



3-DAY FULL BODY

WORKOUT IN GYM

Equipment:





PLAN INTRODUCTION

Looking to lose weight? This workout plan will help you retain lean muscle so will be good for you. Want to get stronger? This workout plan will help you to build full-body strength. New to the gym? This workout plan will provide a platform from which you can hone your skills and learn about your body's mechanics.



It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.





WORKOUT PLAN

DAY 1

Chest, shoulders, triceps

Chest	Flat bench press	3 sets	8-12 reps
	Incline Bench press	3 sets	8-12 reps
	Dumbbell flyes	3 sets	8-12 reps

Shoulders	Seated shoulder press (dumbbells)	3 sets	8-12 reps
	Side lateral raises	3 sets	8-12 reps
	Press behind neck	3 sets	8-12 reps

Triceps	Tricep push-downs	3 sets	8-12 reps
	Seated tricep machine	3 sets	8-12 reps
	Tricep push-downs (rope)	3 sets	8-12 reps

DAY 2

Back, biceps, traps, rear delts

Chest	Flat bench press	3 sets	8-12 reps
	Incline Bench press	3 sets	8-12 reps
	Dumbbell flyes	3 sets	8-12 reps

Shoulders	Seated shoulder press (dumbbells)	3 sets	8-12 reps
	Side lateral raises	3 sets	8-12 reps
	Press behind neck	3 sets	8-12 reps

Triceps	Tricep push-downs	3 sets	8-12 reps
	Seated tricep machine	3 sets	8-12 reps
	Tricep push-downs (rope)	3 sets	8-12 reps

DAY 3

Legs complete

Chest	Flat bench press	3 sets	8-12 reps
	Incline Bench press	3 sets	8-12 reps
	Dumbbell flyes	3 sets	8-12 reps

Shoulders	Seated shoulder press (dumbbells)	3 sets	8-12 reps
	Side lateral raises	3 sets	8-12 reps
	Press behind neck	3 sets	8-12 reps

Triceps	Tricep push-downs	3 sets	8-12 reps
	Seated tricep machine	3 sets	8-12 reps
	Tricep push-downs (rope)	3 sets	8-12 reps

Abs optional: 100 Bar twists, crunches x3 sets/max reps, knee raises x3 sets/max reps



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