

# 3 DAY WORKOUT ROUTINE FOR WEIGHT LOSS AND LEAN MASS GAIN

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Check out [article](#) for more info

## Program Summary and Description

Goal	Lose Weight and Build Muscle
Duration	12-16 weeks
Sessions/Week	3 Days a week
Duration/Session	60-90 minutes
Calories Burned/Session	750-1000
Suitable for	Men and Women
Difficulty	Beginner to Intermediate
PDF	At the bottom
Alternate Plan	<a href="#">4-Week Routine for Weight Loss</a>

### Other information about the program:

- This program includes a variety of exercises, from the dumbbell and barbell to machine and body weight. The primary focus will be on [multi-joint compound movements](#), followed by isolation exercises. The compound exercises are excellent help when it comes to growing strength and size.
- The workouts will be divided into three parts in every session. The training will start with a 10-minute warm-up followed by 45 minutes of strength workout, then end with 20-30 minutes of cardio. This way, you can have a cardio + weight + cardio session.
- You can also perform static exercises at the end to ease your muscle soreness.

# The Full Body 3 Day Workout Routine for Weight Loss

Before you start strength and cardio training, perform this 10-minute cardio to increase oxygen flow and prepare for intense workouts.

Here are two examples, you can do them interchangeably.

- Perform exercises at low-to-moderate intensity.
- Do as many rounds as possible in 10 minutes.

Warm-up 1	Warm-up 2
Front Leg Swings (10 reps/leg)	5-min Full Body Foam Rolling
Ankle Hops (15-sec)	Straight leg marches (15-sec)
Jumping Jacks (15-sec)	Inchworm (15-sec)
Mountain Climber (15-sec)	Lateral Leg Swings (10 reps/leg)
High Knees (15-sec)	Burpees (5 reps)
Bear Crawls (30-sec)	<a href="#">Squat Jumps</a> (10 reps)

Okay, so here is the complete schedule of the total body 3 day weight loss program.

## Week 1

- Day 1 – Weight Training + Full Body HIIT
- Day 2 – Strength Training + LIIS
- Day 3 – Resistance Training + Core Workout

## Monday

Workout	Reps	Rest
Dumbbell Bench Press	15, 12, 10	2-3 min
Pec Deck Fly	12, 10, 10	1-2 min
Bent-over Rowing	12, 10, 10	2-3 min
Romanian Deadlift	8, 6, 6	2-3 min
20-minute HIIT (Workout #1 see below)	–	–

## Wednesday

Workout	Reps	Rest
<a href="#">Rack Pull Deadlift</a>	6, 4, 3, 2	2-3 min

Lat Pulldown	15, 12, 10	2-3 min
Military Press	12, 10, 8	2-3 min
Dumbbell Lunges	10, 8, 8	1-2 min
20-minute LISS (Workout #6)	–	–

### 3-day weight loss workout plan

## Friday

Workout	Reps	Rest
Smith Machine Back Squat	15, 12, 10	2-3 min
Single-arm DB Rowing	12, 10, 8	2-3 min
<a href="#">Dumbbell Pullover</a>	10, 8, 8	2-3 min
Incline DB Bench Press	12, 10, 8	2-3 min
<a href="#">15 HIIT Core Workout</a> (workout #5)	–	–

## Week 2

- Day 1: Weight Training + Treadmill + Stationary Bike
- Day 2: Weight Training + Treadmill + Core Workout
- Day 3: HIIT Cross Trainer + Bicycling + Strength Training

## Monday

Workout	Reps	Rest
Incline Hammer Machine Chest Press	15, 12, 10	2-3 min
Seated Cable Rowing	15, 12, 10	2-3 min
<a href="#">Clean &amp; Press</a> (use an empty bar)	8, 8, 6	2-3 min
<a href="#">Barbell Hip Thrust</a>	12, 10, 8	1-2 min
Treadmill (at own pace)	15-min	–
Bicycling	10-min	–

## Wednesday

Workout	Reps	Rest
Front Squat to Overhead Press	10, 8, 6	2-3 min
V-grip Lat Pulldown	15, 12, 10	2-3 min
Machine Leg Press	15, 12, 10	2-3 min
Pec Deck Fly	15, 12, 10	2-3 min
Treadmill (your selected pace)	10-min	1-2 min
15-min HIIT Abs (Workout #5)	–	–

