



Get**Fit**Architect

PREMADE WORKOUT PROGRAM

Cable Machine Workout Program

3 days a week · Full body · Muscle building

EQUIPMENT

Cable machine

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 · Muscle building · Intermediate

DAY 1**Full body**

66 min

Cable Chest Press	5 × 8–12
Lat Pulldown	5 × 8–12
Cable Pull-Through	5 × 8–12
Bodyweight Squat	5 × 8–12
Cable Crunch	5 × 10–15

DAY 2**Full body**

66 min

Cable Chest Press	5 × 8–12
Seated Cable Row	5 × 8–12
Cable Pull-Through	5 × 8–12
Side Lunge	5 × 8–12
Cable Woodchopper	5 × 10–15

DAY 3**Full body**

66 min

Cable Chest Press	5 × 8–12
Single-Arm Cable Row	5 × 8–12
Cable Pull-Through	5 × 8–12
Walking Lunge	5 × 8–12
Superman	5 × 10–15

EQUIPMENT

Cable machine

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 built around a cable machine, for anyone training at a gym or home setup where that's the primary piece of equipment. Every exercise below only requires the cable machine and bodyweight. The one real limitation is heavy leg work: a cable machine handles hip-hinge work well with pull-throughs, but squat-type leg work is bodyweight-only here, so adding a dumbbell or kettlebell for goblet squats is the simplest upgrade.

What you need

Cable machine

A cable machine keeps tension on the target muscle through the full range of motion in a way free weights can't, which this program leans into for chest, back, and shoulder work especially.

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

Moderate rests keep each set hard enough to build muscle without dragging the session out. 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

APPROX. TIME

66 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
Cable Chest Press	5	8-12	90-120 sec
Lat Pulldown	5	8-12	90-120 sec
Cable Pull-Through	5	8-12	90-120 sec
Bodyweight Squat	5	8-12	90-120 sec
Cable Crunch	5	10-15	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

APPROX. TIME

66 min

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NOTES / WEIGHTS USED

Progressing week to week

Once you can hit the top of the rep range for every set on this full body plan, add weight on your cable machine the next session and expect reps to dip back toward the bottom of the range. That cycle of adding reps, then adding weight, is what steadily builds size over time. 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

Is training on a cable machine as effective as free weights for building muscle?

For building muscle, current research says yes. A 2023 meta-analysis comparing free-weight and machine training found no meaningful difference in overall strength gains, and the muscle growth comparisons point the same way when sets are taken close to failure. What a cable machine trains less of is the stabilizer demand of a free barbell or dumbbell, which matters more for pure strength or athletic transfer than for muscle growth.

What's the difference between a cable machine and a functional trainer for this program?

Functionally, nothing that matters here. A functional trainer is essentially a dual-stack cable machine with adjustable pulleys, and every cable exercise in this program works the same way on either setup.

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.