



ULTIMATE STRENGTH & SIZE: A 3-DAY FULL BODY WORKOUT FOR MAXIMUM GAINS

 Main Goal
GAIN MUSCLE & STRENGTH

 Workout Type
STRENGTH TRAINING

This 8-week plan is a full-body program designed for beginners and intermediates aiming to build muscle strength and size. Each session seamlessly integrates multi-joint compound lifts with isolation exercises, maximizing gains in strength and muscle size.

The program utilizes a 5x5 rep-sets scheme on the main lifts to build foundational strength. At the same time, the accessory exercises follow a moderate rep range for both strength and hypertrophy, with each set pushed to about 1-2 reps before failure. The best part? You don't have to choose between different programs - this one covers it all.

Program Duration 8 Weeks	Days Per Week 3 Days	Time Per Workout 60+ Mins	Target Gender Male & Female	Training Level Intermediate
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WORKOUT SCHEDULE

WEEK 1	Days 1-7	WEEK 2	Days 8-14	WEEK 3	Days 15-21	WEEK 4	Days 22-28
<input type="radio"/> 1	Full Body A	<input type="radio"/> 8	Full Body A	<input type="radio"/> 15	Full Body A	<input type="radio"/> 22	Full Body A
<input type="radio"/> 2	Rest	<input type="radio"/> 9	Rest	<input type="radio"/> 16	Rest	<input type="radio"/> 23	Rest
<input type="radio"/> 3	Full Body B	<input type="radio"/> 10	Full Body B	<input type="radio"/> 17	Full Body B	<input type="radio"/> 24	Full Body B
<input type="radio"/> 4	Rest	<input type="radio"/> 11	Rest	<input type="radio"/> 18	Rest	<input type="radio"/> 25	Rest
<input type="radio"/> 5	Full Body C	<input type="radio"/> 12	Full Body C	<input type="radio"/> 19	Full Body C	<input type="radio"/> 26	Full Body C
<input type="radio"/> 6	Rest	<input type="radio"/> 13	Rest	<input type="radio"/> 20	Rest	<input type="radio"/> 27	Rest
<input type="radio"/> 7	Rest	<input type="radio"/> 14	Rest	<input type="radio"/> 21	Rest	<input type="radio"/> 28	Rest
WEEK 5	Days 29-35	WEEK 6	Days 36-42	WEEK 7	Days 43-49	WEEK 8	Days 50-56
<input type="radio"/> 29	Full Body A	<input type="radio"/> 36	Full Body A	<input type="radio"/> 43	Full Body A	<input type="radio"/> 50	Full Body A
<input type="radio"/> 30	Rest	<input type="radio"/> 37	Rest	<input type="radio"/> 44	Rest	<input type="radio"/> 51	Rest
<input type="radio"/> 31	Full Body B	<input type="radio"/> 38	Full Body B	<input type="radio"/> 45	Full Body B	<input type="radio"/> 52	Full Body B
<input type="radio"/> 32	Rest	<input type="radio"/> 39	Rest	<input type="radio"/> 46	Rest	<input type="radio"/> 53	Rest
<input type="radio"/> 33	Full Body C	<input type="radio"/> 40	Full Body C	<input type="radio"/> 47	Full Body C	<input type="radio"/> 54	Full Body C
<input type="radio"/> 34	Rest	<input type="radio"/> 41	Rest	<input type="radio"/> 48	Rest	<input type="radio"/> 55	Rest
<input type="radio"/> 35	Rest	<input type="radio"/> 42	Rest	<input type="radio"/> 49	Rest	<input type="radio"/> 56	Rest

With the “Ultimate Strength & Size” program, you have a powerful, comprehensive approach to build both strength and muscle in just three intense sessions per week. Stay consistent, prioritize recovery, and push yourself progressively - and over these 8 weeks, you'll notice impressive changes in your strength, physique, and confidence. Stick with it, track your results, and make this plan the foundation of a long-term strength journey.

Post your post-workout selfies in IG and tag @trainestapp, #trainest, or DM them to us to get a shoutout on Trainest Stories!



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WORKOUTS Use the workouts below along with your workout schedule to know exactly when to perform each workout. If you need assistance with understanding how to perform an exercise visit www.trainest.com.

FULL BODY A	
WARM UP	EXECUTION
PVC Pipe Figure 8	1 x 1 Min (30sec each side)
90/90 Hip Rotation	1 x 1 Min
Bootstrapper Squat	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Trap Bar Squat	5 Sets, 5 Reps
Sissy Squats	3 Sets, 8-10 Reps
Wide Grip Pull Up	3 Sets, 6-8 Reps
Incline Dumbbell Bench Press	3 Sets, 6-8 Reps
Cable Lateral Raise	2 Sets, 8-10 Reps
EZ Bar Curl	2 Sets, 8-10 Reps
Triceps Pushdown	2 Sets, 8-10 Reps
Dumbbell Calf Raise	3 Sets, 8-10 Reps
Plank	3 Sets, 30 Sec
COOL DOWN	EXECUTION
Saddle Stretch	1 x 1 Min
Child's Pose	1 x 1 Min
Time Per Workout: 77 Mins	
Equipment Required: Trap Bar, Cables, Dumbbells, Incline Bench, EZ Bar, PVC Pipe	

FULL BODY B	
WARM UP	EXECUTION
YTWs	1 x 1 Min
Band Pull Apart	1 x 1 Min
Incline Push Up	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Barbell Bench Press	5 Sets, 5 Reps
Dumbbell Fly	3 Sets, 8-10 Reps
T-bar Rows	3 Sets, 6-8 Reps
Dumbbell Lateral Raise	3 Sets, 8-10 Reps
Dumbbell Shrug	3 Sets, 8-10 Reps
Dumbbell Front Squats	2 Sets, 6-8 Reps
Dumbbell Skull Crushers	2 Sets, 8-10 Reps
Standing Hammer Curl	2 Sets, 8-10 Reps
Plank	3 Sets, 30 Sec
COOL DOWN	EXECUTION
Doorway Chest Stretch	1 x 1 Min
Thread the Needle	1 x 1 Min (30sec each side)
Time Per Workout: 77 Minutes	
Equipment Required: Barbells, Flat Bench, Dumbbells, Landmine Lever, Resistance Bands	

FULL BODY C	
WARM UP	EXECUTION
Dead Bug	1 x 1 Min
Bird Dog	1 x 1 Min
Glute Bridge Walkout	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Barbell Deadlift	5 Sets, 5 Reps
Stability Ball Leg Curl	3 Sets, 8-10 Reps
Dumbbell Lunge	3 Sets, 8-10 Reps
Lat Pulldown	3 Sets, 6-8 Reps
Seated Barbell Military Press	2 Sets, 6-8 Reps
Dumbbell Bench Press	3 Sets, 6-8 Reps
Standing Dumbbell Curl	2 Sets, 8-10 Reps
Triceps Pushdown	2 Sets, 8-10 Reps
Plank	3 Sets, 30 Sec
COOL DOWN	EXECUTION
Cat Cow	1 x 1 Min
Lying Glute Stretch	1 x 1 Min (30sec each side)
Time Per Workout: 74 Mins	
Equipment Required: Barbells, Stability Ball, Dumbbells, Cables, Adjustable Bench, Squat Rack	

WORKOUT TIPS

- **Prioritize Compound Lifts:** Focus on compound exercises for maximum strength and muscle gains.
- **Use Rest Days Wisely:** Rest days are essential—opt for active recovery or light cardio to recharge.
- **Fuel Your Gains:** Ensure enough protein and calories to support training and growth.



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