

# 7 Day Gym Workout Schedule to Maintain Fitness

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Article Link - [Thefitnessphantom.com/7-day-gym-workout-plan-with-pdf](#)

If your goal is to maintain your fitness level and keep yourself active throughout the day, then you can follow this routine.

This is mostly suitable for office goers.

Okay, so let's see what exercises you can do in this routine.

**Duration: 45-60 minutes, Rest between sets: 1-2 minutes**

- Day 1 – Chest, Shoulder, and Triceps
- Day 2 – Back and Biceps
- Day 3- Legs
- Day 4 – Chest, Shoulder, and Triceps
- Day 5 – Back and Biceps
- Day 6- Legs
- Day 7 – Abs and Oblique (Core)

## Day 1 – Chest, Shoulder, and Triceps

### 1. Treadmill – 10 Minutes

- 2 Minutes Jog
- 4 Minutes Run at Moderate Speed
- 2 Minutes Walk
- 2 Minutes Run at Moderate to Fast Speed

### 2. Pushups

- 10 Reps x 2 sets with 1-minute rest between set

### 3. Flat Bench Press

- 15, 12, and 10 reps

### 4. Dumbbell Pullover

- 10, 8, and 6 reps

### 5. Barbell Overhead Press

- 15, 12, and 10 reps

6. **Triceps Rope Pushdown**

- 15, 12, and 10 reps

## **Day 2 – Back and Biceps**

1. **Bicycling – 10 Minutes**
2. **Deadlift – 8, 6, 4 reps**
3. **Lat Pulldown – 12, 10, 8 reps**
4. **Seated Rowing – 12, 10, 8 reps**
5. **Face Pull – 12, 10, 8 reps**
6. **Barbell Curl – 12, 10, 8 reps**

## **Day 3- Legs**

1. **Treadmill – 5 Minutes**
2. **Barbell Back Squat – 15, 12, 10 reps**
3. **Machine Leg Press – 15, 12, 10 reps**
4. **Leg Extension – 15, 12, 10 reps**
5. **Hamstring Curl – 12, 10, 8 reps**
6. **Calf Raise – 15, 12, 10 reps**

## **Day 4 – Chest, Shoulder, and Triceps**

1. **Burpees – 15, 12, 10 reps**
2. **Incline Bench Press – 15, 12, 10 reps**
3. **Seated Machine Fly – 12, 10, 8 reps**
4. **Dumbbell Front Raise – 12, 10, 8 reps**
5. **Dumbbell Lateral Raise – 12, 10, 8 reps**
6. **Upright Row – 12, 10, 8 reps**

## **Day 5 – Back and Biceps**

1. **Treadmill – 5 Minutes**
2. **Bicycling – 5 Minutes**
3. **Romanian Deadlift – 8, 6, 4 reps**
4. **Pullups/ Lat Pulldown – 12, 10, 8 reps**
5. **Barbell Bent Over Row – 12, 10, 8 reps**
6. **Barbell Curl – 12, 10, 8 reps**

## Day 6 – Legs

1. **Squat Jump** – 10 reps x 2 sets
2. **Hack Squat** – 10 reps x 3 sets
3. **Dumbbell Bulgarian Squat** – 10 reps x 3 sets
4. **Leg Extension** – 10 reps x 3 sets
5. **Barbell Hip Thrust** – 10 reps x 3 sets
6. **Calf Raise** – 10 reps x 3 sets

## Day 7 – Abs and Oblique (Core)

1. Treadmill – 5 Minutes
2. Bicycling – 5 Minutes
3. Battlerope – 5 Minutes
4. Mountain Climbing – 30 seconds, 15 seconds rest
5. [Dumbbell Side Bend](#) – 10 reps, 15 seconds rest
6. Weighted Crunches– 10 repss, 15 seconds Rest
7. [Cable Leg Raises](#)– 10 reps, 15 seconds Rest
8. Bicycle Crunches – 20 seconds, 15 seconds Rest
9. Plank – 60 seconds, 15 seconds Rest
10. Side Plank – 30 seconds, no rest
11. Weighted Reverse Crunche – 10 reps, 20 seconds Rest
12. Russian Twist– 20 seconds, 20 seconds Rest
13. [Hanging Knee Raise](#) – 10 reps, 20 seconds Rest
14. Plank – 60 Seconds Hold, 15 seconds Rest
15. Side Plank– 30 Seconds Each Side
16. Hanging Oblique Twist – 10 reps, 20 seconds Rest
17. V-ups Crunches– 20 Seconds, 20 seconds rest

## Useful Links:

1. [10+ Dumbbell Chest Exercises For Home And Gym](#)
2. [10 Dumbbell Exercises For Shoulders](#)
3. [Dumbbell Triceps Exercises For Bigger Arms](#)
4. [Dumbbell Biceps Workout](#)

5. [10 Best DB Exercises For Strong Back](#)
6. [An Ultimate Guide To The Dumbbell Leg Exercises](#)
7. [6 Dumbbell Deadlift Variations With Proper Technique](#)
8. [5 Day Dumbbell Workout Split](#)
9. [A Complete Guide To Free Weights Exercises](#)
10. [3 Day Full Body Workout At Home \(With PDF\)](#)

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