



Ultimate 3 Day Gym Workout Plan For Main Street Fitness 247

Phase 1 Days 1-30

Summary

Program Duration	4 weeks
Primary Goal	Building Strength, Lean Mass, Weight Loss
Difficulty	Beginner-Intermediate
Suitable For	Male and Female

Duration of One Session	25-35 Minutes
Recommended Supplement	Whey Protein Isolate

Type of Exercises You'll Do

We've included mostly compound exercises and a few isolation workouts in this first phase of our 3 Day gym workout split.

Compound exercises are excellent for increasing strength and hypertrophy as they strengthen multiple muscles simultaneously and isolation exercises allow to build up specific muscles at a time. We hope the combination of these exercises will help you achieve your fitness goal.

Optimum Tempo

Tempo is the rate of speed at which you complete a rep. It includes four phases: eccentric, pause, concentric, and pause; and each phase count in duration typically from zero to five seconds.

Since this is our first phase, I recommend you perform each rep in a controlled fashion without concerning about optimum tempo.

A study demonstrated that neither slow nor fast movement tempos are more effective for muscle hypertrophy.¹ So, it would be best to focus on good muscle contraction during each repetition to achieve the maximum results.

Rest Days

You can take a rest on alternate days depending on your lifestyle. But avoid working out three days in a row as it can cause muscle fatigue and exhaust you.

Warm-up Exercises

You can do a couple of exercises, such as bodyweight squats, pushups, jumping jacks, and squat jumps to pump your heart and increase blood flow before lifting the pounds.

Suitable time to workout

You can work out at any time of the day that suits you the most. However, you shouldn't work out on an empty stomach. You can take pre-workout on an empty stomach if you train in the morning. But do what you feel most comfortable with, and always consult your physician before starting.

Core Workout

We've not included any specific core exercises in this workout plan. However, if you want to bolster your core, you can check out our app (Main Street Fitness on either the app store or Google Play) to add a few ab techniques to supplement your workout

Okay! Let's uncover the plan.

Main Street Fitness Phase 1 (Days 1-30)

- Day 1: Chest and Triceps
- Day 2: Back and Biceps
- Day 3: Legs and Shoulder

Day 1: Chest And Triceps

Workout	Reps x Sets	Rest Between Sets
Flat Bench Press/Chest Press Machine (Whichever You Prefer)	8-12 x 3	1-2 min
Incline Dumbbell Bench Press	8-12 x 3	1-2 min
Incline Dumbbell Fly	8-12 x 2	1-2 min
Narrow Push-ups on Knees	8-12 x 2	1-2 min
Triceps Rope Pushdown	8-12 x 3	1-2 min
Single-arm Overhead Tricep Extension	8-12 x 3	1-2 min

You can replace some of the exercises from this routine in the upcoming weeks. For example, you can do an incline barbell bench press, flat dumbbell bench press, cable flies, or dumbbell pullovers

chest and narrow grip bench press, skull crusher, and tricep kickbacks for triceps.

However, in the beginning, you should primarily focus on compound exercises for the chest and triceps, such as presses, dips, and push-ups for gaining strength and mass.

- Increase the load in every set of each workout if possible. But make sure you perform each rep with good form.

Day 2: Back And Biceps

Workout	Reps x Sets	Rest
Pullups/Deadlift	2-6 x 3	1-3 min
Wide Grip Lat Pulldown	8-12 x 4	1-2 min
Bent-over Barbell Row	8-12 x 3	1-2 min
Seated Cable Rowing	8-12 x 3	1-2 min

Barbell Biceps Curl	8-12 x 3	1-2 min
Cable Biceps Curl	8-12 x 3	1-2 min

You can do various other exercises to build a bigger and wider back, such as single-arm dumbbell row, inverted row, chest supported row, T-bar row, and V-grip lat pulldown.

Circuit machines can be swapped in this regimen as well if need be.

And for building brawny biceps, you can incorporate incline dumbbell curl, preacher curl, hammer curl, and concentration curl in our program

Day 3: Legs And Shoulder

Workout	Reps x Sets	Rest
Barbell Squat/Bodyweight Squat	10-15 x 3	1-3 min
Dumbbell Forward Lunges	8-12 x 2	1-2 min
Machine Leg Curl	8-12 x 3	1-2 min

Dumbbell Overhead Press	8-12 x 3	1-3 min
Dumbbell Lateral Raises	8-12 x 3	1-2 min
Dumbbell Rear Delt Fly	8-12 x 3	1-2 min
Cable Upright Row	8-12 x 2	1-2 min

Since this is the beginning, you should focus more on machines workout for legs, such as leg press, leg extension, and calf raises. You can do these exercises on alternate leg days for efficient results.

And to build rounded delts and muscular shoulders, you can include more shoulder workouts, such as Arnold Dumbbell press, dumbbell front raises, and dumbbell shrugs in our workout plan.

Make sure to contact us if you have any questions. Get a cheap body measuring tape and make sure to track your progress from Day 1 - Day 30 . Pictures do the most justice as well as seeing/feeling how clothes fit. Tag us in any updates you have on social media!

