

# Muscle Group 7 Day Gym Workout Schedule

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You'll train one muscle group every day in this split.

The rest between sets will be 2-3 minutes.

## Day 1 – Chest

- **Flat Bench Press (Warm-up):** 15 reps
- **Flat Bench Press (Main):** 8-12 x 3 reps
- **Incline Dumbbell Bench Press:** 8-12 x 3
- **Pec Deck Fly:** 8-12 x 3
- **High to Low Cable Fly:** 8-12 x 3
- **Dumbbell Pullover:** 8-12 x 3

## Day 2 – Back

- **Pull-ups:** Perform three sets of as many reps as possible
- **Front Lat Pulldown:** 12-16 reps x 3
- **Seated Cable Rowing:** 12-16 reps x 3
- **Bent-over Barbell Row:** 10-12 reps x 3
- **T-Bar Row:** 8-12 reps x 3
- **Cable Facepull:** 10-12 reps x 3

## Day 3 – Legs

- **Back Squat (warm-up):** 20 reps
- **Back Squat (main):** 12-16 x 3
- **Leg Press:** 10-12 x 3
- **Dumbbell Step-up:** 10 reps/side x 3
- **Machine Leg Curl:** 12-16 x 3
- **Calf Raises:** 12-16 x 3

## Day 4 – Shoulder

- **Overhead Press (Warm-up):** 15
- **Arnold Press:** 8-12 x 3
- **Dumbbell Lateral Raises:** 8-12 x 4
- **Dumbbell Rear Delt Fly:** 8-14 x 3
- **Reverse Pec Deck Fly:** 10-12 x 3
- **Shoulder Shrug:** 10-12 x 3

## Day 5 – Biceps

- **Chinups:** AMRAP x 3
- **EZ Bar Bicep Curl:** 12 reps x 3
- **Incline Dumbbell Curl:** 8-12 reps x 3
- **Preacher Curl:** 10-12 reps x 3
- **Hammer Curl:** 10 reps x 3
- **Wrist Extension:** 10 reps/arm x 2

## Day 6 – Triceps

- **Bar Dips:** AMRAP x 3
- **Diamond Pushups:** AMRAP x 3
- **Skull Crushers:** 10-12 x 3
- **Rope Pushdown:** 12-16 x 3
- **Single-arm Overhead Extension:** 10 reps/side x 3
- **Cable Kickback:** 10 reps/side x 3

## Day 7 – Abs

- **Hanging Knee Raise:** 10 reps x 2
- **Kneeling Cable Crunches:** 10 reps x 2
- **Weighted Plate Crunches:** 10 reps x 2
- **Cable Oblique Twist on Swiss ball:** 10 reps x 2
- **High to Low Cable Woodchop:** 10 reps x 1
- **Low to High Cable Woodchop:** 10 reps x 1
- **Hollow Body Hold:** 10-15 seconds x 2
- **Wheel Rollout:** 30-sec x 2
- **Forearm Plank:** 60 seconds x 2

### Recommended Supplements:

<a href="#">Apple Cider Vinegar Gummies - 1000mg</a>	<a href="#">Body Fortress Whey Protein Powder</a>
<a href="#">Burn-XT Thermogenic Fat Burner</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>

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