

Introduction

Here's an easy to follow 3 day a week routine. You can definitely learn how to build muscle quickly with this routine. Matter of fact, it's much more effective for muscle gaining compared to the typical 5 day a week routines.

Learning how to build muscle quickly is dependent on rest and recovery. A 3 day routine allows for proper rest and recover to take place, which will maximize gains.

Source: <http://www.all-bodybuilding.com/2017/02/how-to-build-muscle-quickly-with-3-day.html>

MONDAY - Chest, Shoulders, Triceps.

Bench Press (barbell or dumbbells) 2 sets for 10-12 reps
 Pec Dec Machine - 2 sets for 10-12 reps
 Shoulder Press (barbell or dumbbells) - 2 sets for 10-12 reps
 Shoulder Laterals - 2 sets for 10-12 reps
 Tricep Pushdowns - 2 sets for 10-12 reps

WED - Legs (Quads, Hamstrings, Calves)

Squats or Leg Press - 2 sets for 10-12 reps
 Leg Extensions - 2 sets for 10-12 reps
 Leg Curls - 2 sets for 10-12 reps
 Calf raises - 2 sets for 10-12 reps

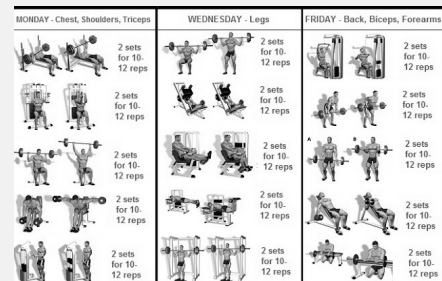
FRI - Back, Biceps, Forearms

barbell row - 2 sets for 10-12 reps
 Lat Pulldowns - 2 sets for 10-12 reps
 Bicep Barbell or Dumbbell Curls - 2 sets for 10-12 reps
 Reverse Curls - 2 sets for 10-12 reps

Summary

This is the basis for the 3 day workout. Exercises may be added, or excluded depending on one's own preference and recovery ability. The days do not have to be set up in a Monday, Wednesday, Friday manner. Basically any three days, with one day separating each workout, and two full days of rest. This is an excellent and straight forward way to learn how to build muscle quickly

How to Build Muscle



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