



3 Time a Week Men's Strength Program

Below is a three-day per week strength training program that focuses on progressive overload:

Monday:

1. Squats: 3 sets of 8-12 reps
2. Bench press: 3 sets of 8-12 reps
3. Deadlifts: 3 sets of 8-12 reps

Wednesday:

1. Lunges: 3 sets of 8-12 reps per leg
2. Military press: 3 sets of 8-12 reps
3. Pull-ups: 3 sets of 8-12 reps

Friday:

1. Leg press: 3 sets of 8-12 reps
2. Incline bench press: 3 sets of 8-12 reps
3. Romanian deadlifts: 3 sets of 8-12 reps

To ensure progressive overload, you should aim to increase the weight you're lifting each week. Start with a weight that allows you to complete all sets and reps with good form, but still challenges you. Week 1 should be used to establish baseline resistance. A great rule of thumb is to choose a starting weight that leaves 3-5 Reps In Reserve (RIR). As you get stronger, increase the weight you're using so that you continue to challenge your muscles and push them to grow.

It's also important to vary your workouts to keep your muscles guessing and prevent plateaus. Consider switching up the exercises you're doing or the order in which you perform them. This will help keep your workouts interesting and effective. Remember to also incorporate rest and recovery into your routine. Allow your muscles time to repair and grow between workouts, and be sure to listen to your body and only push yourself as hard as you can safely handle.

Overall, a well-rounded strength training program should include a mix of compound exercises that work multiple muscle groups, as well as isolation exercises that target specific muscles. By focusing on progressive overload and incorporating variety into your workouts, you can effectively build strength and improve your overall fitness.