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The best routine for the gym is one that is flexible with your schedule and you actually enjoy. These two factors will contribute greatly to your ability to be consistent with your workouts. Consistency with your workouts and progressing as you perform them is what will lead to results.That being said, there are plenty of great workout program styles one can do to build muscle, lose fat, or build strength. The body composition goals (building muscle and losing fat) will be accomplished through similar style workouts combined with differing nutritional principles, while those looking for strength gains may need to focus on programs that are centered on the idea of specificity.To sum that statement up, if you want to change your body composition, youll want to train with volume. If you want to build strength, youll want a program that is strength specific for the lifts you want to improve such as the bench press, squat and deadlift. 2. What body parts to work on what days?The answer to this question would assume that the person asking is referring to body part splits. In this case, the way you split your days likely wont matter too much, as long as you work every body part throughout the week.There may be some benefit into ensuring you dont hit chest and shoulders or legs and back on consecutive days, but if you do, it probably wont be that big of an issue depending on your overall strength levels.However, if you are looking to optimize your training by incorporating a higher training frequency (hitting each muscle group more often throughout the week), you may want to look into pairing certain muscle groups on certain workout days.The most popular pairings are full body workouts, upper/lower workouts, push/pull workouts and push/pull/legs workouts.Again, the actual days you put your workouts on likely wont make that much of a difference to the overall outcome of your training so long as you are consistent with your workouts and implement progressive overload (increasing the weight used) over time. 3. What should a beginner do at the gym?The best thing a beginner can do at the gym is seek out the help of a trained professional to assist them with learning the proper form of each exercise. Practicing the basics and establishing a solid foundation in terms of form will help a beginner lifter remain injury free throughout their life.If you are not in the position to hire a trained professional, you may want to proceed working out with some level of caution. The same recommendation of practicing the fundamentals still applies. Start off with light weight (the bar on barbell exercises) and record yourself performing exercises.With the exercise recordings, compare your form with examples of proper form. Evaluate how you are moving and progress from there by either working on your form, or after youve mastered your form, adding weight. 4. What is the best workout routine for beginners?The best workout routine for true beginners is rather subjective to what the beginner is comfortable doing and their understanding of how to perform exercises.Their ultimate goal will also play a huge factor as well.Generally speaking though, beginners can start off performing anywhere between 2-4 workouts per week. These workouts can be either full body workouts or upper/lower workouts.The workouts should focus on learning ideal movement patterns of fundamental lifts such as horizontal presses, vertical presses, horizontal pulls, vertical pulls, squats, hip hinges, and loaded carries.There are several beginner workout routines on Muscle & Strength that can give beginners a template to start off with. 5. What is the best workout schedule to build muscle?The best workout schedule to build muscle is a workout schedule that you enjoy and can be consistent with.In addition to consistency, it would be beneficial to have a higher training frequency if the goal is to build lean muscle mass. Youll want to hit each muscle group either directly or indirectly 2-3 times weekly to maximize muscle growth.Some great splits to look into would be full body workouts, upper/lower workouts, push/pull workouts and push/pull/legs workouts. 7. What are the 10 best exercises?The best 10 exercises for someone might not be the best 10 exercise for another person. When selecting an exercise to use, its important to keep your own abilities and goals in mind. Some people might be able to perform an exercise with no pain at all, while that same exercise might cause another a lot of pain. If it hurts, dont do it and find an alternative.That being said, there are certainly important movement patterns that everyone who is capable should try to train.The following exercises are my personal favorite 10 exercises that would be fantastic to include in your workouts. However, like I said, you may need to substitute these with a variation that is better suited for your individual body type, training experience, and needs. Trap Bar Deadlift Front Squat Barbell Glute Bridge Bulgarian Split Squat Military Press Pull Up Barbell Row Barbell Bench Press Farmers Walk Dip 7. How do I schedule my workout at the gym?This all boils down to setting up and selecting workout programs that are both flexible and enjoyable. There is no perfect one way to set up training. Its very subjective from person to person.If you only have 2 days where youre able to make it to the gym, a full body workout makes sense. 