

full body workout routine reddit

full body workout routine reddit has become a go-to search query for individuals seeking effective and efficient ways to train their entire body multiple times a week. The popularity of this approach on platforms like Reddit stems from its time-saving nature, suitability for beginners, and its proven effectiveness in building muscle and strength. This comprehensive guide delves into the core principles of designing and implementing a successful full body workout routine, drawing insights from the vast repository of knowledge shared on Reddit. We will explore why full body training is a smart choice, outline key programming considerations, discuss exercise selection for optimal results, and provide examples of routines that have resonated with the online fitness community. Whether you're new to fitness or looking to optimize your current regimen, understanding the nuances of a well-structured full body workout is crucial for achieving your fitness goals.

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Why Choose a Full Body Workout Routine?

Opting for a full body workout routine offers a compelling advantage for many fitness enthusiasts, particularly those with limited time or who are just beginning their strength training journey. The primary benefit lies in its efficiency; you engage all major muscle groups within a single training session, maximizing your time in the gym or at home. This frequent stimulation of muscles throughout the week can lead to more rapid strength and muscle gains, especially for beginners who are more sensitive to training stimuli. Furthermore, full body workouts promote better recovery by allowing ample rest between sessions that target the same muscle groups, reducing the risk of overtraining and injury.

The metabolic benefits of a full body workout are also significant. By working large muscle groups simultaneously, you elevate your heart rate and burn more calories during and after the workout, contributing to fat loss goals. This holistic approach to training also helps in developing better coordination and balance as you perform compound movements that require the engagement of multiple joints and muscles working in synergy. The psychological aspect is also noteworthy; completing a full body workout can

provide a sense of accomplishment and progress, boosting motivation and adherence to a fitness program.

Key Principles of a Successful Full Body Workout Routine

A successful full body workout routine is built on several foundational principles that ensure effectiveness and sustainability. The most critical is frequency: typically, full body workouts are performed 2-3 times per week, with at least one rest day in between to allow for muscle repair and growth. This higher frequency of muscle stimulation, when managed correctly with adequate recovery, is a cornerstone of its efficacy. Another vital principle is the focus on compound exercises, which are multi-joint movements that work multiple muscle groups simultaneously. These exercises are highly efficient for building strength and muscle mass and also improve functional fitness.

Volume and intensity must also be carefully managed. While you are training your entire body, it doesn't mean you need to do an excessive number of sets and reps for each exercise. Finding the right balance to stimulate muscle growth without leading to burnout is key. The intensity, often dictated by the weight lifted relative to your maximum capacity (e.g., percentage of one-rep max), should be challenging enough to promote adaptation but not so high that it compromises form or recovery. Finally, progressive overload is paramount. To continue making progress, you must gradually increase the demands placed on your muscles over time, whether through lifting heavier weights, performing more repetitions, or increasing the number of sets.

Exercise Selection for a Comprehensive Full Body Workout

The selection of exercises is perhaps the most crucial element in designing an effective full body workout routine. The goal is to hit all major muscle groups with movements that are efficient and allow for progression. Prioritizing compound exercises is fundamental. These movements naturally recruit a large amount of muscle fibers and contribute to overall strength development.

Key muscle groups that need to be targeted include the legs (quadricep, hamstrings, glutes), back (lats, rhomboids, traps), chest, shoulders, and arms (biceps, triceps). Additionally, core strength is essential and can be incorporated through dedicated exercises or by the nature of compound movements themselves.

Here are categories of exercises to consider for a balanced routine:

- **Lower Body Push:** Squats (barbell back squat, goblet squat), Lunges, Leg Press
- **Lower Body Pull:** Deadlifts (conventional, Romanian), Glute-ham raises, Hamstring curls
- **Upper Body Push (Horizontal):** Bench Press (barbell, dumbbell), Push-ups
- **Upper Body Push (Vertical):** Overhead Press (barbell, dumbbell), Pike Push-ups
- **Upper Body Pull (Horizontal):** Rows (barbell row, dumbbell row, seated cable row)
- **Upper Body Pull (Vertical):** Pull-ups, Lat Pulldowns
- **Core:** Planks, Leg Raises, Russian Twists

When selecting specific exercises, consider your experience level, available equipment, and any physical limitations. For instance, a beginner might start with bodyweight squats and dumbbell bench press before moving on to barbell variations. The goal is to create a routine that is both challenging and sustainable.

