

3 DAY FULL BODY HYPERTROPHY PROGRAM

MALE

3 DAYS

HYPERTROPHY

DAY 01

FULL BODY

DAY 02

FULL BODY

DAY 03

FULL BODY

V1 · SEPT 2026 · 45 WORKING SETS PER WEEK

BUILT BY TAZZ MCALISTER

Simple programming. Hard sets.
Proper recovery. Enough time to
actually progress.

DAY 01

FULL BODY

FULL BODY · SESSION 1

15

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Machine Shoulder Press	3	8–12	3 min	1	Front / Side Delts
Barbell Back Squat	3	6–10	3 min	1	Quads / Glutes
Lat Pulldown	3	8–12	3 min	1	Lats / Upper Back
Cable Lateral Raise	2	12–15	3 min	1–2	Side Delts
Machine Chest Press	2	6–10	3 min	1	Chest / Front Delts
Seated Hamstring Curl	2	10–15	3 min	1–2	Hamstrings

DAY 02

FULL BODY

FULL BODY · SESSION 2

15

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Machine Shoulder Press	3	8–12	3 min	1	Front / Side Delts
Leg Press	3	8–12	3 min	1	Quads / Glutes
Chest-Supported T-Bar Row	3	6–10	3 min	1	Upper Back / Lats
Reverse Fly / Rear Delt	2	12–15	3 min	1–2	Rear Delts / Upper Back
Machine Incline Chest Press	2	8–12	3 min	1	Upper Chest / Front Delts
Romanian Deadlift (RDL)	2	8–10	3 min	1	Hamstrings / Glutes

DAY 03

FULL BODY

FULL BODY · SESSION 3

15

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Machine Shoulder Press	3	8–12	3 min	1	Front / Side Delts
DB Bulgarian Split Squat / Walking Lunge	3	10–12 each leg	3 min	1	Quads / Glutes
Assisted Chin-Up Machine	3	8–12	3 min	1	Lats / Upper Back
Cable Lateral Raise	2	12–15	3 min	1–2	Side Delts
Cable Pec Fly	2	10–15	3 min	1–2	Chest
Leg Extension	2	10–15	3 min	1–2	Quads

HOW TO RUN IT

BEFORE I START, WHAT DO I NEED TO KNOW?

Train 3 days per week and, where possible, leave a rest day between sessions. Do the work properly, track it, and give yourself enough time to improve. Run the plan. Earn the progress.

WHAT DOES RIR MEAN?

2 RIR: about 2 reps left. **1 RIR:** about 1 rep left. **0 RIR:** another clean rep probably wasn't happening. It's simply a way to measure effort.

HOW MANY WORKING SETS SHOULD I DO?

Follow the sets written in the program. Some exercises use 3 working sets, others use 2. More is not automatically better. Make the prescribed sets count.

HOW HARD SHOULD MY SETS BE?

Hard enough that the last few reps are noticeably slower than the first. Push close to failure, but keep the movement clean. **Train hard. Don't train sloppy.**

WHEN SHOULD I ADD WEIGHT?

When you earn it. Hit the top of the rep range with good form and the correct RIR, then increase the load and build again. **Own the weight first.**

HOW SHOULD I REST AND USE SUPERSETS?

Standard rest is around 3 minutes. To save time, pair opposing muscle groups, like chest and back. Do both exercises back-to-back, then rest about 90 seconds before repeating. If performance drops, use the full rest.

TRAIN SMART

WHY THE DIFFERENT REP RANGES?

Different exercises suit different rep ranges. The bigger compound movements sit mostly in moderate ranges, while accessories can go higher. The goal is still the same: good execution, hard sets and progression.

DOES EXERCISE ORDER MATTER?

Yes. You're usually strongest at the start. If a muscle is a priority, putting it earlier can make sense. **Your priority gets priority.**

DO I NEED TO TRACK MY TRAINING?

Yes. At minimum, record **weight, reps and sets**. Then try to improve something next time: one more rep, a small increase in load, or better execution. **Don't guess. Track it.**

HOW SHOULD I WARM UP?

Warm up enough to be ready, not tired. Use a few lighter sets and gradually work toward your training weight. **Save the hard work for the working sets.**

WHAT IF AN EXERCISE DOESN'T SUIT ME?

Swap it, but keep the same target muscle and roughly the same movement pattern. The exercise can change. **The purpose shouldn't.**

RECOVER & FUEL

WHAT IF I MISS A WORKOUT?

Carry on. Don't cram two workouts together or punish yourself. Pick up where you left off and get back into your routine.

HOW LONG SHOULD I RUN THE PROGRAM?

Long enough to see whether it works. If you're getting stronger and progressing, there's no reason to constantly change programs. **Give it time.**

HOW DO I KNOW IF I'M DOING TOO MUCH?

If performance keeps dropping and you're struggling to recover, more probably isn't the answer. **Do enough to progress, not so much that you can't recover.**

WHAT SHOULD I EAT?

Eat enough to support your goal, get your protein in, drink enough water and make most of your food decent whole foods. You need consistency, not perfection.

Protein

1.6–2.2g/kg body weight per day.

Fats

0.6–0.8g/kg body weight per day as a useful guide

Carbs

Use carbs to fill the rest. Around **30–60g pre-workout** can help fuel the session.

THE PROGRAM ISN'T MAGIC. EXECUTION IS WHAT MATTERS.

TRAIN HARD.

TRACK IT.

EAT PROPERLY.

RECOVER.

REPEAT.

That's the game.

General training information only. Choose exercises and loads appropriate to your ability, and seek qualified medical or exercise advice if you have an injury, health condition or are unsure whether this program is suitable for you.