3 days? Full body makes sense, push/pull/legs can work as well if that is what you enjoy. The more days you have available, the more split and scheduling options youll have.Start off by figuring out how many and what days you can make it to the gym regularly. Then, look to schedule your training on those days. Find a workout that doesnt require any more than that total training frequency. Then, look for something where if you miss a training day, youre able to make it up throughout the week or already train that muscle more than once per week. 8. Can you gain 10 pounds of muscle in a month?You can gain 10 pounds in a month. You cant gain 10 pounds of pure muscle in a month naturally.10 pounds in a month is likely during a lean bulking phase, especially for beginners. The muscle will grow fairly quickly, and if youre coming off a fat loss phase, early weight gain will be from glycogen replenishing and being stored in the body.If your goal is to gain muscle, its better to take a slower approach. This will limit fat gain during your muscle building phases. 9. What is a good gym routine?A good gym routine is one that you enjoy, works your muscles with the appropriate frequency and volume for your experience level, and that you can be consistent with.This can look very different from person to person.Exercise selection for a good gym routine will train fundamental movement patterns (push, pull, lunge, hip hinge, squat, and carry) in a way that you are comfortable performing them. There is a pain-free variation for nearly every body type who can healthily perform these movements.A good gym routine also focuses on progression. This means making the workouts more challenging in some way from week to week, or training phase to training phase as you get more advanced. 10. How much weight should a beginner lift?The total amount of weight someone should use is going to be different from individual to individual, and also exercise to exercise for each individual. Depending on the program, it might vary from set to set of each exercise based on the rep scheme.The general recommendation would be to experiment. You want your sets to be hard and very near failure whenever its possible to train at such an intensity.For compound exercises (like the fundamental ones listed above), aim to finish each set feeling as though you couldve performed 1-3 more reps if pushed to your limit.On insolation exercises (those where you train just one muscle such as a leg extension or lateral raise) you can push yourself closer to complete failure. 11. How much cardio should a beginner do?Cardio recommendations will be highly dependent on your overall goal. For most, it may not be even necessary to perform additional cardio. Focusing on progressing the weight used in your workouts and getting stronger over time will have a more beneficial impact on your body composition than cardio will.For those looking to be generally healthy, light cardio might be beneficial. Bouts of walking will go a long way to aiding with body composition, recovery, and your ability to handle life stressors.For those looking to lose body fat, focus should be primarily on your diet. Once you plateau, you can then add in additional cardio as a means to increase your progress. Again, it might not even be necessary.Often times, people buy-in to cardio being necessary for body composition. However, its more important for general health purposes than anything else and can actually negatively impact your ability to make progress in the gym depending on the form of cardio you choose to do, the intensity you perform it at, and your ability to recover. 12. How can a beginner build muscle?By being consistent with their training, focusing on hitting each muscle group at least 2 times a week with an appropriate volume and weight for their abilities, and by progressing the weight used from workout to workout whenever possible.Be consistent. Train hard. Progress the weight.It takes time and it takes effort, but the process itself is pretty simple. 13. How many days a week should I work out?How many days per week do you have available to work out? That is the more important question to answer.Generally, to see progress 2-4 workouts are needed. 3-4 workouts per week is the sweet spot. You can train more frequently depending on your goals and experience level. However, at least 2 days of resistance training per week is needed to see muscle growth.With that being said, during your training days, it is beneficial to perform full body workouts (2-3 training days per week) or upper/lower workouts (4 days per week). This will allow you to train with an optimal frequency to build or maintain lean body mass. 14. What is a good 5 day workout routine?A good 5 day workout routine would be an upper/lower workout or push/pull/legs workout performed in a rotating training day fashion. You could also do an upper/lower or push/pull split with a weaknesses day as your 5th training day in the week.Id recommend avoiding the traditional body part split if optimizing your training is your goal. However, they can still be useful if youre simply working out for pure enjoyment purposes. 15. What can I drink to build muscle fast?Building muscle takes time and consistency. Nothing will get you there fast(er) than your body is naturally able to through optimized training, nutrition and lifestyle habits.There are certainly supplements than can help you with the nutrition portion of things. Protein shakes are beneficial if you have trouble meeting your daily protein requirements. Mass gainer shakes are beneficial is you have trouble meeting your daily calorie requirements. Creatine can help improve performance and can help you build muscle more efficiently if you struggle to get it through your diet as well. And, of course, water is the driver of all things.Focus on getting your diet, workouts, and lifestyle under control and supplement as needed. That is what will help you build muscle optimally. 