

8-WEEK FULL BODY TRI SET WORKOUT PROGRAM FOR MAXIMUM MASS

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From the drop, pyramid, and super sets to tri-sets and quad sets, you can train your muscles in various ways to build strength and muscle mass and achieve your best shape. Out of multiple rep-set methods, I'll share a full body Tri Set workout routine in this article.

The tri-set workout training involves performing three different exercises ([push, pull, and legs](#)) in a row with no rest between them. It allows you to target more muscles in less time than the conventional rep-set method.

It is an intense form of training that requires a great deal of muscular strength and endurance.

Those looking for a time-efficient, easy-to-follow, and effective training program can try this Tri set full body workout routine.

Pros and Cons of Tri-Set Workout

Let's see some of the pros and cons of tri-sets training that will help you decide whether you should do it or not.

Benefits:

- **Time Efficient:** Tri-set training involves performing a series of three exercises in one set and allows you to train your entire body in less time than the conventional rep-set method, making it a time-efficient workout program.
- **Build Strength and Mass:** When it comes to gaining strength and mass, the triset workout is no different than the other rep-set method. A three-day total body triset program allows you to target large muscles at least twice a week

and small muscle groups once a week, helping you grow strength and muscle over time.

- **Increase Muscular Endurance:** Doing three exercises in a row keeps your heart rate high throughout the workout and helps increase muscular endurance.
- **Promote Cardiovascular Health:** Triset is a high-intense training program that improves aerobic and anaerobic fitness and enhances your cardiovascular health.

Disadvantages:

- **Make You Tire Quickly:** The triset is an intense form of training that requires you to move quickly from one exercise to another with little or no rest. So, it can exhaust you fast.
- **Not Suitable for Beginners:** This is only for intermediate to advanced lifters with decent muscular strength and endurance.

Program Summary

Split Type	Full Body Workout
Training Type	Tri-set (Three exercises in a row in one set)
Program Duration	8-12 Weeks
Routine Goal	Develop Strength, Mass, and Endurance
Training Level	Intermediate to Advanced
Duration Per Session	60-90 Minutes
Sessions/week	3 Days
Target Gender	Male
Suitable Age Group	18-35 Years
Alternate Program for Beginners	Circuit Training Program

8-Week Full Body Tri Set Workout Program for Ultimate Growth

- Monday – Full Body Workout
- Tuesday – OFF/LISS Cardio
- Wednesday – Full Body Workout
- Thursday – OFF

- Friday – Full Body Workout
- Saturday – OFF/Cardio
- Sunday – OFF

This three-day weekly total body triset workout routine includes both isolation and compound exercises and will target your large muscle group at least twice a week and small muscle group once a week.

[Combining single and multi-joint exercises](#) and working on each muscle will help you achieve the best results over time in terms of strength and muscle growth.

Warm-up: It is best to do 5-10 minutes of warm-up exercises to increase your heart rate and prepare your muscles for intense resistance exercises. You can jog on the treadmill, do bodyweight cardio exercises, or lift a light bar and dumbbell for warm-up.

Note: You can make as many changes as you want that suit your goals, fitness level, preferences, and schedule.

Week 1-2

Monday

Perform three sets of each tri-set, for example, a total of nine sets in one triset.

Set 1 x 3	Muscles Work	Reps
V-grip Lat Pulldown	Back	10-15
Dumbbell Front Squat	Quad	10-15
Bar Dips	Chest, Triceps	10-15
Set 2 x 3	Muscles Work	Reps
Seated Cable Row	Back	12-15
Dumbbell Lunges	Legs	10/side
Lateral Delt Raises	Shoulder	12-15
Set 3 x 3	Muscles Work	Reps
1-arm DB Row	Back	10/side
Machine Leg Curl	Hamstrings	12-15
Pec Deck Fly	Chest	12-15

