

3 Day Full Body Workout

For lifters over 40. Monday, Wednesday, Friday.

	SETS X REPS	WK 1	WK 2	WK 3	WK 4
Day A Monday					
Goblet squat	3 × 8-12				
Dumbbell bench press	3 × 8-12				
Chest-supported dumbbell row	3 × 8-12				
Hip thrust	3 × 8-12				
Farmer's walk	3 × 30-45 s				
Day B Wednesday					
Dumbbell Romanian deadlift	3 × 8-10				
Landmine press	3 × 8-12				
Lat pulldown	3 × 10-12				
Dumbbell step-up	3 × 8-10 each leg				
Cable wood chop	3 × 10-12 each side				
Day C Friday					
Leg press	3 × 10-12				
Incline dumbbell press	3 × 8-12				
One-arm dumbbell row	3 × 8-12				
Lying leg curl	3 × 10-12				
Hammer curl	2 × 10-15				
Triceps pushdown	2 × 10-15				

How to run it: Rest 2 minutes after the first two moves, 60 to 90 seconds after the rest. End every set with 1 or 2 good reps left. Hit the top of the range on every set, then add weight.

Let the app run it for you

Snap a photo of this page. In Liftspan, go to **Plan, Change program, Import a program**. It reads the plan, swaps moves for any joint you flag, and sets your weights. **Your first import is free.**