16. Is it better to do a full body workout every day?Certain advanced bodybuilders can benefit from full body workouts 6 times per week. However, its not a common practice.Performing full body workouts every day might not be harmful depending on how you structure your training and the intensity in which you train with from session to session.For most though, it would be recommended to perform full body workouts 3-4 times per week. This would be more optimal for the larger portion of recreational lifters. 17. How many days a week should I work out to build muscle?A minimum of 2 days of full body training with progressive overload is needed to build muscle.3 full body days is better. And once you get into the 4 training days per week, you begin reaching optimal training frequency and volume for the vast majority of lifters.Theres no perfect split for everyone. But most will benefit from an upper/lower workout split 4 days per week. This is the general gold standard for building muscle for most. 18. Is it OK to lift weights every day?Depending on what youre doing and how you structure your training, it certainly can be.Weight lifting every single day for most is going to be completely unnecessary. Training with high intensity every day of the week will get you injured and burnt out pretty quickly.Find a good 3-5 day per week weight training program that is well thought out with an appropriate volume and split and stick to it. Instead of chasing workouts, chase progressions. Try to improve your lifts in some way. This is going to help you out a lot more in the long run. 19. Is exercising every day bad?Not at all depending on how you go about things. Plenty of people do some form of exercise every day of the week. But, you will want to consider a couple things.First, youll want to stick to a resistance training plan if your goal is specific. Youll want it to be the main focus of your training. Any other form of exercise centers around it. As mentioned, optimally for most recreational lifters will be 3-5 days per week.On the other days, youll want to ensure that whatever form of exercise you select doesnt take away from your ability to recover or push yourself during your main weight training sessions. Good forms of exercise will be recreational sports, walking, yoga, etc.What you dont want to do is combine your weight training programs with another activity that is also very high intensity. The two will be counterproductive to one another. 20. Is it bad to go to the gym every day?It depends on what you are doing while you are at the gym. You have to give your body time to recover if you want to grow, so if you are training intensely every single day, then its not ideal.If you are going to the gym out of habit every day, but not weight lifting, it may be ok. If some of your sessions are split between cardio, mobility work, and weight training then, it might truly be fine.All that being said, unless youre a competitive athlete, its highly unnecessary to go to the gym every day. You might want to consider other hobbies that arent necessarily related just to round yourself out as a human being.Going to the gym every day as a recreational lifter can lead to some obsessive habits that arent healthy. Focus on 3-5 days and spend your valuable time pursuing other priorities in life. 21. What should I do on rest days?Rest on your rest days. Eat in a way that is consistent with your goals and focus on recovering from your training sessions.You can also do something that is known as active recovery. Active recovery can be performed in a number of ways but is a light activity that gets your blood flowing, isnt stressful, and helps you recover.Some examples of active recovery include recovery walks, yoga, and mobility work. Workout Selection TipsSelecting the right workout routine is crucial for reaching your goals. People who don't choose the right plan are setting themselves up for failure. Here are our top 8 tips for selecting a workout. Select a workout routine that's designed for your experience level. Seems simple right? Many people who are just getting started lifting still choose workout plans that are designed for experienced lifters and pro bodybuilders. You will get much faster results from a plan that suits your experience. If you're just starting out, find a beginner workout. Be clear about your goals. When we polled our readers and asked their main goal the highest response was build muscle and lose fat". Unless you're a beginner or taking steroids, this is extremely hard to achieve. Think about your goal before selecting a workout routine. Do you want to build muscle or lose fat first? Do you want to improve your sports performance? Do you want to increase endurance? The clearer you are about your goal the easier it is going to be to find the right plan and the better your results will be. Think about your lifestyle and select a workout that fits. Don't try and fit a 5-6 day workout routine into your already busy lifestyle. You'll skip days, not recover properly and ultimately fail. You would have been better off with a workout plan that only requires 3 days in the gym. Think about how much time you can realistically put in working out. Choose a workout routine you know you'll be able to stick with for the full duration. Most workout plans are designed for a set period. 