

WORKOUT PLAN FOR MUSCLE GROWTH (BEGINNER–INTERMEDIATE)

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

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



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

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



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.

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)