Sample Full Body Workout Routines from Reddit

Reddit's fitness communities, such as r/Fitness, are treasure troves of practical, user-tested workout routines. Many popular full body programs are discussed and refined there, offering excellent starting points. These routines often emphasize simplicity, compound movements, and a clear path for progression, making them highly accessible.

One commonly cited example is a beginner-friendly routine that follows a simple structure of alternating workouts. For instance, Workout A and Workout B, performed on non-consecutive days.

Workout A:

- Barbell Squats: 3 sets of 5 repetitions
- Bench Press: 3 sets of 5 repetitions
- Barbell Rows: 3 sets of 5 repetitions

- Overhead Press: 3 sets of 5 repetitions
- Deadlifts: 1 set of 5 repetitions (performed once per week, typically after squats on one of the workout days)

Workout B:

- Barbell Squats: 3 sets of 5 repetitions
- Overhead Press: 3 sets of 5 repetitions
- Pull-ups or Lat Pulldowns: 3 sets of as many repetitions as possible (AMRAP) or 8-12 repetitions
- Bench Press: 3 sets of 5 repetitions
- Romanian Deadlifts: 3 sets of 8-12 repetitions

Another popular variation found on Reddit involves slightly higher repetitions, focusing more on hypertrophy. A sample routine might look like this:

- Squats: 3 sets of 8-12 repetitions
- Incline Dumbbell Press: 3 sets of 8-12 repetitions
- Dumbbell Rows: 3 sets of 8-12 repetitions per arm
- Overhead Press: 3 sets of 8-12 repetitions
- Lat Pulldowns: 3 sets of 8-12 repetitions
- Optional: Bicep Curls and Triceps Extensions for 2-3 sets of 10-15 repetitions each.

These examples illustrate the core principles of full body training, emphasizing compound lifts and structured progression. The specific exercises and rep ranges can be adjusted based on individual goals, recovery capacity, and preferences.

Progressive Overload and Periodization for Full

Body Workouts

To ensure continuous progress with any full body workout routine, implementing principles of progressive overload and periodization is essential. Progressive overload is the systematic increase of stress placed upon the body during training. Without it, muscles will adapt to the current stimulus and cease to grow or become stronger. This can be achieved in several ways:

- **Increasing Weight:** Gradually lifting heavier loads over time.
- **Increasing Repetitions:** Performing more repetitions with the same weight.
- **Increasing Sets:** Adding more sets to an exercise.
- **Decreasing Rest Time:** Reducing the rest periods between sets.
- **Improving Form:** Executing the exercise with better control and range of motion.
- **Increasing Frequency:** Adding an extra workout session per week (if recovery allows).

Periodization, on the other hand, involves planning your training cycle in distinct phases, each with a specific focus. This can help prevent plateaus, reduce the risk of injury, and optimize performance over the long term. For full body routines, simpler forms of periodization might be applied. For instance, an athlete might focus on strength for 4-6 weeks (lower reps, higher intensity) followed by a phase focused on hypertrophy (moderate reps, moderate intensity), and then a deload week with reduced volume and intensity to allow for full recovery before starting the cycle again.

A common approach is linear progression, where you aim to add a small amount of weight to your main lifts each session or each week. Once you can no longer make linear progress, you might switch to a more undulating periodization model, where rep ranges and intensity vary more frequently throughout the week or month. This strategic planning ensures that the body is continually challenged in new ways, leading to sustained gains.

Nutrition and Recovery for Full Body Training

The effectiveness of any full body workout routine is significantly amplified by proper nutrition and recovery strategies. When you train your entire body multiple times a week, your body's demand for nutrients, especially protein,

increases to support muscle repair and growth. Consuming adequate protein is crucial; aiming for approximately 0.7 to 1 gram of protein per pound of body weight is a common recommendation.

Beyond protein, sufficient calorie intake is necessary, particularly if your goal is muscle gain. A slight caloric surplus can provide the energy needed for intense workouts and muscle protein synthesis. Carbohydrates are vital for fueling workouts and replenishing glycogen stores, while healthy fats are important for hormone production and overall health. Hydration also plays a critical role; staying well-hydrated ensures optimal bodily functions, including muscle recovery and nutrient transport.

