

3-Day Full Body Smith Machine Workout Plan for Muscle Gain

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Through this program, you'll learn how to utilize the Smith machine in the best possible way for building muscle and strength.

Equipment Focus	Smith Machine
Split Type	Full Body
Sessions/Week	3 (Mon/Tue, Wed/Thu, & Fri/Sat)
Duration/Session	60-minutes
Workout Plan Goal	Develop Muscle Mass & Strength
Experienced Require	Intermediate
Target Gender	Male & Female
Program Duration	4 Weeks

Day 1

Warm-up: Perform 2 sets of 10-12 banded shoulder pass-through, 8-10 resistance band pull-apart, 10-second cobra pose, and one set of each exercise with Smith machine without plates. It will reduce muscle stiffness and prepare your entire body for strength training.

Exercises	Sets	Reps	Target Muscle
Reverse Lunges	3	10/leg	Quads
Overhead Press	3	12-15	Shoulder
Flat Bench Press	3	12-15	Chest

Bent-over Row	3	12-15	Back
Romanian Deadlift	3	10-12	Hamstrings

Day 2

Warm-up: Perform two sets of 6-8 Dive Bomber Push-ups, 5-6 Reverse Lunges per leg, 15-second jumping jacks, and one set of 10-12 reps for each exercise (mentioned below) with an empty bar. This warm-up will increase your muscle flexibility and prepare you for weight training.

Exercises	Sets	Reps	Target Muscle
Inverted Row	3	12-15	Back
Front / Back Squat	3	12-15	Quads
Incline Bench Press	3	12-15	Chest
Chin-ups	3	6-10	Back
Upright Row	3	10-12	Shoulder
Calf Raises	3	12-15	Calves

Day 3

Warm-up: Perform 2 sets of the world's greatest stretch (5 reps on each side with 5 seconds hold), arms swings (10 per side), and glute bridge (10-12 reps) before pull-ups and all exercises.

Exercises	Sets	Reps	Target Muscle
Pull-ups	3	6-10	Back
Leg Press	3	12-15	Quads
Close Grip Bench Press	3	12-15	Triceps
Smith Lateral Raises	3	10/side	Shoulder

Machine Hip Thrust	3	12-15	Glutes
Hanging Knee Raises	3	12-15	Abdominal

Pros and Cons of Training with Smith Machine

PROS

- **Best Equipment for Compound Movements:** You can do plenty of compound exercises on the Smith Machine, such as bench presses, squats, overhead presses, pull-ups, chin-ups, dips, and deadlifts.
- **Easy to Use:** The Smith machine is simple to use. All you have to do is adjust the height according to the exercise you want to perform.
- **Provides Stability:** The machine provides stability by restricting your excess movement, allowing you to perform each rep with better control.
- **Time Efficient:** Training with the Smith machine involves staying at the same place, saving the time that you spend picking dumbbells or barbells or adjusting other machines.

CONS

- **Not Suitable for Building a Balanced Physique:** You can't build symmetrical physiques with only the Smith machine as it provides a restricted range of motion and allows you to perform a limited number of exercises.

- **Not Good for All round Workouts:** The Smith machine is not effective for building explosive strength and improving your mobility.

Can You Build Muscle Using Only the Smith Machine?

Yes, the Smith machine is an excellent piece of equipment for performing various exercises that target almost every body part. For example, you can do bench presses for the **Chest**; overhead presses, lateral raises, shrugs, and inverted rows for the **Shoulders**; pull-ups, bent-over rows, single-arm rows, and deadlifts for the **Back**; squats, lunges, RDL, hip thrusts, and calf raises for the **Lower Body**; dips, chin-ups, biceps curls, triceps extension, and close grip press for **Arms**. These exercises are great for building strength and promoting hypertrophy.

However, you can't build symmetrical physiques with only the Smith machine. To build a balanced physique, you need to train your muscles from all angles, which is impossible with the Smith machine. For example, you can't do flyes, pulldowns, rowing variations, press downs, and neutral grip curls (the crucial physique development exercises) with the Smith machine. That's why you need to combine

other free-weight and [gym machine exercises](#) to prevent muscle imbalance and build a defined body.

I'm a Beginner. Can I Follow This Program?

If you're a beginner, you may find it challenging to perform some of the exercises outlined in this program. For example, deadlifts, back squats, and hip thrusts are exercises requiring experience to do them efficiently.

But if you want to follow this Smith Machine workout routine, you need to adjust it slightly.

I've rounded up [35 Smith Machine exercises](#) in another article that you can save and use to design your exercise plan.

Can I Follow This Program to Lose Weight?

This program will strengthen your bones and joints, increase your strength, and build lean muscle mass but won't help you lose weight. But if you follow a low-calorie meal plan and follow this routine, your body composition will surely improve.

Final Tips

If you follow this routine, try to keep challenging your muscles with progressive overload, drop sets, and negative reps to stimulate muscle growth.

[Progressive overload](#) involves gradually increasing load and pushing your muscles to work hard. This approach helps gain strength and mass over time.¹

[Drop sets](#) involve lowering the weight once you reach failure and lifting again. It basically includes multiple sub-sets within one main set and allows you to do more work in less time.²

The negative reps involve going slow during the eccentric or lowering phase. This technique puts muscles under constant stress and may increase hypertrophy.