

3 DAY GYM WORKOUT PLAN FOR BEGINNERS TO BUILD RESILIENCE

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A well-crafted workout plan is paramount for training in an organized way and achieving a fitness goal, especially if you're just getting started.

You may see various workout routines on the web; however, if you want an easy-to-follow and effective training plan that correctly outlines the number of reps and sets, interval time, and exercises that suit beginners, this article can help.

In this blog, I'll show you how to program a 3-day gym workout plan for beginners. This plan will help you build strength and mass and improve body composition.

This program involves training the chest, quads, and triceps on Monday, the back, biceps, and calves on Wednesday, and the shoulder, hamstrings, and core on Friday.

This 3-day split will ensure every muscle gets optimum work with enough recovery time between workouts.

But before you start, I suggest doing [bodyweight exercises](#), which will bolster your fundamental strength and prepare you for lifting weights in the gym.

PROGRAM SUMMARY

Sessions/Week	Three
Day 1	Chest, Quads, and Triceps
Day 2	Back, Biceps, and Calves
Day 3	Shoulder, Hamstrings, and Abs
Duration/Session	60-90 minutes
Program Duration	8-12 Weeks
Primary Goal	Gain Strength and Lean Mass
Experienced Required	Beginner
Target Gender	Male and Female

WORKOUT INSTRUCTIONS

Type of Exercises You'll Do

This program will have a good combination of **compound and isolation exercises**.

Compound exercises are excellent for increasing strength and hypertrophy as they strengthen multiple muscles at once, while **isolation workouts** allow you to hit specific muscles and help build a proportional physique.

Optimum Tempo

Tempo is the rate of speed at which you complete a rep. It includes four phases: eccentric, pause, concentric, and pause, and each phase counts in duration, typically from zero to five seconds.

Since you're a beginner, I recommend you perform each rep in a controlled manner without worrying about optimum tempo.

A study demonstrated that neither slow nor fast movement tempos are more effective for muscle hypertrophy.¹ So, to achieve the maximum results, it would be best to focus on good muscle contraction during each repetition.

Warm-up Exercises

You can do warm-up exercises to pump your heart and increase blood flow before strength training.

The best warm-up includes a combination of **dynamic stretches**, bodyweight cardio, and resistance training with light weights.

For example, before the chest training, you can start with dynamic stretches, such as the world's greatest stretch, **kneeling chest opener stretch**, and dive bomber push-up, followed by bodyweight cardio such as jumping jacks and high knee taps, and resistance training, like seated chest fly.

Likewise, you can also plan your warm-up routine for every muscle group.

Optimal Rest Between Sets

Keep the rest time around 1-3 minutes between sets. 1-2 minutes during the isolation exercises and 2-3 minutes during the compound movements.

Best Time of The Day to Exercise

You can work out at any time of the day that suits you the most. But make sure you consume a good [pre-workout meal](#) 45 minutes to one hour before hitting the gym.

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This program involves training three muscle groups in each session—chest, quads, and triceps in the first session, back, biceps, and calves in the second session, and shoulder, hamstrings, and core in the third session—ensuring that every muscle gets proper work over three days.

Perform a couple of [bodyweight aerobic exercises](#) before starting the workout outlined below.

Day 1 – Chest, Quads, and Triceps

Chest Workout

- Kneeling Chest Opener: 1 set x 30-second (dynamic stretch)
- [Arms Out Stretch](#): 1 set x 30-second
- [Shoulder Pass-Through](#): 1 set x 30-second
- Seated Pec Deck Fly: 1 set of 20 reps (warm-up) + 3 sets of 12 reps (working)
- Smith Machine Incline Bench Press: 1 set of 20 reps (warm-up) + 3 sets of 12 reps (working)

Quads Workout

- Front Leg Swings: 2 sets x 10 reps per leg
- Lateral Leg Swings: 2 sets x 10 reps per leg
- Leg Extensions: 1 set of 25 reps (warm-up) + 3 sets of 15 reps (working)
- Leg Press: 1 set of 20 reps (warm-up) + 3 sets of 12 reps (working)

Triceps Workout

- Bar Press Down: 1 set of 20 reps (warm-up) + 2 sets of 12 reps (working)
- [Overhead Cable Triceps Extension](#): 1 set of 20 reps (warm-up) + 2 sets of 12 reps (working)

Day 2 – Back, Biceps, and Calves

Back Workout

- Bodyweight Superman Row: 2 sets x 15 reps
- [World's Greatest Stretch](#): 2 sets x 10 seconds on each side
- Assisted/Standard Pull-up: 2 sets x as many reps as possible
- Front Lat Pull Down: 1 set of 20 reps (warm-up) + 3 sets of 12 reps (working)
- Seated Cable/Machine Row: 1 set of 20 reps (warm-up) + 3 sets of 12 reps (working)
- Single-arm DB Row (optional): 2 sets x 10 reps per side (working)

Biceps Workout

- Alternating Dumbbell Biceps Curl: 3 sets x 6-8 reps on each side (working)
- Preacher Curl: 3 sets x 12 reps (working)

Calves Workout

- Seated Calf Raises: 2 sets x 20 reps (working)
- Standing Calf Raises: 2 sets x 20 reps (working)

Day 3 – Shoulder, Hamstrings, and Abs

Shoulder Workout

- Alternating Arm Swings/Standing Arm Circles: 2 sets x 10 reps per arm
- [Single-arm Cable Shoulder External Rotation](#): 1 set x 10 reps per arm
- Banded Pull Apart: 1 set x 20 reps
- Smith Machine Overhead Press: 1 set of 20 reps (warm-up) + 3 sets of 12 reps (working)
- Single-arm Cable/Dumbbell Lateral Raises: 3 sets x 10 reps per arm (working)
- Reverse Pec Deck Fly: 3 sets x 12-15 reps (working)

Hamstrings Workout

- Bodyweight Gute Bridge: 2 sets x 15 reps
- Leg Curl: 1 set of 20 reps (warm-up) + 3 sets of 12-15 reps (working)

Abs Workout

- Bodyweight Hanging Knee Raises: 2 sets x 10-20 reps
- Kneeling Cable Crunches: 2 sets x 15-20 reps
- Bodyweight Forearm Plank: 2 sets x 45-60 seconds

Is Exercising Three Days a Week Enough for Beginners?

Training three times per week is optimal for beginners as long as your [workout plan contains exercises for every muscle group](#) throughout the body.

The above 3-day split, for example, contains workouts for all muscle groups and will help beginners bolster their fundamental strength, improve aesthetics, and prepare for [higher-frequency training plans](#).

However, three days won't be enough if you want to train only one muscle at a time. In that case, I recommend following this [five-day bro split](#).

How Long Will It Take to See Noticeable Results?

If you maintain a proper diet and consistent workout, it will take around 8-12 weeks to see noticeable gains. But you'll have to keep working out patiently for substantial change.

Final Thoughts

You must lift weights and eat enough protein to build strong muscles and a muscular physique.

The gym is the best place when it comes to strength training. You'll find a myriad of equipment there, such as barbells, dumbbells, and machines.

But to utilize those pieces of equipment properly, you need a well-designed workout plan.

That's where the above training plan can help. You can use that 3-day split to strengthen your bones, increase lean mass, and improve muscularity.

You can also customize that program from time to time according to your needs to make it perfect for you.

Helpful Resources:

- [**Weekly 30 Minute Gym Workout Plan for Beginners w/PDF**](#)
- [**30 Best Dumbbell Exercises for Beginners to Build Muscle**](#)
- [**Gym Machine Workout**](#)
- [**4 Day Gym Workout Schedule for Muscle Gain**](#)