Reps	Rest
Flat Bench Press	3	12, 10, 8	2-3 min
Incline Bench Press	3	12, 10, 8	2-3 min
Bar Dips	3	12, 10, 8	2-3 min
Diamond Pushups	3	12, 10, 8	2-3 min
Hanging Knee Raises	2	10-20	1-min
Weighted Plank	2	60-sec	1-min

Day 2 – Back and Shoulder

Exercise	Sets	Reps	Rest
Pull-ups	3	12, 10, 8	2-3 min
Front Lat Pulldown	3	12, 10, 8	2-3 min
Bent-over Barbell Row	3	12, 10, 8	2-3 min
Arnold Press	3	12, 10, 8	2-3 min
Leaning Lateral Raises	3	12, 10, 8	1-2 min
Cable Facepull	3	12, 10, 8	1-2 min

Day 3 – Legs and Biceps

Exercise	Sets	Reps	Rest
Back Squats	4	12, 10, 8, 6	2-3 min
Step-up	3	12, 10, 8	1-2 min
Lunges	3	12, 10, 8	1-2 min
Hip Thrust	3	12, 10, 8	1-2 min
Chinups	3	12, 10, 8	1-2 min

Week 3 – Total Body Compound Workout Plan

- Monday, Wednesday, and Friday – Workout
- Tue, Thur, Sat, and Sun – OFF or Cardio

Day 1

Exercise	Muscle Worked	Sets	Reps
Front Lunges	Quad, Ham, & Glutes	3	12, 10, 8
Lat Pulldown	Back and Biceps	3	15, 12, 10
Barbell Bench Press	Chest, Triceps, & Shoulder	3	15, 12, 10
Standing Overhead Press	Shoulders, Ab, and Chest	3	15, 12, 10
Weighted Plank	Core, Arms and Shoulder	2	60-sec

Day 2

Exercise	Muscle Worked	Sets	Reps
Barbell Deadlift	Integrated Full Body	4	8, 6, 4, 2
Chin-ups	Biceps and Back	3	12,10, 8
Incline IYT Raises	Back and Shoulder	3	12,10, 8
Dumbbell Pullover	Chest and Back	3	10, 8, 8
Hanging Knee Raises	Core and Arms	2	10-20

Day 3

Exercise	Muscle Worked	Sets	Reps
Weighted Push-ups	Chest, Core, & Triceps	3	15, 12, 10
Seated Cable Rowing	Back and Biceps	3	15, 12, 10
Bent-over Barbell Row	Back and Biceps	3	10, 12, 10
Bent-over Reverse Fly	Shoulder and Back	3	15, 12, 10
Dumbbell RDL	Posterior Chain Muscle	3	10, 8, 6

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 Aspartic Acid, Serine 20%
 Alanine

*Values are naturally occurring & not optimized.

Week 4 – Combined Upper/Lower Split Workout

- Monday – Chest, Triceps, and Abs
- Wednesday – Back and Shoulder
- Friday – Legs and Biceps

Monday – Chest, Triceps, and Abs

Exercise	Sets	Reps	Rest
Flat Bench Press	3	12, 10, 8	2-3 min
Incline Bench Press	3	12, 10, 8	2-3 min
Bar Dips	3	12, 10, 8	2-3 min
Diamond Pushups	3	12, 10, 8	2-3 min
Hanging Knee Raises	2	10-20	1-min
Weighted Plank	2	60-sec	1-min

Wednesday – Back and Shoulder

Exercise	Sets	Reps	Rest
Pull-ups	3	12, 10, 8	2-3 min
Front Lat Pulldown	3	12, 10, 8	2-3 min
Bent-over Barbell Row	3	12, 10, 8	2-3 min
Arnold Press	3	12, 10, 8	2-3 min
Leaning Lateral Raises	3	12, 10, 8	1-2 min
Cable Facepull	3	12, 10, 8	1-2 min

Friday – Legs and Biceps

Exercise	Sets	Reps	Rest
Back Squats	4	12, 10, 8, 6	2-3 min
Step-up	3	12, 10, 8	1-2 min
Lunges	3	12, 10, 8	1-2 min
Hip Thrust	3	12, 10, 8	1-2 min
Chinups	3	12, 10, 8	1-2 min

5 Pro Tips for Maximizing Workout Plan & Achieving Optimal Results

1. Pre-Workout Meal

Consuming pre-workout meal helps perform better during the workout and supports muscle-building.¹

Here are some examples of meals you can consume prior to workout.

1. Protein Shake
2. Chicken Salad
3. Almonds, Cashews, Pistachios
4. Oatmeal
5. Energy Bars
6. Peanut Butter with Brown Bread
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

You should have your meal 30 minutes to 2 hours before the training, depending on the kind of food you consume.

2. Workout When You Feel Active

You can give your maximum during the workout when you feel energetic. You can work out at any time of the day, but make sure you're fresh and ready to lift.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.^{2, 3}

4. Post-workout Meal

Post workout meal is crucial for rebuilding and growth trained muscle. You can have a great workout session, but if you don't consume the protein and carbs after the workout, your muscles might not grow.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.

5. Make Progress

It is important to gradually increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

Helpful Resources:

- [25 Best Dumbbell Compound Exercises](#)
- [50 Best Compound Lifts](#)

You can follow this combined [isolation and compound exercise routine](#) to develop your fitness.

Also, read:

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
- [12 Week Shoulder Workout Program for Defined Delts](#)
- [12 Week Arms Workout Routine for Mass Gain](#)

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