Recovery is equally as important as the training itself. This includes:

- **Sleep:** Aiming for 7-9 hours of quality sleep per night is when the majority of muscle repair and growth occurs.
- **Rest Days:** Ensuring at least one, and often two, rest days between full body training sessions is vital to prevent overtraining and allow muscles to recover.
- **Active Recovery:** Light activities such as walking, gentle stretching, or foam rolling on rest days can promote blood flow and aid in muscle soreness reduction.
- **Stress Management:** High levels of stress can negatively impact recovery. Finding ways to manage stress is beneficial for overall progress.

By prioritizing these nutritional and recovery elements, individuals can maximize the benefits of their full body workout routine and achieve their fitness goals more efficiently.

Common Pitfalls to Avoid with Full Body Workouts

While full body workout routines are highly effective, several common pitfalls can hinder progress or even lead to injury. One of the most frequent mistakes is neglecting proper form for the sake of lifting heavier weights or completing more repetitions. With compound exercises that engage multiple muscle groups, poor form can place undue stress on joints and connective tissues, leading to strains or more serious injuries. It is always better to use a lighter weight with perfect form than a heavier weight with compromised technique.

Another pitfall is insufficient recovery. Training the entire body multiple

times a week requires a delicate balance. Pushing too hard too often without adequate rest days or sleep can lead to overtraining, characterized by persistent fatigue, decreased performance, and increased susceptibility to illness and injury. This can be particularly tempting when following routines that promise rapid results, leading individuals to overtrain.

Furthermore, many individuals fail to implement progressive overload consistently. They may stick to the same weights, reps, and sets week after week, which leads to a training plateau. Without a strategy to gradually increase the demand on the muscles, the body will stop adapting. Conversely, some might try to progress too quickly, increasing weight or volume too dramatically, which can also lead to injury or burnout.

Finally, neglecting the importance of nutrition and hydration can significantly hamper progress. Even with the best training program, if the body is not supplied with the necessary fuel and building blocks, muscle growth and recovery will be suboptimal. Understanding that training is only one part of the equation, with nutrition and recovery being equally critical, is key to long-term success.

Frequently Asked Questions about Full Body Workout Routine Reddit

Q: What is the best beginner full body workout routine found on Reddit?

A: Many Reddit communities recommend starting with a program like "Starting Strength" or "StrongLifts 5x5." These routines are simple, focus on compound movements like squats, deadlifts, bench press, overhead press, and rows, and follow a clear progression path. They typically involve training 3 days a week with rest days in between.

Q: How often should I do a full body workout routine?

A: For most individuals, performing a full body workout routine 2-3 times per week is optimal. This allows for sufficient muscle stimulation while also providing adequate time for recovery and muscle repair between sessions. It's crucial to have at least one rest day between workouts.

Q: Can I build muscle effectively with a full body workout routine?

A: Yes, absolutely. Full body routines, especially those focusing on compound

exercises and progressive overload, are highly effective for building muscle mass (hypertrophy). The frequent stimulation of muscle groups throughout the week can actually promote more rapid muscle growth, particularly for beginners.

Q: What are the main compound exercises I should include in my full body workout?

A: Key compound exercises to include are: Squats (for legs and glutes), Deadlifts (for posterior chain and full body strength), Bench Press (for chest, shoulders, triceps), Overhead Press (for shoulders, triceps), and Rows (for back and biceps). Pull-ups or lat pulldowns are also excellent for upper back development.

Q: How do I know if I'm progressing with my full body workout routine?

A: Progression is typically measured by your ability to increase the weight you lift, perform more repetitions with the same weight, or complete more sets. Tracking your workouts in a logbook or app is essential to monitor these improvements and ensure you are applying progressive overload.

Q: Is a full body workout routine good for fat loss?

A: Yes, a full body workout routine can be very effective for fat loss. By engaging multiple large muscle groups, you elevate your heart rate significantly, leading to a higher calorie burn during and after the workout (EPOC - Excess Post-exercise Oxygen Consumption). Combined with a proper diet, it can contribute significantly to a caloric deficit.

Q: What are the benefits of a full body workout routine compared to a split routine?

A: The primary benefits of a full body routine are time efficiency (training the whole body in fewer sessions) and higher frequency of muscle stimulation, which can lead to faster initial gains for beginners. Split routines often involve training specific muscle groups once a week, which may be more suitable for advanced lifters focused on very high volume for specific muscles.

Q: Should I include isolation exercises in my full body workout routine?

A: While compound exercises should form the foundation, isolation exercises can be added to target specific muscle groups that may be lagging or for

aesthetic purposes. However, for beginners and those prioritizing efficiency, focusing primarily on compound movements is usually sufficient and more effective.

