

3-MONTH WORKOUT ROUTINE TO BUILD AN ATHLETIC BODY

Full URL: <https://thefitnessphantom.com/3-month-athletic-body-workout-plan-with-pdf>

Plan Summary

Workout Type	Hybrid (Strength, Calisthenics, Plyometric, etc.)
Sessions per Week	6 days per week
Duration per Session	45-90 minutes
Training Goal	Enhance Athleticism
Program Duration	3 Months
Experienced Needed	Intermediate Level
Target Gender	Males & Females

This workout plan involves all kinds of exercises, from resistance and [calisthenics](#) to CrossFit and plyometrics. These exercises will help you develop endurance, strength, and an athletic body.

Here's an overview of the 3-month program:

Day	Month 1	Month 2	Month 3
1	Push Workout	Chest, Shoulders, & Abs	Strength Training A
2	Pull Workout	Quads, Calves, and Arms	Strength Training B
3	Legs Workout	Back & Hamstrings	Plyometrics
4	Calisthenics	Calisthenics	Calisthenics
5	Circuit Training	Circuit Training	Circuit Training
6	Full Body Cardio	Cardio & Mobility	Mobility Workout
7	OFF	OFF	OFF

Perform the following warm-up exercises before starting the main workout:

FULL BODY:

- [Arm Circles](#) (30 sec) x 3 per side
- Leg Swings (30 sec per leg) x 3
- 15 Shoulder Pass Throughs x 3
- 15-second Low Lunge Arch Pose x 3
- 15 Standing Hamstring Stretch x 3

UPPER BODY:

- [Shoulder Pass Through](#): 2-3 sets of 15-20 reps
- [Banded Pull Apart](#): 2-3 sets of 15-20 reps
- [World's Greatest Stretch](#): 1 set of 10 reps on each side
- Standing Bodyweight IYT Raises: 2 sets of 6-8 reps
- Inverted Rows: 2 sets of 10-20 reps
- Pul-ups: 2 sets of 10-20 reps

LOWER BODY:

- Leg Swings: 2 sets of 10-15 swings per side
- Hamstrings Stretch: 2-3 sets of 5-second stretch on each side
- [Single-leg Deadlifts](#): 1-2 sets of 6-8 reps per leg
- Lateral Squats: 1-2 sets of 10-12 reps per leg
- Reverse Lunges to Knee Drive: 2 sets of 10-12 reps per leg
- Bodyweight Deep Squats: 2 sets of 15-20 reps

MONTH 1

- Day 1: Push Workout
- Day 2: Pull Workout
- Day 3: Legs Workout
- Day 4: Calisthenics
- Day 5: Weighted Circuit Training
- Day 6: Full Body Cardio
- Day 7: OFF

Day 1: Push Workout

Exercises	Sets	Reps	Target Muscle
Overhead Press	3-4	10-12	Shoulder
Incline DB Press	3-4	10-12	Chest
Flat Bench Press	3-4	10-12	Chest
Cable/Machine Flyes	3-4	12-15	Chest
Lateral Raises	3-4	12-15	Shoulder
Bar Dips	3-4	Failure	Chest & Tris

Day 2: Pull Workout (Strength)

Exercises	Sets	Reps	Target Muscle
Sumo/Conventional Deadlifts	3-4	6-10	Legs & Back
Lat Pulldowns (Medium Grip)	3-4	12-15	Back
Seated Cable/ Machine Row	3-4	12-15	Back
Single-arm DB Rowing	3-4	10/side	Back
Cable Face Pulls	3-4	12-15	Upper Back
Barbell Curls	3-4	10-12	Biceps

Day 3: Legs Workout (Strength)

Exercises	Sets	Reps	Target Muscle
Back Squats	3-4	12-16	Quads & Glutes
Machine Leg Curls	3-4	15-20	Hamstrings
Walking Lunges	3-4	10/leg	Thighs & Glutes
Bulgarian Split Squats	3-4	10/leg	Thighs & Glutes
Hip Thrusts	3-4	10-12	Hams & Glutes
Calf Raises	3-4	15-20	Calves

Day 4: Calisthenics

Perform A & B exercises concurrently (superset). Take 1-2 minutes of rest between sets.

