

BEGINNER 3-DAY HYPERTROPHY PROGRAM

SIMPLE STRUCTURE • FAST PROGRESS • MACHINE-FOCUSED

Premium Edition

How This Program Works

This beginner hypertrophy plan uses three full-body training days per week, focusing on machine-based movements for safety, stability, and consistent progression.

Each exercise uses 2 controlled working sets, taken to technical failure. This structure builds strength, confidence, and muscle without overwhelming volume.

This plan is ideal for beginners who want:

- A simple, repeatable routine
- Fast strength progression
- Balanced full-body development
- Machine-based safety and stability

Training Variables

Variable	Guideline
Frequency	3 training days per week
Working Sets	2 per exercise
Effort	Failure on every working set
Rep Ranges	Machines 10–15, isolations 12–20
Rest	2–3 min compounds, 90 sec–2 min isolations
Tempo	2–3 sec controlled lowering
Session Length	45–60 minutes
Safety	Maintain form; stop at technical failure

Weekly Schedule

Day	Training	Nutrition	Recovery
Mon	Full Body A	High carb	10–12K steps
Tue	—	—	—
Wed	Full Body B	High carb	Mobility
Thu	—	—	—
Fri	Full Body C	High carb	Sauna or cold plunge
Sat	Optional light cardio	Lower carb	Mobility
Sun	Rest	Lower carb	Meal prep

Training Sessions

Full Body A

Foundation Day

Exercise	Sets	Reps	Target
Leg Press	2	10–15	Quads
Machine Chest Press	2	10–12	Chest
Lat Pulldown	2	10–12	Lats
Seated Row	2	10–12	Back
Machine Curl	2	12–15	Biceps
Machine Triceps Extension	2	12–15	Triceps

Full Body B

Strength Builder

Exercise	Sets	Reps	Target
Hack Squat	2	8–12	Quads
Incline Machine Press	2	10–12	Chest
Cable Row	2	10–12	Mid back
Leg Curl	2	10–15	Hamstrings
Dumbbell Curl	2	10–15	Biceps
Rope Triceps Pressdown	2	10–15	Triceps

Full Body C

Hypertrophy Focus

Exercise	Sets	Reps	Target
Smith Machine Squat	2	8–12	Quads
Flat Machine Press	2	10–12	Chest
Pulldown	2	10–12	Lats
Reverse Pec Deck	2	15–20	Rear delts
Hammer Curl	2	10–15	Brachialis
Overhead Cable Extension	2	10–15	Triceps

Progression Rules

- Beat the logbook every session.
- Double progression: top of rep range → add weight or reps.
- Expect 1–3 rep drop on set 2.
- Swap exercises if stalled 2–3 weeks.
- Deload every 5–6 weeks (1 set per exercise).
- Replace any painful movement with a similar pattern.

Nutrition: High-Carb Training Days

Macro	Training Days	Rest Days
Protein	1.5 g per lb	1.5 g per lb
Carbs	~1.8 g per lb	~0.8 g per lb
Fat	~0.3 g per lb	~0.5 g per lb

Higher carbs = better beginner performance + faster progression.

Recovery Protocol

Tool	Protocol	Notes
Steps	10–12K daily	Boosts recovery
Sleep	7–9 hours	Essential for growth
Sauna	3–4× weekly	Relaxation + circulation
Cold Plunge	2–3× weekly	Rest days only
Mobility	10 min daily	Hips + shoulders
Stress Check	Weekly	Deload if needed

Supplements

Supplement	Dose	Purpose
Creatine	3–5 g	Strength + size
Whey/Casein	1–2 scoops	Protein target
Omega-3	1–2 g	Joint comfort
Magnesium	200–400 mg	Sleep + recovery
Vitamin D3	1,000–2,000 IU	General health
Electrolytes	1 serving	Sauna days

Note: Supplement doses above are general ranges seen in practice — check with a healthcare provider before starting anything new.

Daily Checklist

☐ Protein target hit	☐ Correct carb/fat target
☐ 10–12K steps	☐ Creatine taken
☐ 7–9 hours sleep	☐ Logbook updated
☐ Recovery work done	☐ Bodyweight recorded

Program #7 Complete

PDF-ready. If you want any edits — more volume, different machines, different exercise selection — let your coach know.