3x Weekly Heavy Weight Lifting Program to Gain Strength & Mass

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Full URL: https://thefitnessphantom.com/3-day-full-body-smith-machine-workout-plan

Program Features:

- **Sessions/week:** 3 (Mon/Tue, Wed/Thu, & Sat)
- **Duration/session:** 90-120 minutes
- **Split Type:** Full Body
- **Rep Ranges:** 2-8 reps
- **Lifting Intensity:** 70 to 90% of your one-rep max (1RM)
- **Total exercises per day:** 5 exercises that hit different body parts
- **Sets/Exercise:** 3-4
- **Rest between sets:** 2-4 minutes (Rest for 3-4 minutes when you perform 4 or fewer reps in a set and 2-3 minutes when you perform 5 or more reps in a set)
- **Experienced Required:** Intermediate
- **Target Gender:** Male and Female
- **Suitable Age Group:** 20-35 years

This program involves training three times weekly, focusing on lifting heavy in each session, keeping the number of reps under 8 per set, and training all major muscle groups.

Monday

Warm-up:

Exercise	Sets	Reps	Intensity	Muscle	Movement
Overhead Press	4	6-8	75-85%	Shoulder	Push
Bench Press	4	5-6	80-85%	Chest	Push
Back Squat	4	4-6	70-85%	Legs	Push
Bent-over Row	4	6-8	75-85%	Back	Pull
DB Romanian Deadlift	4	6-8	70-80%	Legs	Pull

Wednesday

Exercise	Sets	Reps	Intensity	Muscle	Movement
Close Grip Bench Press	4	6-8	70-85%	Triceps	Push
Barbell Curls	4	6-8	70-80%	Biceps	Pull
Shoulder Shrugs	4	6-8	70-85%	Traps	Pull
Hip Thrust	4	6-8	70-80%	Glutes	Push
Machine Seated Row	4	6-8	70-80%	Back	Pull

Saturday

Exercise	Sets	Reps	Intensity (%)	Muscle	Movement
Deadlift	4	4-6	75-85%	Full Body	Pull
Push Press	4	5-6	70-80%	Shoulders	Push
Cable Fly	4	6-8	70-80%	Chest	Pull
Leg Press	4	6-8	75-80%	Legs	Push
Lat Pulldown	4	6-8	70-80%	Back	Pull

Alternate Exercise Options:

- Barbell Hang Clean
- Clean and Press
- Incline Bench Press
- Belt Squat
- Single-arm Dumbbell Row
- Dumbbell Overhead Press
- Sumo Deadlift
- Hack Squat

The Benefits of Heavy-Weight Training

Here are some scientifically proven benefits of lifting heavy weights that you should know before starting this program:

Improve Strength

The heavier you lift, the stronger you get. Lifting heavy weights allows your muscles to work hard, over time the muscles adapt to higher stress and become stronger.[1], [2], [3], [4]

Promotes Hypertrophy

Heavy lifts recruit and activate the larger type II (fast-twitch) muscle fibers and allow multiple muscles to work together. This helps increase intramuscular and intermuscular coordination and encourages muscle growth.[5], [6]

Heavy strength training also triggers the release of anabolic hormones like testosterone and growth hormone, which facilitate muscle repair and growth.[7], [8]

Enhance Bone Density

Heavy resistance training not only builds strength and mass but also improves bone density. When you lift the weight, your muscles and bones generate force to complete the movement, producing osteoblasts and creating stronger, denser bones over time.[9], [10]

Level Up Athleticism

Heavy weight training utilizes the body's anaerobic energy systems to produce quick bursts of power, leading to increased muscle capacity for high-intensity activities and better lactate tolerance, ultimately improving athletic performance.

The Right Way of Following Heavy Lift Program

Start with Warm-up

Decrease your muscle stiffness and increase your body temperature through warm-up exercises mentioned in each session. Warming up will improve your performance while lowering the risk of injuries.

Keep Your Form Right

When you lift heavy, there is a higher chance of losing your form. That's why you need to focus on maintaining the correct form and doing strict reps to achieve maximum results.

Progressive Overload

You've to either increase the load or the number of reps (while keeping the weight unchanged) over time to develop strength and size.[11]

For example, you can increase the load anywhere from 1-2% or 1-2 reps to reach a new level every week. Suppose if you're doing 6 reps with 100 kg (220 lbs.) currently, then you should aim for 101-102 kg or 7-8 reps in the next week.

Adequate Recovery

Rest and nutrition are crucial for muscle recovery and growth. Your muscles break when you train and heal when you rest and consume a balanced diet (slightly higher in protein).

Train Within Your Limits

Training three times weekly is a safe and efficient way to build muscle and strength. However, some people's body takes more time to recover

Who Can Follow This Routine?

This heavy-lifting training program involves mostly compound movements and is suitable for experienced lifters who have been training consistently for at least a year and want to increase strength and muscle size.

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