

# 2-3 Day Per Week Whole Body Basic Hypertrophy Plan

This program can be used for either 2 (such as Monday and Thursday) or 3 non-consecutive days per week (such as Monday, Wednesday, and Friday). It is a very basic whole body program aimed at beginners that focuses on mainly compound movements.

There is an A and a B workout. If you do this 3 days per week, you can do ABA the first week, then BAB the next week, and so on.

You can choose the set volume (1 to 3 work sets) depending upon your experience and time available to train. I recommend starting with a single work set and increasing the number of sets as you become more advanced.

Feel free to substitute similar exercises based on your preference.

## Workout A (Compound/Free Weights)

Exercise	Sets * Reps @ RPE
Leg Press	1-3 * 12-15 @ 8-9
Romanian Deadlift	1-3 * 12-15 @ 8-9
Barbell Bench Press	1-3 * 12-15 @ 8-9
Cable Row	1-3 * 12-15 @ 8-9
Overhead Dumbbell Press	1-3 * 12-15 @ 8-9
Lat Pulldown	1-3 * 12-15 @ 8-9

## Workout B (Machine/Isolation)

Exercise	Sets * Reps @ RPE
Leg Extension	1-3 * 12-15 @ 8-9
Leg Curl	1-3 * 12-15 @ 8-9

<b>Exercise</b>	<b>Sets * Reps @ RPE</b>
Machine Bench Press	1-3 * 12-15 @ 8-9
Machine Row	1-3 * 12-15 @ 8-9
Overhead Machine Press	1-3 * 12-15 @ 8-9
Underhand Grip Lat Pulldown	1-3 * 12-15 @ 8-9