



LifeHack

Beginner Full Body Workout Routine for Men

Day 1: Chest, Back, Shoulders, Legs, Biceps, Triceps Gym Workout Plan

- Chest workout – Barbell Bench Press – target 4 sets of 8 reps
- Back workout – Lat-pulldowns – target 4 sets of 10 reps
- Shoulders workout – Seated Dumbbell Press – target 4 sets of 10 reps
- Legs workout – Leg Extensions – target 4 sets of 10 reps
- Biceps workout – Barbell Bicep Curls – target 3 sets of 10 reps
- Triceps workout – Triceps Rope Pushdowns – target 3 sets of 15 reps

Day 2: Legs, Triceps, Biceps, Chest, Back, Shoulder Gym Routine for Men

- Legs workout – Leg Press Machine – target 4 sets of 8 reps
- Triceps workout – Overhead Bar Extensions – target 3 sets of 20 reps
- Biceps workout – EZ Bar Curls – target 4 sets of 10 reps
- Chest workout – Machine Chest Press – target 4 sets of 10 reps
- Back workout – T-Bar Row – target 4 sets of 10 reps
- Shoulders workout – Lateral Raises – target 3 sets of 20 reps

Day 3: Shoulders, Back, Chest, Legs, Triceps, Biceps

- Shoulders workout – EZ Bar Upright Rows – target 3 sets of 15 reps
- Back workout – Close-Grip Pulldowns – target 4 sets of 12 reps
- Chest workout – Cable Fly – target 4 sets of 10 reps
- Legs workout – Lunges – target 3 sets of 10 reps per leg
- Triceps workout – Skullcrushers – target 3 sets of 15 reps
- Biceps workout – Hammer Curls – target 3 sets of 12 reps

Gym Guide For Men

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