

The Ultimate 7 Day Gym Workout Plan

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Check out [article](#) for more info

Program Summary

Workout Duration	60-90 Minutes
Primary Goal	Strength and Muscle Growth (Hypertrophy)
Training Frequency	6 days a week
Training Level	Intermediate and Beginner
Number of Workout Plans	Two
Suggested Duration for Visible Result	3 Months
Alternate Workout Plan	

For beginners, I've already created a [1 Hour Gym Workout Weekly Schedule for Muscle Gain](#). So, you can take a look and save it for future use.

Tips to use to workout plan effectively

1) Warm-up

Warming up before lifting weights is essential as it will help you increase blood flow and allow your muscles to use oxygen efficiently. It can also reduce the chances of injuries.

You can do various [cardio exercises](#), such as treadmill jogs, pushups, bodyweight squats, jumping rope, or stationary bicycling for 5 to 10 minutes to get your heart rate up.

2) Reps and Sets Range

The ideal reps and sets range for bodybuilding is 8 to 12 and 3-4. But you can also increase and decrease the number of repetitions and sets, depending on your goal.

The best thing you can do is to perform lightweight, high-rep sets during the first session and heavy-weight low rep sets during the second session.

For example, if you train your chest twice a week, then you can do a higher rep set on the first day and a heavy-weight low rep set on the second day.

3) Rest Between Sets

The optimum rest time between sets is 1 to 3 minutes. One-two minute of rest is sufficient for [isolation exercises](#), while 2-3 minutes of rest is ideal for [compound exercises](#).

4) How Much Weight Should You Lift

You can lift as heavy as you like. It's best to start with lighter weights and then increase the load as you move to the second and third sets. A study recommends that heavy-load training helps [increase maximal strength](#), moderate-load training increases muscle hypertrophy, and low-load training increases muscular endurance. So according to your, you can lift the weight.

5) Post Workout Stretching

You can also do five to ten minutes of [post-workout stretching](#) to cool down, increase mobility, improve flexibility, reduce the risk of injury, and decrease muscle tension in your body. For example, you can do standing and seated bend forward, cobra pose, cat-cow, superman pull, and lunging hip flexor stretch.

6) Progressive Overload

Gradually increasing the weight, frequency, or number of repetitions in your strength training will help you grow your muscles over time.

7) Recommended Nutrition

Nutrition is equally important to work out when it comes to bodybuilding.

Feeding the proper amount of protein, carbs, and fats is essential for muscle growth.

The study suggests the recommended nutrition for developing a better physique³

- Protein – 1.8–2.5 g/kg/day protein
- Carbohydrates – 3–5 g/kg/day
- Fats – 0.5–1.5 g/kg/day

You can take protein in your different meals, especially in your breakfast and post-workout meals. Protein comes from several foods, such as chicken, eggs, beef, fish, chicken turkey, soya chunks, etc. (see: [high protein foods](#))

If you can't fulfill your protein need from foods, you can use [whey isolate protein](#) that can help you recover damaged muscle and may support muscle growth.

Okay, let's uncover the workout plan.

7 Day Gym Workout Plan to Build Strength and Mass

- Day 1 – Chest and Triceps, and Core (optional)
- Day 2 – Back, Biceps, and Wrist
- Day 3 – Quadriceps, Calves, and Shoulders
- Day 4 – Chest and Triceps, and Core (optional)
- Day 5 – Back, Biceps, and Wrist
- Day 6 – Shoulders, Hamstrings, and Glutes
- Day 7 – Rest/Recovery Day

In this workout plan, you'll train your primary muscle group twice a week.

During the first half of the week, you'll lift a slightly less heavy load, while in the last half, you'll lift as heavyweight as possible.

Doing 8 to 12 reps with lighter weights will help you boost your strength. On the other hand, performing 4-8 reps with heavier stimulates muscle growth.

Day 1 – Chest and Triceps, and Core

Exercise	Sets	Reps
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Flat Bench Press	4	12, 10, 10, 8
Incline Dumbbell Bench Press	3	12, 10, 8
Incline Cable Flyes/ Pec Deck Fly	3	12, 10, 8
Parallel Bar Dip	3	12, 10, 10
Skull Crusher	3	12, 10, 10
Rope Pushdown	3	12, 10, 10

Optional Core Workout

Do as many rounds as possible in 10 minutes.

