

## **Intermediate Muscle-Gain Plan at the Gym**

### **Monday: Upper Body Push**

Warm-Up (5-10 minutes):

- Treadmill walk/light elliptical, shoulder mobility drills.

Workout (4 sets each):

1. Barbell Bench Press - 8-10 reps.
2. Incline Dumbbell Press - 10 reps.
3. Dumbbell Lateral Raises - 12 reps.
4. Cable Tricep Pushdowns - 12-15 reps.

Cool-Down:

- Stretch chest, shoulders, triceps.

### **Tuesday: Lower Body Strength**

Warm-Up:

- Dynamic leg swings, bodyweight squats, walking lunges.

Workout (4 sets each):

1. Barbell Back Squat - 6-8 reps.
2. Romanian Deadlift - 10 reps.
3. Leg Press - 12 reps.
4. Calf Raises - 15-20 reps.

Cool-Down:

- Foam roll quads, hamstrings, and calves.

### **Wednesday: Active Recovery or Light Cardio**

- Incline treadmill walk or light cycling (20-30 minutes).
- Full-body stretching routine or yoga session.

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### **Thursday: Upper Body Pull**

Warm-Up:

- Arm swings, band pull-aparts, 5 min cardio.

Workout (4 sets each):

1. Pull-Ups or Lat Pulldown - 8-10 reps.
2. Seated Row Machine - 10 reps.
3. Dumbbell Face Pulls - 12 reps.
4. Barbell or Dumbbell Bicep Curls - 12 reps.

Cool-Down:

- Stretch lats, biceps, upper back.

### **Friday: Glutes and Hamstrings Focus**

Warm-Up: Glute activation, light cardio, mobility work.

Workout (4 sets each):

1. Deadlifts - 6-8 reps.
2. Bulgarian Split Squats - 10 reps per leg.
3. Hip Thrusts (barbell or machine) - 12 reps.
4. Hamstring Curls (machine) - 12-15 reps.

Cool-Down:

- Stretch hips, hamstrings, and glutes.

### **Saturday: Optional Metcon or HIIT**

- 15-20 min circuit: rowing, dumbbell thrusters, kettlebell swings, jump rope.
- Keep rest minimal for conditioning.

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### **Sunday: Rest or Recovery**

- Light stretching, massage, or easy outdoor walk (15-30 minutes).

### **Tips: Tips**

- Prioritize protein (1.2-2g/kg bodyweight) and post-workout meals.
- Stay consistent with training and track progressive overload.
- Get 7-9 hours of sleep for optimal muscle recovery.
- Hydrate well and time carbs around workouts for energy.
- Focus on form and full range of motion in all lifts.