Exercises	Sets	Reps	Target Muscle
1A Pull-ups	4	6-12	Back & Biceps
1B Bar Dips	4	10-20	Chest & Triceps
2A Inverted Rows	3	10-15	Upper Back
2B Push-ups	3	12-20	Chest & Triceps
3A Hanging Knee Raises	3	10-15	Hams & Glutes
3B Shoulder Taps	3	10/side	Calves

Day 5: Weighted Circuit Training

Perform 3-4 rounds. Keep the rest time short between sets.

Exercises	Reps	Target Muscle
Kettlebell Swings	15-20	Full Body
Push Press	10-12	Shoulders
Renegade Rows	10/side	Back and Abs
Single-leg Deadlift	10/leg	Glutes & Hamstrings
Weighted Sit-ups	15-20	Abdominals
Pop Squats/Squat Jacks	10-12	Thighs & Glutes

Day 6: Full Body Cardio

Exercises	Activity
Inclined Treadmill Walk	10-12 minutes @2-3 mph
Treadmill Run	6-8 minutes @5-6 mph
Elliptical Cross Trainer	6-8 minutes at a moderate pace
Battle Rope	5-6 minutes
Wall Ball Shots	100 reps
Box Jumps	50-60 reps

MONTH 2

- Day 1: Chest, Shoulders, & Abs
- Day 2: Quads, Calves, and Arms
- Day 3: Back & Hamstrings
- Day 4: Calisthenics
- Day 5: Circuit Weight Training
- Day 6: Cardio & Mobility
- Day 7: OFF

Day 1: Chest, Shoulders, & Abs

Exercises	Sets	Reps	Target Muscle
Flat Bench Press	4	10-12	Chest
Incline DB Press	4	10-12	Chest
Bent-over Cable Flyes	4	10-12	Chest
Overhead Press	4	12-15	Anterior Delts
Side Delt Raises	4	12-15	Side Delts
Rear Delt Flyes	4	15-20	Rear Delts
Cable Crunches	3	15-20	Abdominals
High to Low Cable Chop	3	15/side	Obliques

Day 2: Quads, Calves, & Arms

Exercises	Sets	Reps	Target Muscle
Back Squats	6	10-12	Quads
Leg Press	4	12-15	Quads
3A Leg Extensions	4	15-20	Quads
3B Straight Barbell Curls	4	12-15	Biceps
4A Overhead Triceps Extensions	3	12-15	Triceps
4B EZ Bar Preacher Curls	3	10-12	Biceps
5A Triceps Pressdowns	3	12-15	Triceps
5B Wrist Curls	3	12-15	Forearms

Superset A & B exercises. For example, perform leg extensions, then biceps curls, and repeat for the given number of times.

Day 3: Back & Hamstrings

Exercises	Sets	Reps	Target Muscle
Medium Grip Lat Pulldowns	3	8-12	Latissimus Dorsi
Close Grip Lat Pulldowns	3	8-12	Latissimus Dorsi
Seated Rows (Close grip)	4	10-12	Mid & Lower Back
Bent-over Barbell Rows	4	8-12	Upper & Mid Back
DB Romanian Deadlifts	3	8-10	Hamstrings
Seated/Lying Leg Curls	4	15-20	Hamstrings
Barbell Hip Thrust	3	10-12	Glutes & Hams

Day 4: Calisthenics

Perform A & B exercises concurrently (superset). Take 1-2 minutes of rest between sets.

Exercises	Sets	Reps	Target Muscle
1A Pull-ups	4	6-12	Back & Biceps
1B Bar Dips	4	10-20	Chest & Triceps
2A Chin-ups	3	10-15	Upper Back
2B Pike Push-ups	3	12-20	Chest & Triceps
3A Hanging L Sit	3	15-sec	Abdominals
3B Pistol Squats	3	6-8/side	Legs & Abs

Day 5: Circuit Weight Training

Perform 3-4 rounds. Rest when needed.

