

# 3 DAY WHOLE BODY TONING WORKOUT

3 day per week whole body toning workout designed for people who don't want to build up bulk but just want to tone and strengthen their muscles.

Main Goal: Build Muscle  
Training Level: Intermediate  
Program Duration: 4 Weeks  
Days Per Week: 3 Days

Time Per Workout: 20-30 Mins  
Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines  
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## Monday- Series 1

Exercise	Sets	Reps
Full Body		
<a href="#">45 Degree Leg Press</a>	3	20
<a href="#">Seated Row</a>	3	20
<a href="#">Chest Dip</a>	2	15 - 20
<a href="#">Machine Shoulder Press</a>	2	20
<a href="#">Cable Curl</a>	2	20
<a href="#">Tricep Extension</a>	2	20
<a href="#">Hover</a>	3	1 minute

## Wednesday - Series 2

Exercise	Sets	Reps
Full Body		
<a href="#">Smith Machine Squat</a>	3	20
<a href="#">Seated Calf Raise</a>	2	25
<a href="#">Lat Pull Down</a>	3	20
<a href="#">Dumbbell Flys</a>	3	20
<a href="#">Tricep Kickback</a>	2	20
<a href="#">Standing Dumbbell Curl</a>	2	20
<a href="#">Decline Sit Ups</a>	2	MAX

## Friday - Series 3

Exercise	Sets	Reps
Full Body		
<a href="#">Dumbbell Lunge</a>	4	10 each leg
<a href="#">Wide Grip Pull Up</a>	3	MAX
<a href="#">Barbell Bench Press</a>	3	15 - 20
<a href="#">Standing Barbell Curl</a>	3	15 - 20
<a href="#">Tricep Bench Dip</a>	3	15
<a href="#">Horizontal Leg Raise</a>	2	MAX