



For a 22-year-old male, 181 cm tall and weighing 80 kg with a goal of building muscle, a well-structured and balanced workout schedule that targets all major muscle groups is crucial. Here's a weekly plan designed to optimize muscle growth through diverse training routines:

Weekly Workout Schedule

****Day 1: Chest and Triceps****

- ****Bench Press:**** 4 sets of 8-10 reps
- ****Incline Dumbbell Press:**** 4 sets of 8-10 reps
- ****Cable Flys:**** 3 sets of 12 reps
- ****Dips:**** 3 sets of 8-10 reps
- ****Tricep Dips:**** 3 sets of 10 reps
- ****Overhead Tricep Extension:**** 3 sets of 10 reps

****Day 2: Legs****

- ****Squats:**** 4 sets of 8-10 reps
- ****Leg Press:**** 4 sets of 10 repetitions
- ****Lunges:**** 3 sets of 10 reps per leg
- ****Leg Curls:**** 3 sets of 12 reps
- ****Standing Calf Raises:**** 3 sets of 15 reps

****Day 3: Rest or Light Cardio****

- Light activities such as jogging, swimming, or cycling to promote recovery.

****Day 4: Back and Biceps****

- ****Pull-ups:**** 3 sets of as many reps as possible
- ****Barbell Rows:**** 4 sets of 8-10 reps
- ****Lat Pull-Down:**** 3 sets of 10 reps
- ****Barbell Curls:**** 3 sets of 10 reps
- ****Hammer Curls:**** 3 sets of 10 reps

****Day 5: Shoulders and Abs****

- ****Military Press:**** 4 sets of 8 reps
- ****Lateral Raises:**** 3 sets of 12 reps
- ****Front Raises:**** 3 sets of 12 reps
- ****Reverse Flys:**** 3 sets of 10 reps
- ****Crunches:**** 3 sets of 15 reps
- ****Plank:**** 3 times for 60 seconds each

****Day 6: Full Body****

- ****Deadlifts:**** 4 sets of 6-8 reps
- ****Bench Press:**** 3 sets of 8 reps

- **Squats:** 3 sets of 8 reps
- **Pull-Ups:** 3 sets of max reps
- **Dips:** 3 sets of 10 reps

Day 7: Rest

- Full rest, facilitating recovery and muscle growth.

Additional Tips

- **Hydration:** Stay well-hydrated, drinking water throughout the day, especially around workouts.
- **Nutrition:** Consume a balanced diet rich in protein, complex carbohydrates, and healthy fats to support muscle hypertrophy.
- **Sleep:** Ensure at least 7-9 hours of quality sleep per night to support recovery and muscle growth.
- **Consistency and Progressive Overload:** Consistently challenge yourself by increasing weights or reps as your strength improves.
- **Stretching:** Incorporate stretching before and after workouts to prevent injuries and improve flexibility.

This workout routine ensures a balanced approach to hit all major muscles, provides ample rest for recovery, and promotes consistent muscle growth. Adjustments can be made based on progress and specific needs.