

# 3-Day Cable Machine Full-Body Workout Routine

## 3 DAY WORKOUT

Dr Workout

### DAY 1

- Cable squat: 3 sets of 10-15 reps
- Cable chest press: 3 sets of 10-15 reps
- Leaning cable lateral raises: 3 sets of 10-15 reps
- Cable upright row: 3 sets of 10-15 reps
- Cable tricep pushdown: 3 sets of 10-15 reps
- Wide grip cable lat pulldown: 3 sets of 10-15 reps
- Cable curl: 3 sets of 10-15 reps
- Cable crunch: 3 sets of 10-15 reps

### DAY 2

- Cable leg extension: 3 sets of 10-15 reps
- Incline cable press: 3 sets of 10-15 reps
- Cable crossover: 3 sets of 10-15 reps
- Cable front raise: 3 sets of 10-15 reps
- Cable overhead tricep extension: 3 sets of 10-15 reps
- Cable row: 3 sets of 10-15 reps
- Cable rope hammer curls: 3 sets of 10-15 reps
- Standing cable calf raise: 3 sets of 10-15 reps

### DAY 3

- Lying cable hamstring curl: 3 sets of 10-15 reps
- Cable glute kickbacks: 3 sets of 10-15 reps
- Cable high to low chest press: 3 sets of 10-15 reps
- Cable rope face pulls: 3 sets of 10-15 reps
- Single arm cable tricep pushdown: 3 sets of 10-15 reps
- Standing bent over cable row: 3 sets of 10-15 reps
- Lying cable bicep curl: 3 sets of 10-15 reps
- Cable shrugs: 3 sets of 10-15 reps

# Affordable Way To Home Workout Routine With Free Tools Affordable Way To

**Emilie Sanchez**



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