8-10 weeks for example. You're not going to get the best results if you only follow the routine for 4-5 weeks. This is something you should definitely look out for in periodization routines as the workload often increases as you progress through the workout. Know your body type before selecting a workout plan. Most new lifters don't understand how body types affect results. For example, a 6'2" man with a thin build often gets totally different results from the same workout than a 5'5" heavy set man. It's important you understand your own body type and what workout to use to maximize results. Have realistic expectations. You've seen the magazine covers and fitness models on social media. Don't expect these results in the first 3 months of training. If you set your expectations too high you're bound to lose motivation and give up. These people have often been working out for over 10 years and do this as a full time job. So set small goals for improving your physique and don't compare to others. Pick a plan you can do with a workout partner. Motivation is key to long term results in all aspects of fitness. Training with a partner is awesome. Workouts are more fun and you can keep each other motivated. Choose a workout partner that is slightly better than you. Meaning, if your goal is fat loss, they're slightly leaner. If your goal is muscle building then they're slightly bigger and stronger. This will bring out your competitive spirit as you try and match them when you're training. Read reviews/comments on workouts before trying them. Our workouts database has over 25,000 comments. Often people will talk about the results they have got after using a plan. Read these comments and see if the comment author has similar goals to you.Remember, nutrition is more important that your workout routine. You can have the best plan in the world and if you don't back it up with the fuel you need for your goal you will not succeed. Use our BMR calculator to calculate your calories then choose the right diet plan for you and get some healthy recipes to keep things interesting. Begin with our stretching series or try out videos especially designed for beginners. Sign up for our weekly newsletter and receive Aprils custom-designed beginner 4-WEEK WORKOUT schedule for FREE Coming up with a weekly workout plan can be intimidating. How should you split your time between cardio, strength training, and stretching? How hard should you push yourself? And how many rest days should you take? To make life easier, weve crafted a 7-day workout plan that covers all your bases. If youre looking for a simple, effective way to get in cardio, hit every muscle, and stay limber, youll find everything you need in this weekly workout. The plan offers:The workout routine features three days of cardio, three days of strength training, and seven days of stretching. You can switch the days around to suit your schedule, but keep a day between strength training sessions so your muscles can rest and recover.If six workouts a week sounds like too much, drop a cardio day, a strength day, or both so youre getting in four or five workouts instead. You can always increase the weight or the cardio intensity to keep yourself challenged. No matter what, try to stretch every day to increase mobility and set yourself up for success.Monday, Wednesday, Friday: CardioAim for 20 to 25 minutes of cardio exercise three days a week. If that sounds like too much, turn Wednesday into a low-stress cardio daygo for a light jog, take a walk, or simply dance around your house.Perform each of the following exercises for 40 to 45 seconds, resting for 15 to 20 seconds before starting the next one. Repeat this circuit three to four times, and rest for 1 to 2 minutes between circuits. Sumo Squat Jumps TERRY DOYLETERRY DOYLEStart in a squat, with your feet slightly beyond your hips and your toes facing out. Then, jump up, straightening your legs and bringing your feet closer together. Try to land in your original squat, and repeat.Lateral Skater Jumps TERRY DOYLEStand with your feet together, keeping your toes facing forward and your knees slightly bent. Jump to the left with your left leg, and put your right foot behind itlike youre doing a curtsy. Repeat the move on the other side, jumping with your right leg and following with your left. Continue jumping from side to side at a quick pace.High Knees to Heel TapsTERRY DOYLETERRY DOYLEStand with your chest lifted. Hop onto your right foot and bring your left knee toward your chest. Then hop onto your left foot and bring your right knee toward your chest. Alternate feet, bringing each knee to your chest four times. Then, switch to heel taps. Hop onto your right foot, and kick your left foot toward your butt. Then hop onto your left foot, and kick your right foot toward your butt. Alternate feet, doing four heel taps on each side. Repeat each circuit, alternating between four sets of high knees and four sets of heel taps.Plank Jacks TERRY DOYLETERRY DOYLEStart in a high plank, with your feet together, your torso engaged, and your wrists directly below your shoulders. Jump your feet outward, trying to keep your legs straight and the rest of your body still. Then, jump them back together. Repeat at a fast pace.Long Lunges TERRY DOYLEStand with your feet together, with your toes facing forward and your knees slightly bent. Then, extend your right leg behind you, bending it into a lunge. Bring your right leg forward, and straighten your legs. Then, repeat on the other side, and continue alternating.Tuesday, Thursday, Saturday: Strength Training Try to spend 20 to 25 minutes strength training every week. As you get stronger, challenge yourself by fitting in more reps or upping the weights youre using.Perform each exercise for 30 to 40 seconds, resting for 20 to 40 seconds before starting the next one. Do the whole circuit three to four times, resting for 1 to 2 minutes between circuits. You can do these exercises with or without dumbbells. If you want to use them, we recommend dumbbells that weigh 5 to 15 pounds.Squats to Shoulder PressesTERRY DOYLETERRY DOYLEStand with your feet hip-width apart and your toes facing forward. If youre using dumbbells, hold them directly over your shoulders and keep your elbows from bowing in or out. Bend your knees into a squat, sending weight into your heels. Then, stand and press your arms overhead, keeping your abs