



GetFitArchitect

PREMADE WORKOUT PROGRAM

Smith Machine Workout Program

3 days a week · Full body · Muscle building

EQUIPMENT

Smith machine · Bench

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

Smith Machine Bench Press	5 × 8–12
Smith Machine Inverted Row	5 × 8–12
Smith Machine Squat	5 × 8–12
Smith Machine Hip Thrust	5 × 8–12
Superman	5 × 10–15

DAY 2**Full body**

65 min

Smith Machine Overhead Press	5 × 8–12
Smith Machine Inverted Row	5 × 8–12
Smith Machine Squat	5 × 8–12
Smith Machine Hip Thrust	5 × 8–12
Plank	5 × 30–45 sec

DAY 3**Full body**

66 min

Smith Machine Bench Press	5 × 8–12
Smith Machine Inverted Row	5 × 8–12
Smith Machine Squat	5 × 8–12
Smith Machine Hip Thrust	5 × 8–12
Russian Twist	5 × 10–15

EQUIPMENT

Smith machine · Bench

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 Smith machine and a bench, the pairing most Smith machine setups actually include, for anyone whose gym or apartment complex centers on that equipment. Every exercise below only requires a Smith machine, a bench, and your own bodyweight, so it works whether that's the only machine available at your gym or the only piece of equipment you own at home.

What you need

Smith machine • Bench

A Smith machine's fixed bar path also means the squats, presses, and rows in this program can be done safely without a spotter, which is the main reason the program leans on it this heavily. The bench specifically unlocks the Smith machine bench press, split squat, and hip thrust, three of the program's core lifts.

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
Smith Machine Bench Press	5	8-12	90-120 sec
Smith Machine Inverted Row	5	8-12	90-120 sec
Smith Machine Squat	5	8-12	90-120 sec
Smith Machine Hip Thrust	5	8-12	90-120 sec
Superman	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

65 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
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Smith Machine Hip Thrust	5	8-12	90-120 sec
Plank	5	30-45 sec	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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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.

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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

Once you can hit the top of the rep range for every set on this full body plan, add weight on your smith machine and bench 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 a Smith machine actually good enough to build muscle on its own?

Yes. The muscle-building stimulus comes from progressively working close to failure across a full rep range, not from the specific bar path, and a Smith machine's fixed track lets you do that safely without a spotter. The tradeoff is less stabilizer-muscle demand than a free barbell, which this program offsets with bodyweight core and single-limb work.

Can this program work if a gym only has a Smith machine and a bench, no free weights?

Yes, that's exactly the setup it's built for. Every exercise only requires the Smith machine, a bench, and bodyweight, so nothing here depends on a barbell, dumbbells, or a separate squat rack being available.

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.