Exercises	Reps	Target Muscle
Kettlebell Swings	15-20	Full Body
Kettlebell Clean & Press	10-12	Full Body
Push-ups to Renegade Rows	10/side	Upper Body
Reverse Lunges to Rotation	10/leg	Legs & Abs
KB Around The World	10-12	Upper Body

Day 6: Low Intensity Cardio

Exercises	Activity
Inclined Treadmill Walk	10-12 minutes @2-3 mph
Stationary Bike	6-8 minutes @5-6 mph
Rowing Machine	6-8 minutes at a moderate pace
Battle Rope	5-6 minutes at medium pace

Wall Ball Shots	100 reps
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MONTH 3

- Day 1: Strength Training A
- Day 2: Strength Training B
- Day 3: Plyometrics
- Day 4: Calisthenics
- Day 5: Weighted Circuit Training
- Day 6: Mobility Workout
- Day 7: OFF

Day 1: Strength Training A

Exercises	Sets	Reps	Target Muscle
Barbell Deadlifts	4	6-10	Full Body
Incline DB Bench Press	3	10-12	Chest
Cable Chest Fly	3	12-15	Chest
Lateral Raises	3	12-15	Shoulders
Seated Rows	3	10-12	Back
Leg Curls	3	15-20	Hamstrings
Cable Crunches	3	15-20	Abdominals

Day 2: Strength Training B

Exercises	Sets	Reps	Target Muscle
Front Squats or Leg Press	4	10-15	Quads
Overhead Press	4	10-12	Shoulders
Lat Pulldown	4	10-12	Back
Cable Face Pulls	4	12-15	Upper Back
Hip Thrust	4	10-12	Glutes

Day 3: Plyometrics

Today's workout includes a set of 4 plyometric exercises. These exercises help build agility and endurance and promote your athleticism.

Perform as many rounds as possible.

Exercises	Reps
Box Jumps	8-10 reps
Plyo Push Ups	8-10 reps
Vertical Jumps	10-12 reps
Plyo Lunge	6-8 reps/leg

Day 4: Calisthenics

Perform A & B exercises concurrently (superset). Take 1-2 minutes of rest between sets.

Exercises	Sets	Reps	Target Muscle
1A Pull-ups	4	6-12	Back & Biceps
1B Bar Dips	4	10-20	Chest & Triceps
2A Chin-ups	3	10-15	Upper Back
2B Pike Push-ups	3	12-20	Chest & Triceps
3A Skater Squats	3	6-8/leg	Legs
3B Hanging Knee to Elbows	3	8-12	Abdominals

Day 5: Weighted Circuit Training

Exercises	Reps	Target Muscle
Kettlebell Swings	15-20	Full Body
Kettlebell Clean & Press	10-12	Full Body
Push-ups to Renegade Rows	10/side	Upper Body
Reverse Lunges to Rotation	10/leg	Legs & Abs
Farmer's Walk	20-30 steps	Full Body

Day 6: Mobility Workout

Exercises	Sets	Reps	Target Muscle
Single-leg Deadlift on Bosu Ball	3	6-8/side	Lower Body
Kettlebell Windmill	3	10/side	Full Body
Pistol Squats	3	6-8/leg	Lower Body
V Sits	3	20-sec	Abdominals
Archer Squat	3	10/leg	Lower Body

Frequently Asked Questions (FAQs)

Who is this plan suitable for?

This program is primarily for intermediate to advanced lifters who want to build an athletic body and improve athleticism. If you are a [beginner](#) but want to follow this routine, you have to adjust it to your fitness level.

How soon will I see results from this program?

You'll start seeing the improvement in [strength and endurance](#) from 4-6 weeks. However, it will take around 2-3 months to see it on your body. The better you consume food; the sooner you'll see physical changes.

How important is diet during this program?

Nutrition is as important as training if you want to see a change in your body. If you are a lean, you have to consume high high-protein, [calorie-surplus diet](#), and for fat loss, you have to cut junk foods and focus on a [clean diet](#) with calorie-restriction.

Do I need supplements?

Not needed if you get all nutrition through diet. However, taking basic supplements, such as [whey protein](#) and [creatine](#) are good for recovery and muscle development.

What if I miss a session?

You have two options, skip that session and continue with the schedule or start from where you left off. But don't mix two sessions into one as it can lead to over training.

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