tight. Return to your starting position, and repeat.Lunges to One-Arm RowsTERRY DOYLETERRY DOYLEStart standing, with your toes facing forward and a dumbbell in your right hand (if youre using one). Extend your right foot behind you, and bend both knees into a lunge. While youre lunging, lower your right hand toward the floornear the inside of your left foot. Straighten both legs to resume your starting position, while simultaneously driving your right elbow and the dumbbell back behind your body.Repeat on the right side. Then, switch to your left side.Deadlifts to Bicep CurlsTERRY DOYLETERRY DOYLEStand with your feet slightly wider than hip-width apart. If youre using dumbbells, hold one in each hand. Hinge at the hips and squat, bending forward slightly to activate your glutes and hamstrings. Then, straighten your legs and curl your arms toward your shoulderskeeping your elbows glued to the sides of your body and your hands facing each other. Repeat.Shoulder Taps to Side PlanksTERRY DOYLETERRY DOYLEStart in a high plank, with your feet about shoulder-width apart and your wrists directly under your shoulders. Tap your left shoulder with your right hand, trying to keep the rest of your body still. Place your right hand back on the ground, and rotate into a side plank with your left hand in the air. Keep your hips square and your core engaged. If you want to use weights, hold a dumbbell in your left hand as you lift it.Rotate back into your high plank, and repeat the circuit on the other sidetapping your right shoulder with your left hand, then rotating into a side plank with your right arm in the air. Repeat, alternating between sides.Dead BugsTERRY DOYLELie on your back, with your knees in a tabletop position, your arms up toward the sky, and your palms facing each other. Extend your right arm behind your head while straightening your left leg and lowering it toward the floor. Bring your arm and leg back to their original positions, and repeat on the other side.Every Day: StretchingMake time to stretch every day. Each stretch takes about 1 minute, so you wont need to spare much time to see results.Climb the Tree StretchesTERRY DOYLEStart seated on the ground, with your back straight and your legs slightly bent in front of you. Lift your right leg toward your chest, grab it with both hands, and slowly climb up the leg, alternating hands as you make your way toward your foot. Gently pull your leg toward your head. Then, repeat on the other side.Bent-Knee Pretzel StretchesTERRY DOYLELie down, with your knees bent and both feet flat on the floor. Cross your left leg over your right leg, resting your left ankle on your right knee. Then, pull your left knee toward your chest, keeping your left hand on the outside of your knee and your right hand on the outside of your ankle. Repeat on the other side.Frog StretchesTERRY DOYLEBegin in a modified tabletop position, with your elbows under your shoulders and your knees under your hips. Flex your feet and slowly separate your knees, ending with your knees at right angles and the inside of each foot pressing into the ground. Gently lean back into your hips, and breathe. Release and move back into your starting position. Then, repeat.The full body workout routine is one of the most proven types of weight training programs of all time. It can work for most goals (building muscle, increasing strength, etc.) and experience levels (beginner, intermediate, and advanced).In this article, Ill cover everything you need to know about it (including the 2, 3, and 4-day versions of the full body split), and provide three free workout routines for you to use.What Is A Full Body Workout Routine?A full body workout routine is a strength training program built around training most or all of the entire body during each workout rather than splitting it up into different parts.With other types of workouts, you might have an upper body day, or chest day, or arm day, or leg day, or back and biceps day, or push day, or something similar. But with a full body routine, every day is a full body day.This means youll potentially be training the following muscle groups in each workout:ChestBackShouldersBicepsTricepsQuadsHamstringsGlutesCalvesThis doesnt mean you need to do multiple exercises for each individual body part in each session like you would with one of the other types of workouts I just mentioned.In this context, youd end up being in the gym for 3+ hours, which is excessive/crazy.Instead, full body workouts take advantage of a higher training frequency (more about that shortly) and the fact that certain exercises (aka multi-joint compound exercises) target multiple body parts.For example, the bench press is thought of as a chest exercise. But, it targets the shoulders and triceps as well. Similarly, most back exercises also target the biceps, shoulder pressing exercises also target the triceps, and many leg exercises target the quads, hamstrings, and/or glutes to some extent.What Are The Benefits Of Full Body Training?There are a handful of benefits to this style of training, but I consider these to be the three most significant:Simplicity.While no training split is really that complex (e.g. upper/lower, push/pull/legs, etc.), full body is pretty much as basic and straight-forward as it gets.Convenience and scheduling.The fact that there are only 2, 3, or 4 workouts per week and you can easily have the weekends off (or adjust it so you train on the weekends and have other days off instead) makes it convenient for most people to fit into their schedule.Higher training frequency.Depending on which version of the split is being used (more about that in a second), youll be able to train each muscle group, exercise, or movement pattern 2-4 times per week. Why does this matter? Because research (sources