

# Advanced Muscle-Gain Journaling for Evening Sessions

## Monday: Upper Body Hypertrophy

### *Warm-Up:*

- Arm circles, shoulder mobility (5 minutes)
- Treadmill brisk walk or light jog (5 minutes)

### *Workout (4 sets each):*

- Barbell Bench Press - 8-10 reps
- Incline Dumbbell Press - 10 reps
- Bent-over Rows - 10 reps
- Overhead Shoulder Press - 10 reps
- EZ Bar Curls - 12 reps
- Tricep Pushdowns - 12 reps

### *Cool-Down:*

- Chest and shoulder static stretching (5 minutes)

## Tuesday: Lower Body Power

### *Warm-Up:*

- Leg swings, dynamic squats (5 minutes)
- Light cycling (5 minutes)

### *Workout (4 sets each):*

- Back Squats - 6-8 reps
- Romanian Deadlifts - 8 reps
- Leg Press - 12 reps
- Walking Lunges - 12 reps per leg
- Standing Calf Raises - 15 reps

### *Cool-Down:*

- Hamstring, quad, and calf stretches (5 minutes)

## Wednesday: Rest or Active Recovery

- Foam rolling or light stretching (20 minutes)

- Evening walk or yoga (optional)

## **Thursday: Push (Chest/Shoulders/Triceps)**

### *Warm-Up:*

- Dynamic push-ups, arm swings (5 minutes)

### *Workout (4 sets each):*

- Dumbbell Chest Press - 10 reps
- Arnold Press - 10 reps
- Cable Flys - 12 reps
- Lateral Raises - 15 reps
- Overhead Dumbbell Tricep Extensions - 12 reps

### *Cool-Down:*

- Triceps and shoulder stretches (5 minutes)

## **Friday: Pull (Back/Biceps)**

### *Warm-Up:*

- Arm circles, light rows (5 minutes)

### *Workout (4 sets each):*

- Pull-ups or Lat Pulldown - 10 reps
- Seated Rows - 12 reps
- Face Pulls - 15 reps
- Barbell Curls - 12 reps
- Hammer Curls - 12 reps

### *Cool-Down:*

- Biceps and upper back stretches (5 minutes)

## **Saturday: Full-Body Conditioning**

### *Warm-Up:*

- Dynamic full-body stretches (5 minutes)
- Jump rope or light jog (5 minutes)

### *Workout (Circuit 3 rounds):*

- Burpees - 12 reps

- Kettlebell Swings - 15 reps
- Mountain Climbers - 30 seconds
- Push-ups - 12 reps
- Jump Squats - 15 reps

*Cool-Down:*

- Stretch all major muscle groups (5-10 minutes)

## **Sunday: Rest and Recovery Tips**

- Focus on hydration, high-protein meals
- Optional: Light walk or meditation
- Log your progress for the week and prep for the next