



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



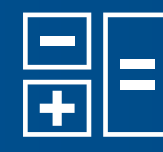
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START FROM SCRATCH SERIES: PHASE 3 OF THE BEGINNER'S PROGRAM

New to the gym scene? This third part of the Start from Scratch program can be used as a road map to help you learn how to build muscle the right way.

Link to Workout: <https://www.muscleanstrength.com/workouts/start-from-scratch-phase-3>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 Weeks

Days Per Week: 3 Days

Time Per Workout: 45-60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines

Author: Team SAN

Workout 1

Exercise	Sets	Reps
1. Incline Bench Press	3	15, 12, 10
2. Dumbbell Bench Press	3	15, 12, 10
3. Dumbbell Fly	3	15, 12, 10
4. Dips	3	10 - 12
5. Pull Downs	3	15, 12, 10
6. Pullovers	3	10 - 12
7. Bent Over Rows	3	15, 12, 10
8. Rear Delt Lateral Raise	3	10 - 12
9. Dumbbell Shrugs	2	12 - 15
10. Hanging Leg Raises	3	15, 12, 10
11. Ab Crunch	3	15, 12, 10
12. Plank	2	60 seconds

Workout 2

Exercise	Sets	Reps
1. Squats	3	15, 12, 10
2. Sissy Squats	3	10 - 12
3. Leg Extensions	3	10 - 12
4. Reverse Lunges	3	10 - 12 (per leg)
5. Stiff-Legged Deadlift	3	15, 12, 10
6. Leg Curls	3	10 - 12
7. Leg Press Calf Raise	3	15
8. Standing Calf Raise	3	12 - 15
9. Seated Calf Raise	3	12 - 15

Workout 3

Exercise	Sets	Reps
1. Shoulder Presses	3	15, 12, 10
2. Upright Row	3	12 - 15
3. Lateral Raises	3	12 - 15
4. Bent Over Lateral Raise	3	10 - 12
5. Close Grip Bench Press	3	15, 12, 10
6. Overhead Extensions	3	10 - 12
7. Rope Pushdown	3	10 - 12
8. EZ Bar Curls	3	15, 12, 10
9. Incline Curls	3	10 - 12
10. Spider Curls	3	10 - 12
11. Hammer Curls	3	10 - 12
12. Wrist Curls	2	10 - 12
13. Reverse Wrist Curls	2	10 - 12