Wednesday

Set 1	Muscles Work	Reps
Arnold Press	Shoulder	10-12
Machine Leg Press	Quad	12-15

Bent-over Row	Back	10-15
Set 1	Muscles Work	Reps
Flat Dumbbell Bench Press	Chest	10-15
Hip Thrust/Glute Bridge	Glute	10-12
Chin-ups	Biceps	8-10
Set 1	Muscles Work	Reps
Rear Delt Raises	Shoulder	10-12
Calf Raises	Calves	12-15
Bar Dips	Triceps	8-10

Friday

Set 1 x 3	Muscles Work	Reps
Pull-ups	Back	6-10
Back Squat	Legs	10-15
Narrow Grip Bench Press	Triceps	10-15
Set 1 x 2	Muscles Work	Reps
EZ Bar Curl	Biceps	10-15
Leg Extension	Quad	10-15
One-arm Overhead Extension	Triceps	10/side
Set 1 x 2	Muscles Work	Reps
Hanging Knee Raises	Lower Abs	10-15
Decline/Cable Crunch	Upper Abs	10-12
Ab Wheel Rollout	Entire Abs	5-10

Week 3-4

Monday

Set 1	Set 2	Set 3
Front Lat Pulldown	Preacher Curl	One-arm DB Row
DB Step-up	Lateral Lunges	Calf Raises
Incline Bench Press	Bar Dips	Side Delt Raises

Wednesday

Set 1	Set 2	Set 3
Pull-ups	Seated Cable Row	EZ Bar Biceps Curl
Back Squat	Leg Extension	Machine Leg Curl
Arnold Press	H2L Cable Fly	Rear Delt Fly

Friday

Set 1	Set 2	Set 3
Flat Bench Press	Bar Dips	Hanging Knee Raises
Curtsy Lunges	Hip Thrust	Calf Raises
Standing Lat Pulldown	Shoulder Shrug	High to Low Wood Chop

Week 5-6

Monday

Set 1	Set 2	Set 3
Front Lat Pulldown	Alternate Hammer Curl	Pendlay Row
DB Step-up	Frog Pump	Lying Cable Crunches
Decline Bench Press	Rope Pushdown	Side Delt Raises

Wednesday

Set 1	Set 2	Set 3
Pull-ups	Seated Cable Row	EZ Bar Biceps Curl
Hack Squat	Leg Extension	Machine Leg Curl
Arnold Press	Dumbbell Pullover	Deficit Pushups

Friday

Set 1	Set 2	Set 3
Flat Bench Press	Bar Dips/ French Press	Hanging Knee Raises
Sumo Cossack Squat	Romanian Deadlift	Calf Raises
Standing Lat Pulldown	Behind The Neck Shrug	Landmine Oblique Twist

Week 7-8

Monday

Set 1	Set 2	Set 3
Front Lat Pulldown	Incline DB IYT Raises	Seal/Chest Supported Row
Barbell Jammers	Lateral Step-up	Calf Raises
Bar Dips	Landmine Press	Side Delt Raises

Wednesday

Set 1	Set 2	Set 3
Front Lat Pulldown	Seated Cable Row	One-arm DB Row
Trap Bar Deadlift	Bulgarian Split Squat	Ab Wheel Roll
Incline Bench Press	Rope Pushdown	Side Delt Raises

Friday

Set 1	Set 2	Set 3
V-grip Lat Pulldown	Neutral Grip Chin-up	Hanging Knee Raise
DB Step-up	Decline Crunches	Calf Raises
Incline Bench Press	Decline Cable Fly	Weighted Plank

Note: You can replace as many exercises as you like from what is outlined above. The above program is an example of how you can also organize a full body triset workout plan.

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

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

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

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.

4. Post Workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness. (If you do not have time extra time, skip this part).

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

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 burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

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.

7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)

Related Workout Programs:

- [The Best Drop Set Workout Routine](#)
- [The Best 12 Week Pyramid Workout Routine](#)
- [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](#)
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