



For a 22-year-old male, 181 cm tall and weighing 88 kg with a goal of muscle building, a detailed and structured workout plan is crucial. Here is a weekly workout schedule tailored to target all major muscle groups effectively to promote hypertrophy and muscle gain.

Weekly Workout Schedule

****Day 1: Chest and Triceps****

- ****Bench Press:**** 4 sets x 6-8 reps
- ****Incline Dumbbell Press:**** 4 sets x 8-10 reps
- ****Cable Flyes:**** 3 sets x 10-12 reps
- ****Dips:**** 3 sets x 8-10 reps (chest-focused)
- ****Tricep Pushdowns:**** 3 sets x 10 reps
- ****Overhead Tricep Extension (Dumbbell or Cable):**** 3 sets x 10 reps

****Day 2: Back and Biceps****

- ****Pull-Ups:**** 4 sets x as many reps as possible (AMRAP)
- ****Barbell Rows:**** 4 sets x 8 reps
- ****Lat Pulldowns:**** 3 sets x 10 reps
- ****T-Bar Row:**** 3 sets x 8 reps
- ****Barbell Curls:**** 3 sets x 8 reps
- ****Hammer Curls:**** 3 sets x 10 reps

****Day 3: Legs****

- ****Squats:**** 4 sets x 6-8 reps
- ****Leg Press:**** 3 sets x 10 reps
- ****Romanian Deadlifts:**** 3 sets x 8 reps
- ****Leg Curls:**** 3 sets x 10 reps
- ****Calf Raises:**** 4 sets x 12 reps

****Day 4: Shoulders and Abs****

- ****Shoulder Press (Dumbbell or Barbell):**** 4 sets x 6-8 reps
- ****Lateral Raises:**** 3 sets x 12 reps
- ****Front Raises:**** 3 sets x 12 reps
- ****Reverse Flyes:**** 3 sets x 12 reps
- ****Weighted Crunches:**** 3 sets x 15 reps
- ****Hanging Leg Raises:**** 3 sets x 10-12 reps

****Day 5: Full Body****

- ****Deadlifts:**** 3 sets x 5 reps
- ****Push Ups:**** 4 sets x 12 reps
- ****Chin-Ups:**** 4 sets x AMRAP
- ****Dumbbell Shoulder Press:**** 3 sets x 8 reps

- **Kettlebell Swings (or alternative):** 3 sets x 15 reps

Day 6: Active Recovery

- Activities such as light jogging, swimming, or yoga to enhance flexibility, improve recovery, and maintain cardiovascular health.

Day 7: Rest

- Full day of rest to allow for muscle recovery and growth, ensuring readiness for the following week.

Additional Tips:

- **Progressive Overload:** Gradually increase the weights as you build strength and endurance.
- **Nutrition:** Focus on a high-protein diet to support muscle repair and growth. Include complex carbohydrates and healthy fats for energy and overall health.
- **Hydration:** Keep well-hydrated, especially on workout days, to maintain performance and aid muscle recovery.
- **Sleep:** Ensure you get at least 7-9 hours of sleep per night to optimize recovery and maximize gains.
- **Consistency:** Adherence to both workout and nutrition plans is key to seeing continuous improvements.

This workout plan is structured to maximize muscle growth while ensuring enough recovery time throughout the week to facilitate progress and prevent burnout.