

30 DAY WORKOUT PLAN MUSCLE BUILD

- **Day 1** – Chest, Triceps, and calves
- **Day 2** – Quadriceps and Core
- **Day 3** – Rest
- **Day 4** – Back, Biceps, and Forearms
- **Day 5** – Shoulder, Hamstrings, and Glutes
- **Day 6** – Rest
- **Day 7** – Rest
- **Day 8** – Chest, Triceps, and calves
- **Day 9** – Quadriceps and Core
- **Day 10** – Back, Biceps, and Wrist
- **Day 11** – Shoulder, Hamstrings, and Glutes
- **Day 12** – Rest
- **Day 13** – Chest, Triceps, and calves
- **Day 14** – Rest
- **Day 15** – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 16** – Back, Biceps and Wrist and Core
- **Day 17** – Chest, Shoulder, Triceps
- **Day 18** – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 19** – Back, Biceps and Wrist and Core
- **Day 20** – Chest, Shoulder, Triceps
- **Day 21** – Rest
- **Day 22** – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 23** – Back, Biceps and Wrist and Core
- **Day 24** – