



Bfit aesthetic

GYM WORKOUT PLAN>>



A muscular man is shown from the back, performing a pull-up on a horizontal bar in a gym. He is shirtless, wearing dark shorts, and his muscles are well-defined. The background is dark and slightly blurred, showing other gym equipment.

BUILDING A STRONGER YOU

BENEFITS OF GYM WORKOUTS

Physical Strength:

Regular gym workouts help build muscle strength and improve overall fitness.

Weight Management:

Exercise can help you burn calories, making it easier to lose or maintain weight.

Mental Well-Being:

Working out releases endorphins, which boost mood and reduce stress.

Social Interaction:

Gyms can be a great place to meet new people and find workout partners.

Get Fit, Feel Great



WORKOUT SPLIT FOR BEGINNER

BEGINNER (3 DAYS A WEEK):

Day 1: Full Body

- Squats: 3 sets of 10 rep
- Push-ups: 3 sets of 8-10 reps
- Dumbbell rows: 3 sets of 10 reps

Day 2: Cardio & Core

- 20 minutes of brisk walking or cycling
- Plank: 3 sets of 20-30 seconds

Day 3: Full Body

- Lunges: 3 sets of 10 reps (each leg)
- Dumbbell shoulder press: 3 sets of 10 reps



WORKOUT SPLIT FOR INTERMEDIATE

INTERMEDIATE (4 DAYS A WEEK):

Day 1: Upper Body

- Bench press: 4 sets of 8-10 reps
- Bent-over rows: 4 sets of 8-10 reps
- Dumbbell curls: 3 sets of 10 reps

Day 2: Lower Body

- Deadlifts: 4 sets of 8-10 reps
- Leg press: 4 sets of 10-12 reps

Day 3: Cardio & Core

- 30 minutes of jogging or cycling
- Bicycle crunches: 3 sets of 15 reps

Day 4: Full Body HIIT

- 30 seconds each of: Jump squats, push-ups,
- mountain climbers (repeat for 4 rounds)



ADVANCE WORKOUT SPLIT FOR ADVANCE

ADVANCE PUSH-PULL-LEGS WORKOUT SPLIT (6 DAYS)

Day 1: Push

- Barbell Bench Press: 4 sets of 6-8 reps
- Incline Dumbbell Press: 3 sets of 8-10 reps
- Overhead Shoulder Press: 4 sets of 6-8 reps
- Lateral Raises: 3 sets of 12-15 reps
- Tricep Dips: 3 sets of 8-10 reps
- Skull Crushers: 3 sets of 10-12 reps

Day 2: Pull

- Deadlifts: 4 sets of 6-8 reps
- Pull-Ups (Weighted if possible): 4 sets of 6-8 reps
- Bent-Over Barbell Rows: 4 sets of 8-10 reps
- Seated Cable Rows: 3 sets of 10-12 reps
- Face Pulls: 3 sets of 12-15 reps
- Barbell Bicep Curls: 3 sets of 10-12 reps

Day 3: Legs

- Squats (Barbell or Front Squats): 4 sets of 6-8 reps
- Leg Press: 4 sets of 8-10 reps
- Romanian Deadlifts: 3 sets of 8-10 reps
- Leg Curls: 3 sets of 10-12 reps

Day 4: Push

- Incline Barbell Press: 4 sets of 6-8 reps
- Dumbbell Flyes: 3 sets of 10-12 reps
- Arnold Press: 4 sets of 8-10 reps
- Front Raises: 3 sets of 10-12 reps
- Close-Grip Bench Press: 3 sets of 8-10 reps
- Tricep Rope Pushdowns: 3 sets of 12-15 reps

Day 5: Pull

- Barbell Rows (Pendlay or T-Bar): 4 sets of 6-8 reps
- Lat Pulldowns: 4 sets of 8-10 reps
- Single-Arm Dumbbell Rows: 3 sets of 10-12 reps
- Dumbbell Shrugs: 3 sets of 10-12 reps
- Preacher Curls: 3 sets of 10-12 reps
- Hammer Curls: 3 sets of 12-15 reps

Day 6: Legs

- Leg Extensions: 4 sets of 10-12 reps
- Sumo Deadlifts: 4 sets of 6-8 reps
- Hack Squats: 3 sets of 8-10 reps
- Seated Leg Curls: 3 sets of 10-12 reps
- Calf Raises (Donkey or Leg Press): 4 sets of 12-15 reps
- Bulgarian Split Squats: 3 sets of 8-10 reps (each leg)





COMMIT TO A HEALTHIER **LIFESTYLE**



To enhance your fitness journey, set realistic goals and incorporate a variety of workouts, including strength training and cardio. Prioritize nutrition and hydration, and allow for adequate rest and recovery to prevent injury. Consider tracking your progress with apps or journals, and focus on proper form to maximize effectiveness. Short micro-workouts and mindfulness practices can also boost results. Lastly, find a workout buddy or join a fitness community for motivation and support.

Gym workouts offer a great way to improve your physical health and mental well-being. Remember to follow the do's and don'ts to maximize your results while staying safe.

Choose a workout split that suits your level and stay consistent for the best outcomes. Embrace the journey and enjoy your time at the gym!

