Kathryn Mueller's

Workout Routine

2025

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FAQ

WHY 3 DAYS?

This three-day lifting schedule has allowed me to maintain my strength while giving me the flexibility to explore other forms of exercise. For years, I lifted four days a week, and that is a great alternative as well. You don't have to lift weights every day to see results.

HOW MANY REPS AND SETS DO YOU USUALLY DO?

I do anywhere from three to five sets for compound lifts, depending on how many warm-up sets I need. For example, on a heavy hip thrust, I might start at 135 pounds, then do three sets at 205 pounds. For accessory lifts, I generally do three sets. Feel free to adjust the reps and sets of this workout routine as needed. For reps, I aim for eight to 10 and work until failure. I choose a heavy enough weight that after my 10th rep, it is very difficult—if not impossible—to do another rep with good form.

HOW DO YOU STRUCTURE YOUR WORKOUTS?

I have two types of workouts: 1) push full body and 2) pull full body. Push targets the chest, shoulders, and triceps, but I also include quads and glutes. Pull focuses on the back, biceps, and rear delts, and I add some glutes and hamstrings on this day as well. Each workout includes two to three compound lifts and three to four accessory lifts. This workout plan isn't set in stone. Some days, I choose a different quad exercise or a different chest exercise, but I always work the same muscle groups on a given day.

HOW IS THIS DIFFERENT THAN YOUR PAST PLANS?

This plan is different because I now lift weights only three days a week and incorporate two days of running and one Pilates/Solidcore day. I also have a more even split of upper- and lower-body exercises on a given day; before, I felt like I was prioritizing my upper body.

HOW LONG DO YOUR WORKOUTS TAKE?

I usually spend no more than one hour in the gym.

WHAT IF I DON'T LIKE ONE OF THE EXERCISES IN THIS ROUTINE?

Modify as necessary! If you have an issue with a particular exercise or simply don't like doing it, either swap it for something else or remove it altogether.

THIS ROUTINE IS ONLY 2 WEEKS. CAN I DO IT FOR LONGER?

Yes! Generally, I like to work on the same compound lifts week after week to gain strength. But for each workout, the accessory lifts can be switched up (alternative lifts are listed in the notes) so you can change things around and keep the workouts interesting.

WHY DON'T YOU SELL A PROGRAM?

At this time, that's not something I'm interested in taking on. I'm sharing this in case you're curious about what I do and want to try a new workout routine. Although I feel like I have a good foundation in fitness and anatomy, I am not a personal trainer.

I'D LIKE TO SEE MORE VISUAL INFORMATION ON THIS

I made a YouTube video discussing this program more in depth!

I AM CURIOUS ABOUT YOUR RUNNING JOURNEY AND TIPS, WHERE CAN I LEARN MORE ABOUT THAT?

I started running about a year ago and recently made a YouTube video about my running journey. Improving my cardiovascular health was a goal of mine last year, and I'm so glad I started running!

Gym Essentials

Besides showing up to the gym, there’s not much else you need. However, I think there are some nice things to have. Here’s a list of items I almost always bring to the gym and use while working out. I do earn a small commission from the following links—thank you for your support!

- Lifting gloves: https://amzn.to/41qpf3c
- Barbell pad: https://amzn.to/3QFjQQL
- Glute band: https://amzn.to/4bo1qgZ
- Lifting hooks: https://amzn.to/3QHobTz
- Ankle straps: https://amzn.to/4br14WT
- Gym bag: https://www.buffbunny.com/products/ultimate-pocket-duffel-onyx-black?_pos=4&_psq=duffle&_ss=e&_v=1.0

Example Schedule

Including running & pilates (like I do)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio (long run)	Push day 1	Pull day 1	Rest	Cardio (short run)	Push day 2	Rest/Low impact (pilates)
Cardio (long run)	Pull day 2	Push day 1	Rest	Cardio (short run)	Pull day 1	Rest/Low impact (pilates)

Lifting 3x weekly only

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Push day 1	Rest	Pull day 1	Rest	Push day 2	Rest
Rest	Pull day 2	Rest	Push day 1	Rest	Pull day 1	Rest

Push Day 1

Exercise	Sets	Reps	Notes/alternatives
Barbell overhead press	3-4	6-8	at least one warm up set
Barbell hip thrust	3	8-10	I use a glute band
Dumbbell lateral raises	3	10-12	
Front elevated reverse lunge (smith machine)	3	6-8	alt: dumbbell, barbell, or swap for bulgarian split squat
Tricep pushdown	3	10-12	I use the rope attachment
Standing abductor machine	3	10	alt: seated abductor, hip/glute raise machine

Push Day 2

Exercise	Sets	Reps	Notes/alternatives
Seated dumbbell overhead press	3-4	8-10	
Machine hip thrust	3	8-10	I use a glute band
Iso-lateral incline chest press	3	8-10	alt: dumbbell incline chest press
Belt squat	3	8-10	alt: Barbell squat, goblet squat
Tricep pushdown	3	10-12	I use the rope attachment
Cable kickbacks (glute)	3	8-10	

Pull Day 1

Exercise	Sets	Reps	Notes/alternatives
Neutral grip pull up	3	AMRAP (as many reps as possible)	alt: wide grip pull up, banded pull up, assisted pull up machine
Sumo deadlift	3	6-8	alt: conventional deadlift
Seated row machine	3	8-10	alt: cable seated row
Romanian deadlift (barbell)	3	8-10	I use hook grips for these
Bicep curl (dumbbell)	3	8-10	
Assisted nordic hamstring curl	3	8-10	alt: lying leg curl, seated leg curl

Pull Day 2

Exercise	Sets	Reps	Notes/alternatives
Neutral grip pull up	3	AMRAP (as many reps as possible)	alt: wide grip pull up, banded pull up, assisted pull up machine
Sumo deadlift	3	6-8	alt: conventional deadlift
Lat pulldown	3	8-10	machine or cable
Romanian deadlift (dumbbell)	3	8-10	I use hook grips for these
Face pulls	3	10-12	alt: rear delt machine
Kneeling unilateral leg curl machine	3	8-10	alt: lying leg curl, seated leg curl