here and here) and real-world experience has shown that this frequency (i.e. twice per week or more) is likely more ideal for goals like building muscle and increasing strength than a once-per-week frequency, which is often the least effective.Download my most popular Full Body Workout Routine to your phone or computer and start using it today. Its 100% free.Send Me The WorkoutThe Full Body SplitAs Ive mentioned, there are a few different ways to schedule full body workouts over the course of the week. It can be done using a 2-day split, 3-day split, or 4-day split.Lets take a look at each of them right nowThe 3-Day Full Body SplitMonday: Full BodyTuesday: offWednesday: Full BodyThursday: offFriday: Full BodySaturday: offSunday: offThis is what most people would consider to be the classic version of a full body routine. As you can see, its a 3-day split performed in an every-other-day format with two days off at the end.Note that the exact days of the week you choose doesnt matter at all as long as that same structure is kept intact.The schedule shown above is probably the most common way of doing it, as many people prefer having the weekends off.The 2-Day Full Body SplitMonday: Full BodyTuesday: offWednesday: offThursday: Full BodyFriday: offSaturday: offSunday: offThe 2-day version is exactly like the 3-day version, but with 2 workouts instead of 3 (shocking, right?). Once again, the exact days you choose doesnt matter as long as you ideally have 1-3 rest days between the workouts.The 4-Day Full Body SplitVersion 1Monday: Full BodyTuesday: Full BodyWednesday: offThursday: Full BodyFriday: Full BodySaturday: offSunday: offVersion 2Monday: Full BodyTuesday: Full BodyWednesday: offThursday: Full BodyFriday: offSaturday: Full BodySunday: offVersion 3Monday: Full BodyTuesday: offWednesday: Full BodyThursday: Full BodyFriday: offSaturday: Full BodySunday: offAbove youll see three different variations of the 4-day full body split.They all involve 4 workouts per week, but without ever training on more than two consecutive days. Yet again, the exact days you choose doesnt matter as long as you maintain that same structure.Heres what I recommend3-Day VersionI consider the 3-day version to be the best choice for the majority of people doing full body workouts. It allows for an optimal frequency for the goals most people have, it will fit perfectly into most peoples schedules, and when designed correctly, its unlikely to be problematic for most people in terms of issues with recovery or overuse injuries.2-Day VersionIf you are only able to work out twice per week, this is the best choice for you. Simple as that. (Additional details here: The Best 2-Day Workout Splits)4-Day VersionI rarely ever recommend this version. Why? Well, for starters, its the version with the most potential to be problematic from the perspective of recovery and overuse injuries. But, mostly, its just because this version tends to be the best option only for those who actually need to train each body part, exercise, or movement pattern this often, and thats just not someone I encounter much. But if you happen to have a goal that does warrant this type of frequency, this version would be an option to consider.Who Is A Full Body Workout Best For?Like I mentioned earlier, full body training can work well for pretty much every goal and every experience level.However, theres a difference between something being a good option, and something being the best option.So, with that in mind, who is a full body workout routine best for?Beginners with any goal.Regardless of whether you want to build muscle, gain strength, lose fat, or anything similar, if youre a beginner (i.e. less than 6 months of consistent and intelligently programmed weight training), then a 3-day full body program is usually the best option for you. Why? Because at this early stage, the higher frequency (3 times per week) will allow you to make the fastest improvements in terms muscle and strength gains, as well as learning proper form, improving work capacity and volume tolerance, and just becoming good at weight training. This is why so many popular beginner programs (e.g. Starting Strength) are built around this split. My own beginner program (The Beginner Weight Training Workout Routine) does the same.People who can only train twice per week.No matter what your goal or experience level is, if you can only manage to work out two times per week, the 2-day full body split is the only option for achieving a training frequency thats higher than once per week. For this reason, its really the only split I recommend to people with a schedule like this who still want to make good progress. (I actually include a 2-day program inside Superior Muscle Growth that uses this version of the split for this very reason).People with a goal that warrants a higher training frequency.There are many different splits that will allow a person to train each body part, exercise, or movement pattern twice per week. But what if you have a goal that warrants training something as often as 3 or 4 times per week? For example, certain strength and performance oriented goals may fall into this category, as do certain muscle building goals where a specialization approach (i.e. emphasizing a specific body part by training it with more volume and/or frequency) is being used. In cases like this, the full body split is often the best option for achieving a frequency higher than twice per week.Anyone who simply prefers full body training over everything else.The key to getting the best results out of any type of workout routine is being consistent. And one of the keys to consistency is making your workouts as enjoyable as possible so they become something you actually want to do. For this reason, if you just happen to like full