

# B<sup>3</sup> BEGINNER GYM BLUEPRINT

## 3-Day Full-Body Strength Training Plan

This plan is designed for beginners who want to build strength, muscle, and confidence in the gym using a simple, effective routine.

### Workout A

- Squat (machine or barbell) – 3 sets of 8–10 reps
- Bench press or machine chest press – 3 sets of 8–10 reps
- Lat pulldown – 3 sets of 8–12 reps
- Dumbbell shoulder press – 3 sets of 8–10 reps
- Seated cable row – 3 sets of 8–12 reps

### Workout B

- Leg press – 3 sets of 10–12 reps
- Romanian deadlift (RDL) – 3 sets of 8–10 reps
- Incline dumbbell press – 3 sets of 8–10 reps
- Seated row or chest-supported row – 3 sets of 8–12 reps
- Dumbbell curls – 3 sets of 10–12 reps
- Triceps pushdowns – 3 sets of 10–12 reps

### Weekly Schedule

- Monday: Workout A
- Wednesday: Workout B
- Friday: Workout A

Next week, alternate so B starts the week (B/A/B).

### Progression Guidelines

When you can complete all prescribed reps with good form, increase the weight slightly (about 5 lb for upper body, 10 lb for lower body). Focus on controlled reps and consistent effort (RPE 7–9).