

I'm not a robot

































proper form, improving work capacity and volume tolerance, and just being able to stand up and walk. This is why so many popular programs (e.g. Starting Strength) are built around this split. My own program (The Beginner Weight Training Workout Routine) does the same. People who can only train twice per week. No matter what your goal or experience level is, if you can only manage to work out two times per week, the 2-day full body split is the only option for achieving a training frequency thats higher than once per week. For this reason, its really the only split I recommend to people with a schedule like this who still want to make good progress. (I actually include a 2-day program inside Superior Muscle Growth that uses this version of the split for this very reason). People with a goal that warrants a higher training frequency. There are many different splits that will allow a person to train each body part, exercise, or movement pattern twice per week. But what if you have a goal that warrants training something as often as 3 or 4 times per week? For example, certain strength and performance oriented goals may fall into this category, as do certain muscle building goals where a specialization approach (i.e. emphasizing a specific body part by training it with more volume and/or frequency) is being used. In cases like this, the full body split is often the best option for achieving a frequency higher than twice per week. Anyone who simply prefers full body training over everything else. The key to getting the best results out of any type of workout routine is being consistent. And one of the keys to consistency is making your workouts as enjoyable as possible so they become something you actually want to do. For this reason, if you just happen to like full body training more than any other approach, then it may very well be the best option for you. Download my most popular Full Body Workout Routine to your phone or computer and start using it today. Its 100% free. Send Me The Workout So, that would be the 4 groups of people who are typically best suited for using a full body routine. But now you may be wondering what about everyone else? Can full body training work for other people with other goals? Absolutely! Like Ive mentioned a few times now, it can work for virtually every goal and every experience level as long as the overall program is designed correctly. Theres no question or doubt about that at all. Its just that, in some of those cases, full body training may not be the best option. And the main example that comes to mind is if youre an intermediate or advanced trainee whose primary goal is to build muscle, a full body routine can certainly be an effective option. However, I wouldnt consider it the best option for most people fitting this description, and most of the coaches and trainers I know agree on this point. Just look at how the vast majority of natural bodybuilders and physique/figure competitors train. Its usually some variation of upper/lower, or push/pull/legs, or some kind of body part split. Why is this, you ask? At the top of the list of reasons would likely be training volume. You see, there is an optimal amount of training volume (aka the amount of sets, reps, and exercises being done per muscle group) for stimulating muscle growth. And when youre training the entire body in each workout, it becomes really hard to get sufficient volume in for each muscle group without running into problems (e.g. insanely long workouts). The higher frequency of a full body program certainly helps in this regard, as it allows you to spread the same optimal total weekly volume up over 3-4 workouts instead. So, for example, instead of doing 6 sets twice per week for chest a total of 12 sets for the week you could do 4 sets 3 times per week or 3 sets 4 times per week (still 12 total sets done for the week). The downside to approaching things this way is that there are other potential issues you may still run into. For example Full body workouts are often more physically and mentally taxing than workouts which divide the body up in some way. I mean, think about it. Which seems like it will be harder? A pull workout from a push/pull/legs routine, where you only train back and biceps. Or a full body workout, where you might train quads, hamstrings, chest, and shoulders before even getting to back/biceps. Obviously #2. But thats just the nature of full body workouts. And even when you reduce the volume per body part in each workout (and use the higher frequency to make up the difference and still get the same total weekly volume in), you still need to take into account the quality of that volume and your level of performance for body parts being trained in the second half of a full body workout. For many people, its simply not going to go as well as it would if you were using some other split that allowed those body parts to be trained while you were in a less mentally/physically fatigued state. Muscles can recover pretty