

GYM WORKOUT ROUTINE FOR MEN TO GAIN MUSCLE

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Check out [article](#) for more info

Types – Push, Pull, and Legs, Core

- **Monday** – Push Workout
 - Chest, Shoulder, and Triceps
- **Tuesday** – Pull Workout
 - Back, Biceps, Wrist, Abs, and Oblique
- **Wednesday** – Legs and Glutes
 - Quads, Hamstrings, Calves, and Glutes
- **Thursday** – Push Workouts
 - Chest, Shoulder, and Triceps
- **Friday** – Pull Workouts
 - Back, Biceps, Wrist, Abs, and Oblique
- **Saturday** – Legs
 - Quads, Hamstrings, Calves, and Glutes
- **Sunday** – Rest

This program is divided into two parts.

You'll focus on high repetitions (10 to 20) during the first three days and lifting big during the last three sessions.

A combination of high reps (with light weights) and fewer reps (with heavy loads) will enhance your strength and increase mass.

Monday – Push Workout (Higher Repetitions)

Workout	Muscle Worked	Reps	Rest
Barbell Flat Bench Press	Chest	16, 12, 10	2-min
Incline Dumbbell Press	Ches	14, 12, 10	2-min

Machine Chest Fly	Chest	12, 10, 10	2-min
DB Overhead Press	Shoulder	12, 10, 10	2-min
Lateral Dumbbell Raise	Shoulder	12, 10, 10	2-min
Rope Pushdown	Triceps	12, 10, 10	2-min

Tuesday: Pull Workout (High Repetitions)

Exercise	Targeted Muscle	Reps	Rest
V-Grip Lat Pulldown	Back	15, 12, 10	2-min
Barbell Bent-Over Row	Back	15, 12, 10	2-min
Seated Rowing	Back	15, 12, 10	2-min
Barbell Curl	Biceps	16, 14, 12	2-min
Alternate Bicep curl	Biceps	14, 12, 10	2-min
Preacher Curl	Biceps	14, 12, 10	2-min

Wednesday – Legs and Glutes – Higher Reps Focus

Workout	Muscles Build	Reps	Rest
Dumbbell Lunges	Lower Body	12 and 10	1-min
Barbell Back Squat	Legs	16, 12, 10	2-min
DB Romanian Deadlift	Hamstring	10, 8, 6	1-min
DB Leg Curl	Hamstring	14, 12, 10	2-min
Hip Thrust	Glute	14, 12, 10	2-min
Calf Raises	Calves	14, 12, 10	1-min

Thursday – Push Workouts – Heavy Load with Fewer Reps

Exercise	Muscles	Reps	Rest
Barbell Flat Bench Press	Chest	10, 8, 6	2-3 min
Weighted Dips	Chest and Triceps	10, 8, 6	2-3 min
Weighted Pushups	Chest and Triceps	10, 8, 6	2-3 min
Barbell Overhead Press	Shoulder	10, 8, 6	2-3 min
Lean Away Cable Lateral Raises	Shoulder	10, 8, 6	2-3 min

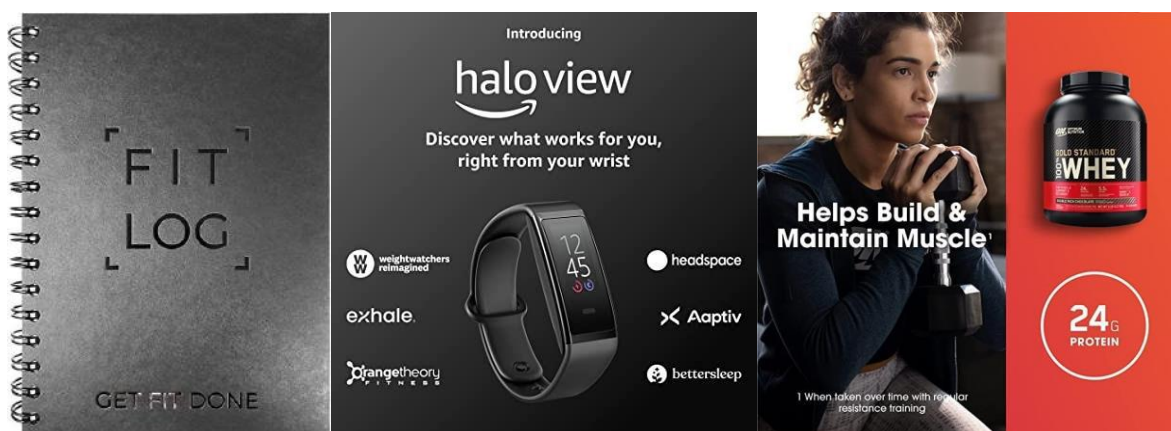


Friday – Pull Workouts (High Load and Fewer Reps)

Exercises	Muscles	Reps	Rest
Deadlift	Integrated Full Body	6, 4, 2	2-3 min
Lat Pulldown	Back and Biceps	10, 8, 6	1-2 min
T-Bar Rowing	Back and Biceps	10, 8, 6	2-3 min
Preacher Curl	Biceps	10, 8, 6	1-2 min
Hammer Curl	Biceps	10, 8, 6	1-2 min
Barbell Shrugs	Traps	10, 8, 6	2-3 min

Saturday – Legs (High Load, Fewer Reps)

Leg and Core Exercises	Muscles Worked	Reps	Rest
Barbell Back Squat	Quads	10, 8, 6, 4	2-3 min
Leg Press	Quads	10, 8, 6, 4	2-3 min
Barbell Hip Thrust	Glute, Hip	10, 8, 6, 4	2-3 min
Calf Raises	Calves	12, 10, 8, 6	1-2 min



Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

8. If You're a Beginner

It is best to focus on form instead of weight for the first couple of months. Once you gain strength and learn the right form, you can progress your workout. You can also start with the [one-hour program](#).

9. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

10. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session. Research show that it helps prevents uneasiness and injuries and boosts performance.



Recommended Supplements:

Pre-Workout	During Workout	Post Workout
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Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

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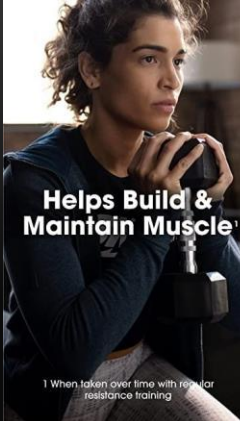
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Helps Build & Maintain Muscle*

* When taken over time with regular resistance training



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