



Beginner Workout Blueprint

A Simple 3-Day Muscle-Building System

Balanced Body Blueprint

■ The Beginner's 3-Day Muscle-Building Blueprint

Frequency: Every muscle group is trained 3x per week to maximize muscle protein synthesis.

Focus: Compound movements for maximum return on time invested.

Intensity: Perform main sets at **1–2 RIR** (reps in reserve) for optimal hypertrophy.

■ Weekly Training Structure

Day	Workout	Goal
Day 1	Full Body A	Lower + Push strength
Day 2	Rest / Active Recovery	Recovery
Day 3	Full Body B	Lower hinge + Pull strength
Day 4	Rest / Active Recovery	Recovery
Day 5	Full Body C	Full body variation
Day 6–7	Rest / Active Recovery	Prepare for next week

■ General Workout Instructions

Warm-up: 5–10 min light cardio + dynamic movement

Cool-down: 5 min light stretching

Rest: 90–120 sec (compound lifts), 60–90 sec (accessories)

Day 1 – Full Body A (Push & Lower)

Exercise	Sets	Reps	RIR	Notes
Squat (BB/DB)	3	8–10	1–2	Chest up, neutral spine
DB Bench Press	3	8–10	1–2	Control the descent
DB/KB Row	3	10–12	1–2	Pull to hip
OH Triceps Ext.	2	10–15	1–2	Elbows up
Plank	3	Max	—	Brace core

Day 3 – Full Body B (Pull & Hinge)

Exercise	Sets	Reps	RIR	Notes
RDL	3	8–10	1–2	Hips back
Lat Pulldown / Pull-up	3	10–12	1–2	Chest to bar
DB Overhead Press	3	8–10	1–2	Avoid lower-back arch
DB Curl	2	10–15	1–2	No swinging
Knee Raise / Crunch	3	15–20	0–1	Control spine

Day 5 – Full Body C (Variation)

Exercise	Sets	Reps	RIR	Notes
Leg Press / Split Squat	3	10–12	1–2	Deep ROM
Seated Cable Row	3	10–12	1–2	Torso upright

Machine Chest Press	3	10–12	1–2	Chest squeeze
Lateral Raise	2	12–15	1–2	Lift out to side
Face Pull	2	15–20	1–2	Posture focus

■ Progressive Overload (The Key to Results)

Your goal is not just to complete workouts, but to beat last week’s performance. Progress reps first, then weight, then sets — and stay consistent for 8–12 weeks.

Week	Strategy	Example (DB Bench Press)
1	Baseline	25 lbs × 3×10 @ 2 RIR
2	Add reps	25 lbs × 3×11
3	Add weight	30 lbs × 3×8–10
4	Add sets	30 lbs × 4×10

■■ Determining Your Starting Weight (RIR Method)

Warm up with light sets, then choose a weight you can lift for 8–10 reps while keeping 1–2 reps in reserve. If it feels too easy, increase weight; if you hit failure, decrease it.

■ Logging Your Baseline

Example log for Squats:

Warm-up: Bodyweight × 10

Assessment: 25 lbs × 10 (RIR 3 → too easy)

Working Sets: 35 lbs × 10, 10, 9 @ 1–2 RIR

Next Week Goal: Improve reps or increase load

Ready for Coaching?

If you want this program customized and progressed for you, personalized coaching removes the guesswork.

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