body training more than any other approach, then it may very well be the best option for you.Download my most popular Full Body Workout Routine to your phone or computer and start using it today. Its 100% free.Send Me The WorkoutSo, that would be the 4 groups of people who are typically best suited for using a full body routine.But now you may be wondering what about everyone else? Can full body training work for other people with other goals?Absolutely!Like Ive mentioned a few times now, it can work for virtually every goal and every experience level as long as the overall program is designed correctly. Theres no question or doubt about that at all.Its just that, in some of those cases, full body training may not to be the best option. And the main example that comes to mind isIf youre an intermediate or advanced trainee whose primary goal is to build muscle, a full body routine can certainly be an effective option. However, I wouldnt consider it the best option for most people fitting this description, and most of the coaches and trainers I know agree on this point.Just look at how the vast majority of natural bodybuilders and physique/figurecompetitors train. Its usually some variation of upper/lower, or push/pull/legs, or some kind of body part split.Why is this, you ask?At the top of the list of reasons would likely be training volume.You see, there is an optimal amount of training volume (aka the amount of sets, reps, and exercises being done per muscle group) for stimulating muscle growth.And when youre training the entire body in each workout, it becomes really hard to get sufficient volume in for each muscle group without running into problems (e.g. insanely long workouts).The higher frequency of a full body program certainly helps in this regard, as it allows you to spread the same optimal total weekly volume up over 3-4 workouts instead.So, for example, instead of doing 6 sets twice per week for chest a total of 12 sets for the week you could do 4 sets 3 times per week or 3 sets 4 times per week (still 12 total sets done for the week).The downside to approaching things this way is that there are other potential issues you may still run into. For exampleFull body workouts are often more physically and mentally taxing than workouts which divide the body up in some way.I mean, think about it. Which seems like it will be harder?A pull workout from a push/pull/legs routine, where you only train back and biceps. OrA full body workout, where you might train quads, hamstrings, chest, and shoulders before even getting to back/biceps.Obviously #2. But thats just the nature of full body workouts.And even when you reduce the volume per body part in each workout (and use the higher frequency to make up the difference and still get the same total weekly volume in), you still need to take into account the quality of that volume and your level of performance for body parts being trained in the second half of a full body workout.For many people, its simply not going to go as well as it would if you were using some other split that allowed those body parts to be trained while you were in a less mentally/physically fatigued state.Muscles can recover pretty fast and handle higher training frequencies surprisingly well.But joints and tendons? Not so much.Granted, this sort of thing will vary by person based on a variety of factors (age, genetics, experience level, strength levels, injury history, etc.), but speaking from experience, the higher the training frequency, the more likely youll be to run into issues with overuse injuries.Yup, even with all else (total weekly volume, exercise selection, rep ranges, etc.) being equal.So if you compare doing 6 sets twice per week for a body part vs doing 4 sets 3 times per week or 3 sets 4 times per week for that same body part, the latter two approaches would come with a higher risk of joint or tendon issues.Like I mentioned earlier, the majority of the research we have looking at training frequency for muscle growth for intermediate/advanced trainees shows that training each body part twice per week is more effective than training each body part once per week.Real-world experience supports this, too.But is there any conclusive evidence showing that training each body part 3 or 4 times per week is more effective than twice per week for intermediate/advanced trainees with the goal of building muscle (and with all else being equal)?Nope. (Sources here and here.)So then, you have to ask yourself, whats the benefit of training each body part 3-4 times per week in this case? Especially when you take into account the three potential issues listed above?All I see are a few potential negatives with no real potential positives.And for that reason, even though a full body routine can still definitely work well for intermediate and advanced trainees looking to build muscle, I dont consider it to be the best option for that purpose.Instead, I prefer upper/lower (like The Muscle Building Workout Routine), or push/pull/legs (like Bodybuilding 2.0 from Superior Muscle Growth), or upper/lower/push/pull/legs (like The 5-Day Workout Routine).But for everyone else, or anyone who just happens to prefer full body training, lets take a look at some sample workouts3-Day Full Body Workout For BeginnersSquats: 38-10Bench Press: 38-10Rows: 38-10Deadlifts: 36-8Pull-Ups or Lat Pull-Downs: 38-10Shoulder Press: 38-10This is the basic beginner program that I recommend to beginners who are looking to build muscle/gain strength.Its uses the 3-day version of the full body split, although it only involves two different workouts: the A workout and the B workout. You simply alternate between them on each of the three training days so that youre doing A-B-A one week and B-A-B the next. And so on.