

THE 3 DAY FULL BODY WORKOUT AT HOME TO BUILD MUSCLES

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[Bodyweight exercises has numerous health benefits](#). They help build strength and lean mass, and improve mobility, posture, and body composition.

You can do myriad exercises at home to improve your physique and scale your fitness level.

Here's my [bodyweight workout plan](#) to build a fair amount of strength and lean mass.

- **Time/session: 45-60 Minutes**
- **Frequency: 3 days a week**
- **Goal: Build strength, mass, and improve shape.**
- **Rest between sets: 30 to 90 seconds**
- **Equipment Needed: No gym equipment**

Day 1

- **Forward Lunges** – 10 Reps x 2
- **Squat** – 15 Reps x 3
- [Floor IYT Raises](#) – 10 Reps x 2
- **Incline Push up** – 10 Reps x 2
- **Triangle Pushup** -10 Reps x 2
- [Chair Dips](#) – 10 Reps x 2
- **Plank: 60-sec x 2**

Day 2

- **Jump Squat** – 20 seconds
- **Mountain Climbers** – 20 seconds

- **Table Inverted Row** – 10 Reps x 3
- **[Prone Y Raises](#)** – 10 Reps x 3
- **Bicep Leg Curl** – 10 Reps x 3
- **Standard Pushup** – 10 Reps x 3
- **[Incline Towel Row](#)**: 10 Reps x 3
- **Leg raises** – 8 Reps x 2
- **Flutter Kicks** – 15-sec x 2
- **Side Plank** – 20 seconds/side

Day 3

- **Sumo Squat** – 15 reps x 3
- **Standing Leg Curl** – 10 reps x 2
- **Floor IYT Raises** – 8 Reps x 3
- **Pike Push up** – 8 Reps x 3
- **[Superman Pull](#)**: 10 reps x 3
- **Chair Dips** – 10 reps x 3
- **Bird Dog** – 6 reps/side x 2
- **Reverse Crunches** – 10 reps
- **[Plank Row](#)**– 10 reps/side
- **Side Plank** – 20-sec/side
- **Glutes Bridges** – 10 reps x 2

Is 3 Days a Week Exercise Enough?

Doing bodyweight resistance training 3 days a week will help you maintain shape, improve cardiovascular fitness, and build lean mass in beginners.

However, you have to increase the frequency and include [resistance exercises](#) to gain more muscles.

You have to work consistently for three to four months and feed your muscles required nutrients to see some muscle growth with bodyweight training.

Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

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

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

3. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

4. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

5. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

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).

6. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

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
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

You can add more exercises from the list below:

1. [Top 5 Rear Delt Bodyweight Exercises](#)
2. [13 Best Bodyweight Push Exercises](#)
3. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
4. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
5. [Knee push-ups for beginners \(with Video\)](#)
6. [8 Best Bodyweight Hamstring Exercises at Home](#)
7. [The 20 Best Bodyweight Exercises for Arms](#)
8. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
9. [Full Bodyweight Workouts For Beginners](#)
10. [Bodyweight Exercises For Back At Home](#)
11. [Bodyweight Exercises for Shoulder](#)

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