



PLUG AND PLAY PROGRAM

3-Day Full Body

Beginner / General Fitness

3 days a week | 4-week block | New or returning clients

Fully populated. Assign as-is or swap exercises using the Assessment to Program Engine (folder 05).

Built to work.

Who this is for

Clients new to structured training, returning after a long break, or training 2-3 days a week. Every session hits the whole body, so missed days cost less progress than a split program.

4-Week Progression

Apply this progression to every exercise below across the 4-week block.

Week	Target
Week 1	Establish baseline load and form at the prescribed reps, RPE 6-7
Week 2	Add 1 rep per set at the same load, RPE 7
Week 3	Add load (2.5-5%) and reset to the bottom of the rep range, RPE 7-8
Week 4	Repeat Week 3's load for full reps, RPE 8. Deload next block if needed

Day 1: Full Body A

Exercise	Sets x Reps	Rest	Cue
Bodyweight Squat	3 x 10-12	60-90s	Feet shoulder-width, sit back and down, drive through heels
DB Flat Press	3 x 10-12	60-90s	Lower DBs wide, feel deep pec stretch at bottom, press and squeeze
DB Single-Arm Row	3 x 10-12	60-90s	Knee on bench, row DB to hip, elbow drives back, not out to side
DB Shoulder Press (Seated)	3 x 10-12	60-90s	Sit on bench, press from ear height, fundamental pressing movement
Crunch	3 x 10-12	60-90s	Knees bent, curl shoulders off floor, don't pull on neck
Plank (Forearm)	3 x 10-12	60-90s	Elbows under shoulders, neutral spine, hold, don't let hips sag

Day 2: Full Body B

Exercise	Sets x Reps	Rest	Cue
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Static Lunge	3 x 10-12	60-90s	Bodyweight version of the static lunge, split stance stays fixed, ideal for beginners building single-leg quad strength
Incline DB Press	3 x 10-12	60-90s	30-45° incline, lower DBs to upper chest, feel full pec stretch
Inverted Row (High Bar)	3 x 10-12	60-90s	Hang under bar at chest height, pull chest to bar, adjustable beginner row
Glute Bridge	3 x 10-12	60-90s	Lie on back, feet flat, drive hips up, squeeze at top
Standing Calf Raise	3 x 10-12	60-90s	Full ROM, heel below step at bottom, full plantarflexion at top.
Bicycle Crunch	3 x 10-12	60-90s	Slow controlled rotation, elbow to opposite knee

Day 3: Full Body C

Exercise	Sets x Reps	Rest	Cue
Good Morning (BW)	3 x 10-12	60-90s	Hands behind head, hinge at hips, feel hamstring stretch throughout
Standard Push-Up	3 x 10-12	60-90s	Straight body, elbows at 45°, chest to floor, full lockout
Cable Seated Row	3 x 10-12	60-90s	Squeeze shoulder blades at end, constant cable tension
DB Arnold Press	3 x 10-12	60-90s	Palms in at bottom, rotate out while pressing, all three delt heads
Reverse Crunch	3 x 10-12	60-90s	Curl hips toward chest, lift tailbone off floor
Side Plank (Knees Bent)	3 x 10-12	60-90s	Modified side plank on knees, beginner stability hold

Need to swap an exercise for equipment, injury, or a crowded gym? Use the Assessment to Program Engine in folder 05, this program's exercises are drawn from the same vault.