(For additional details about this program and another version of it, check out The Beginner Weight Training Workout Routine. If youd rather download a copy of it for free instead, just click here and tell me where to send it.)Also note that the numbers written after the exercise (like 38-10) represent the amount of sets and reps to do for that exercise. For example, 38-10 means 3 sets of 8-10 reps. And you can rest about 2 minutes between each set.Squats: 36-8Bench Press: 36-8Pull-Ups or Lat Pull-Downs: 38-10Shoulder Press: 38-10Leg Curls: 38-10Biceps Curls: 310-15Face Pulls: 310-15Romanian Deadlift: 36-8Seated Cable Rows: 36-8Incline Dumbbell Press: 38-10Leg Press or Split Squats: 310-12Lateral Raises: 310-15Triceps Pushdowns: 310-15Standing Calf Raises: 46-10This is a simple and effective full body routine aimed at intermediates with the primary goal of building muscle.Just like the beginner routine we covered a minute ago, it also uses the 3-day version of the split in the same alternating A-B-A B-A-B format.Again note that the numbers written after the exercise (like 38-10) represent the amount of sets and reps to do for that exercise. For example, 38-10 means 3 sets of 8-10 reps. And you can rest about 2-3 minutes between sets of compound exercises, and 1-2 minutes between sets of isolation exercises.2-Day Full Body WorkoutSquats: 36-8Bench Press: 36-8Seated Cable Rows: 38-10Dumbbell Shoulder Press: 38-10Lat Pull-Downs: 38-10Leg Curls: 38-10Triceps Pushdowns: 310-15Biceps Curls: 310-15Romanian Deadlift: 36-8Pull-Ups or Lat Pull-Downs: 36-8Incline Dumbbell Press: 38-10Chest Supported Rows: 38-10Leg Press: 310-12Lateral Raises: 310-15Face Pulls: 310-15Standing Calf Raises: 46-10This is a 2-day full body routine (which obviously uses the 2-day version of the split) thats designed for pretty much anyone who is only able to train two times per week and still wants to make good muscle building progress.Again note that the numbers written after the exercise (like 38-10) represent the amount of sets and reps to do for that exercise. For example, 38-10 means 3 sets of 8-10 reps. And you can rest about 2-3 minutes between sets of compound exercises, and 1-2 minutes between sets of isolation exercises.If you liked this article, youll also like The frequency of your workouts depends on your individual goals, lifestyle, and current fitness level. If youre new to exercise or getting back into it after a break, starting with two to three workouts per week is an excellent way to ease into a routine while allowing your body adequate time to recover. As you become more comfortable and your fitness level improves, you can gradually increase your workout frequency to four to six sessions per week.In addition to your main workouts, incorporating gentle, low-impact activities like walking, cycling, or yoga can further enhance your overall fitness and keep you active throughout the week. These activities not only support recovery but also contribute to better cardiovascular health, flexibility, and mental well-being.Listening to your body is essentialif youre feeling fatigued or sore, consider adjusting your exercise frequency or intensity as needed. Balancing your workouts with proper recovery ensures long-term success and helps you maintain a sustainable workout routine. The need for rest days varies depending on your workout intensity, fitness level, and overall health. Generally, its recommended to take at least one to two rest days per week to allow your muscles time to recover and rebuild, which is crucial for preventing injury and avoiding burnout.If youre engaging in high-intensity or strenuous exercise, you might need more frequent rest days to ensure proper recovery. On the other hand, if your workouts are moderate and youre feeling well, you might be able to space out your rest days further.Balancing exercise with adequate recovery time is essential for maintaining long-term fitness and overall well-being. Staying motivated to work out can be challenging, but there are several strategies that can help keep you on track. Setting clear, achievable goals is a great place to start, as having something to work towards can give you a sense of purpose and progress. Mixing up your routine with different types of exercises or trying new activities can also keep things fresh and exciting, preventing boredom.Creating a workout schedule and sticking to it can help make exercise a regular part of your day, and finding a workout buddy or joining a class can add a social element that keeps you accountable. Celebrating your achievements, no matter how small, can also boost your motivation.Finally, remember to be kind to yourself. Focus on consistency over perfection, and remind yourself of the positive impact exercise has on your physical and mental well-being. The time it takes to see results from a workout plan can vary depending on factors such as your starting fitness level, the intensity and frequency of your workouts, your diet, and your specific goals.Generally, you may start to notice some initial changes within a few weeks. For example, after about 2-4 weeks, you might see improvements in your energy levels, endurance, and overall strength.Physical changes, like muscle tone and fat loss, often take a bit longer to become noticeable, usually around 4-8 weeks. More significant transformations, such as substantial muscle growth or weight loss, typically require consistent effort over several months.Its important to remember that progress can be gradual and may vary from person to person. Staying consistent with your workout routine, maintaining a healthy diet, and getting enough rest are key to achieving and sustaining results. Workout.coolBodyweightDumbbellBarbellKettlebellBandPlatePull-up barBench

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