Q: How much rest should I take between sets in a full body workout?

A: For compound exercises in a full body workout aimed at strength and hypertrophy, resting 60-120 seconds between sets is generally recommended. This allows for sufficient recovery to maintain intensity and performance on subsequent sets. For more metabolic conditioning, shorter rest periods might be used.

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fitness. Are you ready to achieve the body of your dreams without stepping foot in a gym? Say goodbye to crowded gyms and hefty memberships as you embrace the efficiency and freedom of home workouts. Discover the essentials of crafting an effective fitness routine tailored to your unique lifestyle and space. With insightful chapters ranging from maximizing space efficiency to creating a motivating environment, this book provides a comprehensive foundation for your fitness success. Learn about the crucial equipment you need, whether for strength training or cardio conditioning, and explore the art of mastering bodyweight exercises to increase intensity gradually. Feel the desire to push boundaries as you delve into advanced workout techniques and quick, time-efficient routines perfect for busy schedules. Tailor your fitness plan with secrets revealed for combining strength, cardio, and flexibility, ensuring a balanced and robust journey towards health. Uncover the key to sustained motivation, break through workout plateaus, and stay disciplined with strategies designed for long-term commitment. Take action today and join countless others who have transformed their lives with this invaluable resource. Maintain consistency on the road, engage your family in fun and accessible activities, and immerse yourself in real-life success stories that prove what's possible. Whether you're a beginner or seeking advanced challenges, this book provides the roadmap to achieving your fitness goals—all from the comfort of your home. Delve into the science-backed insights and debunk common myths to steadfastly maintain lifestyle changes. With *Fit from Home*, unlock the secrets to a healthier, fitter you, embracing the power of transformation. Your ultimate fitness journey begins now.

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Building muscle at home is definitely a harder thing than at the gym, but it's possible. To perform effective strength training at home, you need your body weight, dumbbells and / or water bottles. The full body workout plan is perfect for beginners and for men who already have some experience in strength training. Honestly, regardless of your training experience, this workout you can use even if you are advanced. In the book I put three golden rules of building muscle. The workout program lasts 8 weeks, during which time my clients, by keeping diet and workout assumptions, were able to build up to 5kg of lean muscle in 2 months, which is really an impressive result. (This applies to beginners, advanced people know how it is hard to build muscle over time). Let's move on

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secret: Improvements in cardiovascular and respiratory health, better regulation of blood sugar, the potential to reduce or eliminate prescription medications (such as for diabetes or blood pressure), weight loss, reduction in cancer risk, and improved musculoskeletal strength are some of the better-known. But when you're working out at home, you're responsible for the whole plan: What exercises should you do? How many reps of each? How often should you rest? Are you feeling a cardio workout? An upper-body workout? Or do you want to fit in a total body workout instead? For many of us, answering all these questions is an added stress we'd rather avoid right now. And the good news is that's something you can avoid—without skipping your workout. We are about to show you an immaculate at-home workout program that take the guesswork out for you and will give you the whole exercise plan.

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and other athletes cannot even perform for a single repetition. Don't underestimate the value of this type of training program. Once you know what the more advanced bodyweight exercises can do for you, you'll have a workout routine that you can use conveniently for your entire life-whether you're at home or on the road, whether you've got two hours free to work out, or only 15 minutes. This kind of convenience means that sticking to a schedule is easier and more practical than ever, because you don't have to make time for the gym commute--you only have to make time for the exercise itself. Most people fail to appreciate, when it comes to getting fit (and staying that way), that anyone can build the perfect schedule or routine. You know what I'm talking about-the routine that's supposed to transform you into some kind of bodybuilder/super-hero crossed with an Olympic gymnast. Unfortunately, most people cannot plan their lives around such a routine, and if they try, they end up failing, and getting even more discouraged and out of shape. What really counts is not making the perfect plan, but creating a solid plan that you will actually stick to. That's what's so great about bodyweight exercise-unlike so many other options, it's both effective AND practical. If you're brand new to bodyweight exercise, or exercise in general, you may want to try my other book on the subject, Natural Exercise. It's geared more toward beginners. However, if you've already read that book, or you're just ready for more of a challenge, then Advanced Bodyweight Exercises is exactly what you need. You'll learn all the exercises (and variations) you need to build real strength to last a lifetime. So pick up your physical or digital copy of Advanced Bodyweight Exercises, and start exercising right away for less than the cost of a single dumbbell, or one-day gym pass.

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