

# WORKOUT PLAN FOR MUSCLE GROWTH (BEGINNER–INTERMEDIATE)

**Goal:** Build bigger arms, chest, shoulders, abs, and legs

**Style:** Hypertrophy (8–12 reps), Progressive overload

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## WEEKLY TRAINING SPLIT OPTIONS

Choose **Option A (3 days)** or **Option B (5 days)** depending on your schedule.

### OPTION A - 3 DAYS/WEEK (Full Body Focus)

Great if you're busy but want solid overall growth.

#### Day 1: Push + Legs

- Bench Press = 4 sets of 8 -10 reps
- Shoulder Press (Dumbbells or Barbell) = 3 sets of 8 -12 reps
- Incline Dumbbell Press = 3 sets of 10 reps
- Tricep Dips or Cable Pushdowns = 3 sets of 12 reps
- Squats (Barbell/Smith Machine) = 4 sets of 10 reps
- Calf Raises = 3 sets of 15 reps

## **Day 2: Pull + Abs**

- Pull-Ups or Lat Pulldown = 4 sets of 8 -12 reps
- Hammer Curls = 3 sets of 10 reps
- Barbell Rows = 4 sets of 10 reps
- Hanging Leg Raises = 3 sets of 12 reps
- Dumbbell Bicep Curls = 3 sets of 12 reps
- Planks = 3 sets of 45 sec
- Face Pulls = 3 sets of 12 reps

## **Day 3: Full Muscle Growth Day**

- Deadlifts = 4 sets of 6 - 8 reps
- Leg Press = 4 sets of 12 reps
- Chest Flyes = 3 sets of 12 reps
- Cable Bicep Curls = 3 sets of 12 reps
- Lateral Shoulder Raises = 3 sets of 15 reps
- Cable Tricep Extension = 3 sets of 12 reps
- Lunges = 3 sets of 10 reps

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## **OPTION B - 5 DAYS/WEEK (Faster Growth)**

Best if you want **maximum muscle gain**.

## **DAY 1: CHEST + TRICEPS**

- Bench Press = 4 sets of 8 reps
- Incline Dumbbell Press = 3 sets of 10 reps
- Chest Fly Machine = 3 sets of 12 reps
- Push-Ups = 2 sets to failure
- Tricep Rope Pushdowns = 3 sets of 12 reps
- Skull Crushers = 3 sets of 8 reps

## **DAY 2: BACK + BICEPS**

- Pull-Ups = 3 sets of 8 reps
- Lat Pulldown = 4 sets of 10 reps
- Seated Rows = 4 sets of 12 reps
- Barbell Curls = 3 sets of 10 reps
- Hammer Curls = 3 sets of 12 reps

## **DAY 3: SHOULDERS + ABS**

- Shoulder Press = 4 sets of 8 reps
- Lateral Raises = 4 sets of 15 reps
- Front Raises = 3 sets of 12 reps
- Rear Delt Fly = 3 sets of 15 reps
- Planks = 3 sets of 1 min
- Cable Woodchoppers = 3 sets of 12 reps
- Leg Raises = 3 sets of 12 reps

## **DAY 4: LEGS (Thighs + Glutes)**

- Squats = 4 sets of 8 - 10 reps
- Leg Press = 4 sets of 12 reps
- Romanian Deadlift = 3 sets of 10 reps
- Leg Extensions = 3 sets of 12 reps
- Hamstring Curls = 3 sets of 12 reps
- Calf Raises = 3 sets of 15 reps

## DAY 5: ARMS + ABS

- Barbell Bicep Curls = 4 sets of 10 reps
- Dumbbell Alternating Curls = 3 sets of 12 reps
- Cable Curls = 3 sets of 12 reps
- Tricep Dips = 3 sets of 10 reps
- Tricep Rope Extensions = 3 sets of 12 reps
- Close-grip Bench Press = 3 sets of 8 reps
- Abs Circuit (repeat 3×):
  - Crunches 20 reps
  - Russian Twists 20 reps
  - Leg Raises 15 reps



## NUTRITION PLAN (ESSENTIAL FOR MUSCLE GAIN)

### Daily Calories:

**2,800 – 3,000 calories/day** (to gain size)

### Protein:

**1.6–2.2 g per kg of body weight → 100–130g protein per day**

## **Eat these daily:**

- Eggs
- Chicken, beef, turkey, fish
- Greek yogurt
- Beans + plant protein
- Rice, pasta, oats
- Peanut butter
- Bananas
- Whey protein (optional but helpful)

## **Sample Muscle-Gain Meal Plan**

- Breakfast: Oats + peanut butter + 2 eggs
  - Snack: Banana + yogurt
  - Lunch: Rice + chicken + veggies
  - Snack: Protein shake
  - Dinner: Pasta + fish/beef
  - Night snack: Milk + bread with peanut butter
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## **PROGRESS STRATEGY**

Every 1 - 2 weeks:

- Increase **weight** slightly OR
- Add **1–2 extra reps** OR
- Add **one more set**

This is called **progressive overload** - the key to muscle growth.

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## RESULT EXPECTATION (0–12 weeks)

If you follow this plan:

- Noticeable **shoulder width** increase in 4 - 6 weeks
- Chest definition by 6 - 8 weeks
- Bigger arms by week 3 - 5
- Thicker thighs and glutes by week 6
- Visible abs by 8 - 12 weeks (if diet is clean)