

Strength

Beginner Full-Body Strength Program

Three full-body workouts a week, built on the movements that matter most. Learn the lifts, then get steadily stronger for 12 weeks.

Length	Sessions	Time per session	Level	Equipment
12 weeks	3 a week	45–60 min	Beginner	Gym: barbell or dumbbells, cable or machines

How the program works

- Alternate workouts A and B: A-B-A one week, B-A-B the next.
- Stop every set with 1–3 reps left in the tank. Good form always comes before more weight.
- Use double progression: when you reach the top of the rep range on every set, add weight next time. Add 2.5–5 kg (5–10 lb) on lower-body lifts and 1–2.5 kg (2.5–5 lb) on upper-body lifts.
- Rest 2–3 minutes after the first two exercises and 60–90 seconds after the rest.
- Warm up with 5 minutes of light cardio and one or two lighter sets of your first exercise.

A typical week

Monday	Full body A
Tuesday	Rest
Wednesday	Full body B
Thursday	Rest
Friday	Full body A (B the next week)
Saturday	Rest or a walk
Sunday	Rest

The sessions

Full body A

45–60 min

Exercise	Sets	Reps or time	Rest
Goblet squat or back squat	3	8–10	2–3 min
Dumbbell or barbell bench press	3	8–10	2–3 min
Seated cable row	3	10–12	90 s
Romanian deadlift Push your hips back and keep the bar close to your legs.	2	10–12	90 s
Plank	3	30–45 s	60 s

Full body B

45–60 min

Exercise	Sets	Reps or time	Rest
Trap bar or dumbbell deadlift	3	6–8	2–3 min
Standing dumbbell shoulder press	3	8–10	2–3 min
Lat pulldown	3	10–12	90 s
Split squat	2	8–10 per leg	90 s
Dead bug Keep your lower back pressed into the floor.	3	8 per side	60 s

How to progress

Weeks

1–4

Learn the movements

Two sets per exercise. Choose weights that feel moderate, about three reps short of failure, and focus on smooth, consistent technique.

Weeks

5–8

Build

Move to the full sets as written. Add weight whenever you reach the top of the rep range on every set.

Weeks

9–11

Get stronger

Keep adding weight. For the first exercise of each workout, switch to a heavier 5–7 rep range.

Week

12

Deload and test

Halve your sets at the same weights to recover. At the end of the week, do a heavy set of 3–5 reps on your main lifts and estimate your one-rep max.

Training log

Write down what you did each session, for example 60 × 5 for 60 kg for five reps. Seeing the numbers go up is the best motivation there is, and it tells you when to add weight or speed.

Full body A, weeks 1–6

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Goblet squat or back squat 3 sets of 8–10						
Dumbbell or barbell bench press 3 sets of 8–10						
Seated cable row 3 sets of 10–12						
Romanian deadlift 2 sets of 10–12						
Plank 3 sets of 30–45 s						

Full body A, weeks 7–12

Exercise	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Goblet squat or back squat 3 sets of 8–10						
Dumbbell or barbell bench press 3 sets of 8–10						
Seated cable row 3 sets of 10–12						
Romanian deadlift 2 sets of 10–12						
Plank 3 sets of 30–45 s						

Full body B, weeks 1–6

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Trap bar or dumbbell deadlift 3 sets of 6–8						
Standing dumbbell shoulder press 3 sets of 8–10						
Lat pulldown 3 sets of 10–12						
Split squat 2 sets of 8–10 per leg						
Dead bug 3 sets of 8 per side						

Full body B, weeks 7–12

Exercise	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Trap bar or dumbbell deadlift 3 sets of 6–8						
Standing dumbbell shoulder press 3 sets of 8–10						
Lat pulldown 3 sets of 10–12						
Split squat 2 sets of 8–10 per leg						
Dead bug 3 sets of 8 per side						

Find the full guide, your personal numbers and more free programs at musclecalc.com/programs/beginner-full-body-strength

This program is general information, not medical advice. If you have a health condition, are pregnant or have been inactive for a long time, talk to a doctor before you start. Stop and seek help if you feel chest pain, dizziness or unusual shortness of breath. © 2026 MuscleCalc.