## 3 day workout split for weight loss

### Friday

Workout	Reps	Rest
DB/Barbell Bench Press	12, 10, 8	2-3 min
SM Machine Lunges	10, 8, 8	2-3 min
Lateral Delt Raises	12, 10, 8	2-3 min
One-arm DB Row	12, 10, 8	2-3 min
Treadmill	10-min	–
Bicycling	5-min	–
Cross Trainer	5-min	–

### Week 3

- Day 1: Strength Training + Treadmill + Stationary Bike
- Day 2: Full Body HIIT + Weight Training + Treadmill
- Day 3: Treadmill + Strength Training + Core workout

### Monday

Workout	Reps	Rest
Dumbbell Deadlift	10, 8, 6	2-3 min
Seated Cable Row	15, 12, 10	2-3 min
Pushup on Knees/Toes	10 x 3	1-2 min
Weighted Farmer's Walk	30-60 sec x 3	1-2 min
<a href="#">Bench Dips</a>	12, 10, 8	1-2 min
Treadmill (at own pace)	15-min	–
Bicycling	5-min	–

### Wednesday

Workout	Reps	Rest
HIIT Full Body (workout #1)	20-min	3-5 min
Front Lat Pulldown	10 x 2	2-3 min
Incline Bench Press	10 x 2	2-3 min
Lateral Delt Raises	10 x 2	2-3 min
Dumbbell Biceps Curl	10 x 2	2-3 min
Treadmill	10-min	–

### Friday

Workout	Reps	Rest
Treadmill	10-min	–
Back Squat	15, 12, 10	2-3 min

Arnold Press	15, 12, 10	2-3 min
<a href="#">Chest Supported DB Row</a>	15, 12, 10	2-3 min
Barbell Hip Thrust	15, 12, 10	2-3 min
HIIT Core (Workout #5)	15-min	–

3 day full body workout routine for weight loss

## Week 4

- Day 1: Strength Training + Treadmill + Stationary Bike
- Day 2: Steady Cardio + Weight Training + Treadmill
- Day 3: Treadmill + Strength Training + Core workout

### Monday

Workout	Reps	Rest
Kettlebell Swings	15 x 3	2-3 min
Seated Cable Row	15, 12, 10	2-3 min
Incline Bench Press	15, 12, 10	1-2 min
Seated Cable Row	15, 12, 10	1-2 min
Treadmill (at own pace)	15-min	–
Bicycling	5-min	–

### Wednesday

Workout	Reps	Rest
Steady Cardio (workout #6)	20-min	3-5 min
Front Lat Pulldown	10 x 2	2-3 min
Incline Bench Press	10 x 2	2-3 min
Lateral Delt Raises	10 x 2	2-3 min
Rope Pushdown	10 x 2	2-3 min
Treadmill	10-min	–

### Friday

Workout	Reps	Rest
Treadmill	10-min	–
Weighted Lunges	15, 12, 10	2-3 min
T-Bar Row	15, 12, 10	2-3 min
Pec Deck Fly	15, 12, 10	2-3 min
Leg (Hamstring) Curl	15, 12, 10	2-3 min
<a href="#">Triset Abs Workout</a>	30-min	–

## Workout #1 – 20-minute full-body high-intensity interval training

There will be ten exercises, and they will be done in a couple of rounds to complete twenty minutes of the total body HIIT workout.

1. Jump Squat – 30 seconds work, 30 seconds rest
2. Mountain Climbers – 20 seconds work, 40 seconds rest
3. Burpees – 30 seconds work, 30 seconds rest
4. Reverse Crunches – 20 seconds work, 40 seconds rest
5. Squat – 30 seconds of work, 30 seconds of rest
6. Leg raises – 20 seconds work, 40 seconds rest
7. Jumping Jacks – 20 seconds work, 40 seconds rest
8. Flutter Kicks – 20 seconds work, 40 seconds rest
9. [Inchworm](#) – 30 seconds work, 30 seconds rest
10. Heel Touch Crunches – 20 seconds work, 40 seconds rest

Related: [30-minute full-body HIIT](#)

## Workout #2 – Treadmill

### 15-Minute HIIT Treadmill

- 2-min warm-up at a slow speed
- 4-minute run at a moderate pace (60% of your MHR).
- 2-minute recovery walk at a slower pace (4-6 KMPH)
- 3-minute run at a moderate pace (70% of your MHR)
- 2-minute recovery walk at a slower pace (4-6 KMPH)
- 15-second sprint (run as fast as you can)
- 90-sec Slow down

Estimated Calories Burned: 180-220

Related: [HIIT Treadmill Workout For Fat Loss](#)

