

GYM FUNDAMENTALS / 3-DAY FULL BODY STRENGTH PROGRAM **WEEK 1/3/5/7: 3 DAYS**

**Try to place at least one rest day between full body sessions*

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	5	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Barbell Bench Press	5	5	7	3-4Min				Tuck elbows at 45° angle, squeeze your shoulder blades	
Dumbbell Row	5	5	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Barbell Shrugs	3	8	7	1-2Min				Don't jut your head forward, move smooth & controlled	
Overhead Cable Triceps Extension	3	8	8	1-2Min				Don't move upper arms	
Incline Dumbbell Curl	3	8	8	1-2Min				Squeeze hardest with your pinky finger	

Total Training Time:

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	5	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Hex Bar Deadlift	1	5	7	3-4Min				Brace lats and glutes, keep chest tall and spine neutral	
Overhead Press	5	5	8	3-4Min				Squeeze your glutes, press up and slightly back	
Dumbbell Row	5	5	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Close-Grip Barbell Bench Press	3	8	7	1-2Min				Tuck elbows against your sides	
Standing Barbell Curl	3	8	8	1-2Min				Squeeze hardest with your pinky finger, use straight bar	

Total Training Time:

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	5	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Barbell Bench Press	5	5	7	3-4Min				Tuck elbows at 45° angle, squeeze your shoulder blades	
Dumbbell Row	5	5	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Barbell Shrugs	3	8	7	1-2Min				Don't jut your head forward, move smooth & controlled	
Overhead Cable Triceps Extension	3	8	8	1-2Min				Don't move upper arms	
Incline Dumbbell Curl	3	8	8	1-2Min				Squeeze hardest with your pinky finger	

Total Training Time:

Nomenclature SS: Superset RPE: Rate of Perceived Exertion (1-10) LSRPE: Last Set Rate of Perceived Exertion (1-10)

GYM FUNDAMENTALS / 3-DAY FULL BODY STRENGTH PROGRAM **WEEK 2/4/6/8: 3 DAYS**

**Try to place at least one rest day between full body sessions*

FULL BODY #1	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	5	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Hex Bar Deadlift	1	5	7	3-4Min				Brace lats and glutes, keep chest tall and spine neutral	
Overhead Press	5	5	8	3-4Min				Squeeze your glutes, press up and slightly back	
Dumbbell Row	5	5	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Close-Grip Barbell Bench Press	3	8	7	1-2Min				Tuck elbows against your sides	
Standing Barbell Curl	3	8	8	1-2Min				Squeeze hardest with your pinky finger, use straight bar	

Total Training Time:

FULL BODY #2	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	5	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Barbell Bench Press	5	5	7	3-4Min				Tuck elbows at 45° angle, squeeze your shoulder blades	
Dumbbell Row	5	5	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Barbell Shrugs	3	8	7	1-2Min				Don't jut your head forward, move smooth & controlled	
Overhead Cable Triceps Extension	3	8	8	1-2Min				Don't move upper arms	
Incline Dumbbell Curl	3	8	8	1-2Min				Squeeze hardest with your pinky finger	

Total Training Time:

FULL BODY #3	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	5	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Hex Bar Deadlift	1	5	7	3-4Min				Brace lats and glutes, keep chest tall and spine neutral	
Overhead Press	5	5	8	3-4Min				Squeeze your glutes, press up and slightly back	
Dumbbell Row	5	5	8	3-4Min				Brace onto bench for support, pull elbows to sides	
Close-Grip Barbell Bench Press	3	8	7	1-2Min				Tuck elbows against your sides	
Standing Barbell Curl	3	8	8	1-2Min				Squeeze hardest with your pinky finger, use straight bar	

Total Training Time:

Nomenclature SS: Superset RPE: Rate of Perceived Exertion (1-10) LSRPE: Last Set Rate of Perceived Exertion (1-10)