



GetFitArchitect

PREMADE WORKOUT PROGRAM

Barbell Strength Training Program

3 days a week · Full body · Strength

EQUIPMENT

Barbell · Squat rack · Bench · Pull-up bar

LEVEL

Intermediate

SESSION LENGTH

60-75 minutes

Free tools. No account. Built around the equipment you own.

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The plan at a glance

3 days a week · Full body · Strength · Intermediate

DAY 1

Full body

71 min

Barbell Bench Press	5 × 4–6
Overhead Barbell Press	5 × 4–6
Pull-Up	5 × 6–10
Barbell Back Squat	5 × 4–6
Hanging Leg Raise	5 × 8–12

DAY 2

Full body

68 min

Barbell Bench Press	5 × 4–6
Overhead Barbell Press	5 × 4–6
Chin-Up	5 × 6–10
Barbell Lunge	5 × 6–10
Hanging Knee Raise	5 × 8–12

DAY 3

Full body

71 min

Barbell Bench Press	5 × 4–6
Overhead Barbell Press	5 × 4–6
Barbell Bent-Over Row	5 × 6–10
Barbell Back Squat	5 × 4–6
Plank	5 × 30–45 sec hold

EQUIPMENT

Barbell · Squat rack · Bench · Pull-up bar

SESSION LENGTH

60–75 min

EFFORT

Stop 1–2 reps short of failure

Build a version around your own equipment, free: getfitarchitect.com/workout-generator

How to use this program

This is a 3-day full body strength program for someone who already has a barbell, a squat rack, a bench, and a pull-up bar and wants to get stronger on the main lifts rather than chase size. Sets are heavy and low in reps, rest periods are long enough to actually recover between them, and every session trains the whole body, so each major lift gets practiced three times a week.

What you need

Barbell · Squat rack · Bench · Pull-up bar

The squat rack does more work than it looks like it should here: it holds the bar for squats and presses, and set at the right height its safety bars let you train close to your limit without a spotter. The pull-up bar covers vertical pulling, which a barbell alone doesn't.

Why this structure

With fewer days available, full body training hits every major muscle group multiple times a week even though each session covers everything. That higher frequency matters more for progress than splitting muscle groups across days you don't have.

THE THREE RULES

1

Warm up first

Start every session with the warm-up block on that day's page, then do 2-3 ramp-up sets on your first exercise before you reach working weight.

2

Rest as listed

Rest times are matched to the goal of the program. Heavy, low-rep work needs the longer rests, so do not rush them.

3

Keep a rep or two in reserve

Finish each working set feeling like you could have done one or two more good reps. Push hard, but not to failure on heavy lifts.

Full body

71 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then a couple minutes of dynamic movement for whatever you're training first. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Barbell Bench Press	5	4-6	2-3 min
Overhead Barbell Press	5	4-6	2-3 min
Pull-Up	5	6-10	90-120 sec
Barbell Back Squat	5	4-6	2-3 min
Hanging Leg Raise	5	8-12	60-90 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Full body

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Barbell Back Squat	5	4-6	2-3 min
Plank	5	30-45 sec hold	60-90 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Progressing week to week

Add weight to your barbell, squat rack, bench, and pull-up bar lifts once you can complete every set of this full body plan at the top of the rep range with good form. Small jumps, 2.5–5 lbs on upper body lifts and 5–10 lbs on lower body lifts, are usually enough, and it's worth giving yourself at least a full week at a given weight before deciding it's too easy. At an intermediate level, progress typically settles into something closer to this pattern, a small jump every week or two rather than every session.

COMMON QUESTIONS

How heavy should the working sets be in a strength program?

Heavy enough that the last rep of each set is genuinely hard, but not so heavy that form breaks down. A useful target is stopping a rep or two before you would fail. If you want a number to anchor to, the one-rep max calculator estimates your max from a recent hard set, and the percent-of-1RM calculator turns that into working weights.

Is training 3 days a week enough to build real strength?

Yes. Strength is a skill practiced under load, and three full body sessions means each main lift gets trained about three times a week, which is more practice per lift than most once-a-week body-part splits provide. More days can help, but consistent progress on three well-run days beats an inconsistent five.

Want a plan built around your exact equipment?

The free workout plan tool builds a full weekly program from whatever you own, your goal, your experience, and the time you have. No account needed.

getfitarchitect.com/workout-generator

General training information, not medical advice. If you have an injury or a health condition, check with a doctor or physical therapist before starting a new program.