



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



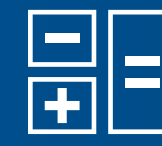
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3 DAY FULL BODY PLANET FITNESS WORKOUT

In this edition of a series of Planet Fitness appropriate workouts, we provide a 3 day full body workout one could do with the equipment at Planet Fitness.

Link to Workout: <https://www.muscleandstrength.com/workouts/3-day-full-body-planet-fitness-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 3 Days

Time Per Workout: 45 - 70 Mins

Equipment: Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: Josh England

Planet Fitness Full Body Workout Day 1

Exercise	Sets	Reps
1. Goblet Squat	4	8 - 12
2. Lying Leg Curl	3	10 - 15
3. Standing Calf Raise	2	15 - 20
4. Dumbbell Row	4	8 - 12
5. Lat Pull Down	3	10 - 15
6. Incline Dumbbell Bench Press	4	8 - 12
7. Lateral Raise	3	10 - 15

Planet Fitness Full Body Workout Day 2

Exercise	Sets	Reps
1. Dumbbell Stiff Leg Deadlift	4	8 - 12
2. Leg Extension	3	10 - 15
3. Assisted Pull Up Machine	4	8 - 12
4. Seated Cable Row	3	10 - 15
5. Seated Dumbbell Press	4	8 - 12
6. Dumbbell Bench Press	3	10 - 15
7. Skullcusher	3	8 - 12
8. Dumbbell Curl	3	8 - 12

Planet Fitness Full Body Workout Day 3

Exercise	Sets	Reps
1. Leg Press	4	8 - 12
2. Walking Lung	3	10 - 15 Each
3. Standing Calf Raise	2	15 - 20
4. Smith Machine Row	4	8 - 12
5. Cable Face Pull	3	10 - 15
6. Push Up	3	10 - 15
7. Close Grip Push Up	3	8 - 12
8. Cable Curl	3	8 - 12