

Okay, here is a muscle-gain workout plan tailored for an intermediate fitness level with home equipment:

## Weekly Workout Plan:

### Monday: Upper Body Strength

- **Warm-up:** 5 minutes of light cardio (jumping jacks, high knees) and dynamic stretching (arm circles, torso twists).  
**Workout:**
  - Push-Ups: 3 sets of as many reps as possible (AMRAP). If regular push-ups are too easy, try incline push-ups (hands elevated on a chair or bench) or decline push-ups (feet elevated).
  - Bodyweight Rows (using a sturdy table or doorframe): 3 sets of 8-12 reps.
  - Pike Push-Ups: 3 sets of 8-12 reps.
  - Dumbbell Bicep Curls (if available, otherwise use resistance bands): 3 sets of 10-15 reps.
  - Dumbbell Triceps Extensions (if available, otherwise use resistance bands): 3 sets of 10-15 reps.
  - Plank: 3 sets, hold for 30-60 seconds.
- **Cool-down:** 5 minutes of static stretching (hold each stretch for 30 seconds). Focus on stretching chest, shoulders, biceps, and triceps.

### Tuesday: Lower Body Strength

- **Warm-up:** 5 minutes of light cardio and dynamic stretching (leg swings, hip circles).  
**Workout:**
  - Squats: 3 sets of 12-15 reps. Try to add weight by holding books or water jugs.
  - Lunges: 3 sets of 10-12 reps per leg.
  - Glute Bridges: 3 sets of 15-20 reps.
  - Calf Raises: 3 sets of 15-20 reps.
  - Single Leg Deadlifts (with or without dumbbells): 3 sets of 10-12 reps per leg.
- **Cool-down:** 5 minutes of static stretching. Focus on stretching quads, hamstrings, glutes, and calves.

### Wednesday: Active Recovery/Core

- **Active Recovery:** Light cardio like walking, yoga, or swimming for 30-45 minutes.  
**Core Workout:**
  - Crunches: 3 sets of 15-20 reps.
  - Russian Twists: 3 sets of 15-20 reps per side (can use a weight).
  - Leg Raises: 3 sets of 15-20 reps.
  - Bird Dog: 3 sets of 10-12 reps per side.
  - Side Plank: 3 sets, hold for 30-60 seconds per side.

### Thursday: Upper Body Strength

- **Warm-up:** 5 minutes of light cardio and dynamic stretching.  
**Workout:**
  - Incline Push-Ups: 3 sets of as many reps as possible (AMRAP).
  - Dumbbell Rows (if available, otherwise use resistance bands): 3 sets of 10-12 reps per arm. Use a chair for support.
  - Pike Push-Ups: 3 sets of 8-12 reps.
  - Dumbbell Hammer Curls (if available, otherwise use resistance bands): 3 sets of 10-15 reps.
  - Dumbbell Overhead Triceps Extensions (if available, otherwise use resistance bands): 3 sets of 10-15 reps.
  - Reverse Plank: 3 sets, hold for 30-60 seconds.
- **Cool-down:** 5 minutes of static stretching. Focus on stretching chest, shoulders, biceps, and triceps.

### Friday: Lower Body Strength

- **Warm-up:** 5 minutes of light cardio and dynamic stretching.  
**Workout:**
  - Jump Squats: 3 sets of 10-12 reps.
  - Walking Lunges: 3 sets of 10-12 reps per leg.
  - Hip Thrusts (elevate shoulders on a couch or chair): 3 sets of 15-20 reps.
  - Calf Raises: 3 sets of 15-20 reps.
  - Good Mornings: 3 sets of 10-12 reps.
- **Cool-down:** 5 minutes of static stretching. Focus on stretching quads, hamstrings, glutes, and calves.

### Saturday: Full Body Circuit

- **Warm-up:** 5 minutes of light cardio and dynamic stretching.

**Workout:** Perform each exercise for 45 seconds, followed by 15 seconds of rest. Complete 3 rounds of the circuit.

- Burpees
- Mountain Climbers
- Squat Jumps
- Push-Ups
- Plank Jacks
- Dumbbell Swings (if available, otherwise use water jug)
- **Cool-down:** 5 minutes of static stretching, focusing on all major muscle groups.

**Important Considerations:**

- **Progression:** As you get stronger, increase the number of reps, sets, or resistance (using heavier dumbbells or resistance bands). You can also try more challenging variations of the exercises.
- **Rest:** Get adequate rest between sets (60-90 seconds) and workouts to allow your muscles to recover and grow.
- **Nutrition:** Consume a diet rich in protein to support muscle growth. Aim for at least 0.8 grams of protein per pound of body weight.
- **Hydration:** Drink plenty of water throughout the day.
- **Listen to Your Body:** If you experience pain, stop the exercise and consult with a healthcare professional.
- **Warm-up and Cool-down:** Always perform a proper warm-up and cool-down to prevent injuries and improve flexibility.
- **Form:** Focus on maintaining proper form throughout each exercise to maximize results and minimize the risk of injury. If you are unsure about proper form, watch videos or consult with a fitness professional.