



GetFitArchitect

PREMADE WORKOUT PROGRAM

Bodyweight Only Workout Program

3 days a week · Full body · General fitness

EQUIPMENT

Bodyweight only

LEVEL

Beginner

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 · General fitness · Beginner

DAY 1

Full body

34 min

Push-Up	3 × 12–15
Bodyweight Squat	3 × 12–15
Bodyweight Hip Thrust	3 × 12–15
Prone Y-Raise	3 × 12–15
Superman	3 × 12–15

DAY 2

Full body

33 min

Incline Push-Up	3 × 12–15
Side Lunge	3 × 12–15
Bodyweight Hip Thrust	3 × 12–15
Prone Y-Raise	3 × 12–15
Plank	3 × 30–45 sec

DAY 3

Full body

34 min

Knee Push-Up	3 × 12–15
Walking Lunge	3 × 12–15
Bodyweight Hip Thrust	3 × 12–15
Prone Y-Raise	3 × 12–15
Russian Twist	3 × 12–15

EQUIPMENT

Bodyweight only

SESSION LENGTH

60–75 min

EFFORT

Stop 1–3 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 workout program that uses no equipment at all, for anyone training at home without a gym, traveling, or just starting out before buying anything. Every exercise below can be done with nothing but bodyweight.

What you need

Bodyweight only

No equipment list is needed here; every movement is scaled to a range of ability levels using variations (knee push-ups, incline push-ups, and similar) rather than assuming a starting fitness level.

Why this structure

With fewer days available, full body training works every major muscle group in each session, so your weekly sets for each muscle are spread across shorter, manageable workouts instead of piled into one day you might miss. When total weekly sets are the same, research finds the exact split makes a fairly small difference, so the practical advantage is consistency.

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

Shorter rests keep the pace up and the session efficient. Stick to the times listed.

3

Keep a few reps in reserve

Finish most working sets feeling like you could have done one to three more good reps. Sets close to failure build the most muscle, but stopping just short keeps your form and recovery intact.

Full body

34 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
Push-Up	3	12-15	45-60 sec
Bodyweight Squat	3	12-15	45-60 sec
Bodyweight Hip Thrust	3	12-15	45-60 sec
Prone Y-Raise	3	12-15	45-60 sec
Superman	3	12-15	45-60 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

33 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
Incline Push-Up	3	12-15	45-60 sec
Side Lunge	3	12-15	45-60 sec
Bodyweight Hip Thrust	3	12-15	45-60 sec
Prone Y-Raise	3	12-15	45-60 sec
Plank	3	30-45 sec	45-60 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

34 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
Knee Push-Up	3	12-15	45-60 sec
Walking Lunge	3	12-15	45-60 sec
Bodyweight Hip Thrust	3	12-15	45-60 sec
Prone Y-Raise	3	12-15	45-60 sec
Russian Twist	3	12-15	45-60 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

Progress on a full body plan like this doesn't need to mean heavier weight every week. Completing the full session on your bodyweight movements with good form, adding a rep or two before adding weight, and staying consistent across every session matters more than chasing quick jumps in load. As a beginner, expect faster early progress than this pattern implies — many people can add weight or reps almost every session for the first couple of months before needing to slow down.

COMMON QUESTIONS

Can bodyweight training alone actually build muscle?

Yes, especially for a beginner, though it has real limits as strength increases since bodyweight itself becomes too easy to keep progressing against without added resistance or much harder exercise variations. [Bodyweight-Only Training: What It Can and Can't Replace](#) covers exactly where those limits show up.

Why does this program have fewer back exercises than chest or leg exercises?

There's a genuine gap in bodyweight training here: without a pull-up bar or something solid to pull against, there's no reliable way to load the lats and upper back the way a row or pull-up does. The prone Y-raise trains the upper back and rear shoulders, and supermans train the lower back, but neither replaces a real pulling exercise, so this program doesn't pretend otherwise or pad the list with weaker substitutes.

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.