fast and handle higher training frequencies surprisingly well. But joints and tendons? Not so much. Granted, this sort of thing will vary by person based on a variety of factors (age, genetics, experience level, strength levels, injury history, etc.), but speaking from experience, the higher the training frequency, the more likely youll be to run into issues with overuse injuries. Yup, even with all else (total weekly volume, exercise selection, rep ranges, etc.) being equal. So if you compare doing 6 sets twice per week for a body part vs doing 4 sets 3 times per week or 3 sets 4 times per week for that same body part, the latter two approaches would come with a higher risk of joint or tendon issues. Like I mentioned earlier, the majority of the research we have looking at training frequency for muscle growth for intermediate/advanced trainees shows that training each body part twice per week is more effective than training each body part once per week. Real-world experience supports this, too. But is there any conclusive evidence showing that training each body part 3 or 4 times per week is more effective than twice per week for intermediate/advanced trainees with the goal of building muscle (and with all else being equal)? Nope. (Sources here and here.) So then, you have to ask yourself, whats the benefit of training each body part 3-4 times per week in this case? Especially when you take into account the three potential issues listed above? All I see are a few potential negatives with no real potential positives. And for that reason, even though a full body routine can still definitely work well for intermediate and advanced trainees looking to build muscle, I dont consider it to be the best option for that purpose. Instead, I prefer upper/lower (like The Muscle Building Workout Routine), or push/pull/legs (like Bodybuilding 2.0 from Superior Muscle Growth), or upper/lower/push/pull/legs (like The 5-Day Workout Routine). But for everyone else, or anyone who just happens to prefer full body training, lets take a look at some sample workouts 3-Day Full Body Workout For Beginners Squats: 38-10 Bench Press: 38-10 Rows: 38-10 Deadlifts: 36-8 Pull-Ups or Lat Pull-Downs: 38-10 Shoulder Press: 38-10 This is the basic beginner program that I recommend to beginners who are looking to build muscle/gain strength. Its uses the 3-day version of the full body split, although it only involves two different workouts: the A workout and the B workout. You simply alternate between them on each of the three training days so that youre doing A-B-A one week and B-A-B the next. And so on. (For additional details about this program and another version of it, check out The Beginner Weight Training Workout Routine. If youd rather download a copy of it for free instead, just click here and tell me where to send it.) Also note that the numbers written after the exercise (like 38-10) represent the amount of sets and reps to do for that exercise. For example, 38-10 means 3 sets of 8-10 reps. And you can rest about 2 minutes between each set. Squats: 36-8 Bench Press: 36-8 Pull-Ups or Lat Pull-Downs: 38-10 Shoulder Press: 38-10 Leg Curls: 38-10 Biceps Curls: 310-15 Face Pulls: 310-15 Romanian Deadlift: 36-8 Seated Cable Rows: 36-8 Incline Dumbbell Press: 38-10 Leg Press or Split Squats: 310-12 Lateral Raises: 310-15 Triceps Pushdowns: 310-15 Standing Calf Raises: 46-10 This is a simple and effective full body routine aimed at intermediates with the primary goal of building muscle. Just like the beginner routine we covered a minute ago, it also uses the 3-day version of the split in the same alternating A-B-A B-A-B format. Again note that the numbers written after the exercise (like 38-10) represent the amount of sets and reps to do for that exercise. For example, 38-10 means 3 sets of 8-10 reps. And you can rest about 2-3 minutes between sets of compound exercises, and 1-2 minutes between sets of isolation exercises. 2-Day Full Body Workout Squats: 36-8 Bench Press: 36-8 Seated Cable Rows: 38-10 Dumbbell Shoulder Press: 38-10 Lat Pull-Downs: 38-10 Leg Curls: 38-10 Triceps Pushdowns: 310-15 Biceps Curls: 310-15 Romanian Deadlift: 36-8 Pull-Ups or Lat Pull-Downs: 36-8 Incline Dumbbell Press: 38-10 Chest Supported Rows: 38-10 Leg Press: 310-12 Lateral Raises: 310-15 Face Pulls: 310-15 Standing Calf Raises: 46-10 This is a 2-day full body routine (which obviously uses the 2-day version of the split) thats designed for pretty much anyone who is only able to train two times per week and still wants to make good muscle building progress. Again note that the numbers written after the exercise (like 38-10) represent the amount of sets and reps to do for that exercise. For example, 38-10 means 3 sets of 8-10 reps. And you can rest about 2-3 minutes between sets of compound exercises, and 1-2 minutes between sets of isolation exercises. If you liked this article, youll also like Workout.cool Bodyweight Dumbbell Barbell Kettlebell Band Plate Pull-up bar Bench

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