

1. Training Workout Plan for Muscle Gain

Frequency: Aim for 4–6 days of training per week, focusing on different muscle groups to ensure recovery.

Weekly Schedule:

Day 1: Upper Body Push (Chest, Shoulders, Triceps)

- Bench Press (Barbell or Dumbbell): 4x6-8
- Incline Dumbbell Press: 4x8–10
- Overhead Dumbbell Press: 3x10–12
- Dumbbell Lateral Raises: 3x12–15
- Tricep Dips (or Tricep Pushdowns): 3x10-12
- Push-ups (optional finisher): 3 sets to failure

Day 2: Lower Body (Quads, Hamstrings, Glutes)

- Squats (Barbell or Dumbbell): 4x6-8
- Romanian Deadlifts: 3x8–10
- Leg Press: 3x10–12
- Walking Lunges: 3x12 per leg
- Leg Curls (Machine or Dumbbell): 3x12
- Calf Raises: 4x15–20

Day 3: Rest or Active Recovery

- Light cardio (e.g., walking or swimming) or stretching.
- You can also include yoga for mobility.

Day 4: Upper Body Pull (Back, Biceps)

- Deadlifts (Barbell or Dumbbell): 4x6-8
- Pull-Ups (or Lat Pulldowns): 4x8–10
- Barbell or Dumbbell Rows: 4x8–10
- Single-Arm Dumbbell Rows: 3x10-12
- Barbell or Dumbbell Bicep Curls: 3x10–12
- Face Pulls: 3x12–15

Day 5: Lower Body & Core

- Front Squats or Bulgarian Split Squats: 4x8

- Hip Thrusts: 3x10–12
- Sumo Deadlifts (optional): 3x8
- Ab Wheel Rollouts or Cable Crunches: 3x12
- Hanging Leg Raises: 3x15
- Plank (Hold for 60 seconds): 3 rounds

Day 6: Shoulders & Arms Focus (Optional)

- Arnold Press: 4x8–10
- Lateral Raises (Dumbbells or Cables): 4x12
- Barbell or Dumbbell Shrugs: 3x10–12
- Preacher Curls (Machine or Barbell): 3x10
- Tricep Pushdowns (Cable): 3x10–12
- Concentration Curls: 3x12

Day 7: Rest or Active Recovery

- Light stretching or yoga for flexibility and recovery.