Exercise	Activity	Rest
Mountain Climber	30 seconds	15 seconds
Reverse Crunches	15 reps	15 seconds
Lying Leg Raises	10 reps	15 seconds
Front Plank	60 seconds	No Rest
Side Plank	30 seconds each side	No Rest

Day 2 – Back, Biceps, and Wrist

Exercise	Sets	Reps
Pull-Ups	3	AMRAP
Deadlift/	3	10, 8, 8
Front Lat Pulldown	3	12, 10, 10
Seated Cable Rowing	3	12, 10, 10
Single-Arm Dumbbell Row	3	12, 10, 8
Standing Barbell Curl	4	12, 10, 8
Dumbbell Hammer Curl	3	12, 10, 8
Wrist Curl	3	12, 10, 8

Day 3 – Quadriceps, Calves, and Shoulders

Exercise	Sets	Reps
Barbell Back Squat	1 (warm-up)	15
Back Squat	3	12, 10, 8
Machine Leg Press	3	15, 12, 10
Calf Raises	3	12, 10, 8
Barbell Overhead Press	3	12, 10, 8
Dumbbell Lateral Raise	4	10, 8, 10, 8
Seated Rear Delt Raise	4	12, 10, 8

Day 4 – Chest and Triceps (Core optional)

Exercise	Sets	Reps
Flat Bench Press	4	8, 6, 6 4

Incline DB Bench Press	4	8, 6, 6 4
Dumbbell Pullover	3	8, 8, 6
Weighted Pushup	3	8, 8, 6
Triceps Pushdown	4	8, 8, 6, 6
Single-arm Tricep Extension	3	8, 8, 6

Optional Core Workout

Duration – 15 minutes

- [Dumbbell Side Bend](#) – 10 reps, 15 seconds rest, repeat each side
- [Weighted Crunches](#)– 10 reps, 30 seconds Rest
- [Hanging Knee Raises](#)– 10 reps, 30 seconds Rest
- Bicycle Crunches – 20 seconds, 45 seconds Rest
- Plank – 60 seconds, 30 seconds Rest
- Side Plank – 30 seconds, no rest
- [Weighted Reverse Crunches](#) – 10 reps, 45 seconds Rest
- [Russian Twist](#)– 20 seconds, 45 seconds Rest
- [Kneeling Cable Crunches](#) – 10 reps, 45 seconds Rest
- [High To Low Cable wood Chop](#) – 10 reps, 30 seconds rest, repeat each side

Day 5 – Back, Biceps, and Wrist

Exercise	Sets	Reps
Pull-ups	3	AMRAP
Front Lat Pulldown	4	8, 6, 6, 4
Seated Cable Rowing	3	8, 6, 6, 4
T Row/Bent-Over Barbell Row	4	8, 6, 6, 4
Incline Dumbbell Curl	4	8, 6, 6, 4
Concentration Curl	3	8, 6, 6
Dumbbell Hammer Curl	3	8, 6, 6

7 day workout split

Day 6 – Shoulders, Hamstrings, and Glutes

Exercise	Sets	Reps
Dumbbell Arnold Press	3	8, 6, 4
Dumbbell Lateral Raise	3	8, 6, 4
Rear Delt Machine Flyes	3	8, 8, 6
Shoulder Shrug	3	8, 6, 4
Dumbbell Romanian Deadlift	3	8, 6, 4
Leg Curl	3	12, 10, 8

Hip Thrust	3	12, 10, 8
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Day 7 – Rest/Recovery Day

Rest is equally important as the workout, so allow each muscle to get complete rest on day 7. And repeat the same schedule in the next weeks.

Related Workout Programs:

- [The 5 Best Workout Splits For Strength & Gain \(with PDF\)](#)
- [Gym Workout Plan For Women And Men with PDF](#)
- [30-Day Muscle Building Workout Plan](#)
- [5 Day Gym Workout Schedule With PDF](#)
- [6 Day Gym Workout Schedule With PDF](#)
- [6 Day Muscle Group Workout Schedule With Free PDF](#)
- [Push Pull Legs 6 Day Split For Strength And Hypertrophy](#)

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