## **Workout #3 – Bicycling**

10-minute Interval stationery Bike Training

- 2 minutes warm-up at 40 to 50 percent maximum heart rate
- 3 minutes High-Intensity at 65-70 percent of your MHR
- 1-minute Low-Intensity Cycling at 40 to 50 percent of your MHR
- 2 minutes High-Intensity Cycling at 70 to 90 percent of your MHR
- 1-minute slow down at 30-40 percent of your MHR
- 1-minute cycling as fast as you can

Estimated Calories Burned: 100-120

## **Workout #4 – Cross Trainer or Jumping Rope**

Do jumping rope or cross-trainer for 10 minutes at your own pace and intensity.

The faster you do, the more calories you burn, and vice versa.

Approximately 100 to 120 calories you'll burn in 10 minutes.

## **Workout #5 – Core Workouts**

I'll share three separate 15 minutes of high-intensity core training that you can do on different days if you like.

Each part includes seven to eight exercises and will be done in two rounds to complete fifteen minutes of training.

### **Part 1**

11. Dumbbell Side Bend – 10 reps on each side
12. Mountain Climbers– 30 seconds work, 30-sec rest
13. Heel Touch Crunches– 20 seconds work, 30-sec rest
14. Bicycle Crunches – 20 seconds work, 30-sec rest
15. Plank knee to elbow – 20 seconds work, 30-sec rest
16. Lying Leg Raise – 20 seconds work, 30-sec rest
17. Russian Twist– 20 seconds work, 30-sec rest

### **Part 2**

18. Reverse crunch – 30 seconds work, 30 seconds Rest
19. Plank – 45 seconds hold, 15 seconds rest
20. Side Plank– Hold 20 seconds on each side, and 30 seconds rest once you complete on both sides.
21. V-ups Crunches– 20 seconds work, 40 seconds rest
22. Knee To Outside Elbow Plank – 20 seconds work, 40 seconds rest
23. Flutter Kicks – 20 seconds work, 40 seconds rest
24. Cable Crunches – Two sets of 10 reps each

### **Part 3**

25. Bird Dog – 20 seconds hold each side, then 20 seconds rest.
26. Flutter Kicks – 20 seconds work, 40 seconds rest
27. V Sit Hold – 20 seconds work, 40 seconds rest
28. Tabletop Crunch – 20 seconds work, 40 seconds rest
29. Hanging Knee Raise – Do as many reps as possible in two sets
30. Side Hip Raise – 20 seconds work, 40 seconds rest
31. Crouch Hover Plank – 45 seconds hold, 15 seconds rest
32. Extended Plank – 30 seconds hold, 15 seconds rest

If you want to focus more on developing abdominal muscles, you can follow this [free 12-Week Ab Workout Plan](#).

## **Workout #6 Low-intensity steady state (LISS) or Slow Cardio**

20-minute low-intense cardio

Do the below exercises at your self-paced.

33. High Knees
34. Jump Squat
35. Mountain Climbers
36. Jumping Jacks
37. Pushups
38. Reverse Crunches
39. Burpees
40. Squat
41. Leg raises

## Is Working Out Three Days a Week Enough for Weight Loss?

Workout out three times a week isn't enough, but far better than doing no exercise.

A study published on the National Institute of Health website suggests exercising 225-420 minutes a week to promote significant weight loss.<sup>2</sup>

So, you'll have to train at least 90-120 minutes per session and 360-480 minutes per week to achieve good results.

It is also important to make necessary changes in your training program to work on specific goals. For example, if you're losing weight but aren't feeling strong, you can start [progressive overload strength training](#) or perform cardio and weight lifting in separate sessions.

Once you decide to increase the frequency, you can follow the below routines:

- [4-Day Split Workout for Weight Loss](#)
- [5 Day Workout Plan for Weight Loss and Toning](#)

You can try these supplements but do not expect that they will do some magic. Some work and some don't.

- [Keto Actives](#)
- [Moringa Actives](#)
- [Fat Burn Active](#)
- [Green Barley Plus](#)
- [Fast Burn Extreme](#)
- [Piperinox](#)

**Related weight loss resources:**

- [List of 53 Low-Calorie Foods That Can Fill You Up for Longer](#)
- [Top 10 Free Books on Intermittent Fasting](#)
- [12-Week Weight Loss Meal Plan](#)
- [List of 70 Best Bodyweight Cardio Exercises](#)

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## Disclaimer

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## References

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