



FULL BODY FOUNDATIONAL STRENGTH WORKOUT

Main Goal: Develop Strength
Training Level: Beginner - Intermediate
Equipment: Full Gym

Training Block: 8 - 12 Weeks
Frequency: 3 Days/Week
Duration: 60 Minutes

Full body splits are ideal for most people—especially beginners—for providing your body with the proper stimulus to become stronger while also ensuring you have enough recovery in-between sessions to take on every workout feeling your best. Since strength is first and foremost an adaptation, you will need to gradually increase the difficulty of your workouts (progressive overload) for your body to adapt and overcome, typically in terms of increased reps or resistance. If you're new to strength training, it is best to focus on the low range of reps. When that becomes easy, add 1 more rep or more 5 lbs. the following week and repeat this process as you continue to get stronger.

WARM-UP AND COOL-DOWN: Static Stretches and Cardio

Stretch	1 Set Each (Hold for 30 Seconds): Chest, Back, Shoulders, Quadriceps and Hamstrings
Cardio	5 - 10 Minutes of Low Intensity Cardio of Choice: Walking, Elliptical, Cycling or Rowing

Day 1: Bench Press and Squat Focus

Focus	Exercise	Sets x Reps	Set #1	Set #2	Set #3
Chest	Barbell Bench Press ★ <i>Alternative: Machine Bench Press</i>	Warm-Ups: 2 x 5 Working: 3 x 5 - 8			
Legs	Barbell Squat <i>Alternative: Dumbbell or Goblet Squat</i>	Warm-Ups: 2 x 5 Working: 3 x 5 - 8			
Back	Pull-Up ★ <i>Alternative: Wide-Grip Lat Pulldown</i>	3 x 8 - 12			
Shoulders	Reverse Fly (Dumbbell or Machine)	3 x 8 - 12			
Triceps	Triceps Pressdown	3 x 8 - 12			
Biceps	Dumbbell Bicep Curls ★	3 x 8 - 12			

Day 2: Row Focus

Focus	Exercise	Sets x Reps	Set #1	Set #2	Set #3
Back	Barbell Bent Over Row ★ <i>Alternative: Machine Bench Press</i>	Warm-Ups: 2 x 5 Working: 3 x 5 - 8			
Chest	Incline Dumbbell Press ★	3 x 8 - 12			
Triceps	EZ-Bar Skullcrusher	3 x 8 - 12			
Shoulders	Lateral Raise	3 x 8 - 12			
Biceps	Hammer Curls	3 x 8 - 12			
Legs	Leg Extension	3 x 8 - 12			

Day 3: Overhead Press and Deadlift Focus

Focus	Exercise	Sets x Reps	Set #1	Set #2	Set #3
Shoulders	Overhead Press ★ <i>Alternative: Machine Shoulder Press</i>	Warm-Ups: 2 x 5 Working: 3 x 5 - 8			
Legs	Deadlift <i>Alternative: Dumbbell or Goblet Squat</i>	Warm-Ups: 2 x 5 Working: 3 x 5 - 8			
Chest	Decline Dumbbell Press	3 x 8 - 12			
Triceps	Close-Grip Bench Press ★	3 x 8 - 12			
Biceps	Incline Bicep Curl	3 x 8 - 12			
Back	Seated Cable Rows	3 x 8 - 12			

Training Takeaway

Exercises listed in bold are compound lifts that engage the entire body, activate more muscle fibers, and build more strength. These need to be at the top of your list because they provide the greatest return *and* because they require the greatest physical demand—so you want to perform these at the start when you're fresh. Exercises are prioritized based on their ability to target large muscle groups (e.g. chest) down to smaller muscles (e.g. biceps) with more isolated movements (e.g. curls).

Exercises marked with a star are examples of what are consider to be one of the best exercises for that body part. Since each muscle group only has 3 exercises dedicated to it per week, exercises are selected on their ability to provide a unique benefit. For example, the bicep exercises listed here target the 3 individual parts of the muscle: the standard bicep curl (short head), incline curl (long head), and hammer curl (brachialis).

Eventually, as you add volume to your workouts to progressively overload, you may need to increase your training frequency or shift to another type of split such as an upper-lower body split or a push-pull-legs split. Having an experienced personal trainer who can assess your progress can help you identify when it's the right time to adapt your workouts. For an expert opinion, e-mail **Zachary Grady-Strange, CPT** (zachary@strangegainz.com).