

FULL BODY

3 DAYS
/ WEEK

This 3-day workout schedule is a comprehensive full-body routine, meaning you'll be hitting all your key muscle groups three times a week. This approach is particularly effective for beginners, as it promotes muscle development, strength gains, and fat loss. Remember, flawless form is critical before upping your weights, but don't sabotage your growth by going too easy on yourself. Push hard to see real progress. To nail the perfect form for each exercise, YouTube is an excellent resource with loads of helpful videos.

MONDAY

1 **Bulgarian Split Squat**
3 sets of 10-15 reps



2 **Lat Pulldown**
3 sets of 8-12 reps



3 **Incline Barbell Bench**
3 sets of 6-8 reps



4 **Barbell Bentover Row**
3 sets of 6-8 reps



5 **Dumbbell Overhead Press**
3 sets of 12-15 reps



WEDNESDAY

1 **Romanian Deadlift**
3 sets of 6-8 reps



2 **Barbell Bench Press**
3 sets of 6-8 reps



3 **Underhand Lat Pulldown**
3 sets of 8-12 reps



4 **Lateral Raises**
3 sets of 12-15 reps



5 **Seated Cable Rows**
3 sets of 8-12 reps



FRIDAY

1 **Barbell Back Squat**
3 sets of 6-8 reps



2 **Lying Leg Curl**
3 sets of 12-15 reps



3 **Barbell Overhead Press**
3 sets of 6-8 reps



4 **Pull Ups (Weighted)**
3 sets of 6-8 reps



5 **Dumbbell Incline Bench**
3 sets of 8-12 reps



ADD-ONS

ARMS

Dumbbell Bicep Curls
3 sets of 8-12 reps



Cable Tricep Extension
3 sets of 8-12 reps



CALVES & ABS

Seated Calf Raises
3 sets of 8-15 reps



Knee Raises
3 sets of 8-20 reps



FINISHER

Passive Dead Hang
3-4 sets max time



WHY?

Improves grip strength, decompresses the spine, and shoulder mobility/health.

HOW TO PROGRESS?

Keep your weights within the prescribed rep range for each exercise. When you nail all sets at the high-end rep count, it's time to increase the weight slightly. This steady progress is your path to becoming a Viking Beast. For instance, if you're doing 3 sets of barbell back squats for 6-8 reps and you smash 3 sets of 8 reps with 60kg, you've earned the right to level up to 62.5kg in your next workout. This approach keeps you challenging yourself within the 6-8 rep range, steadily building your strength like a true Viking warrior.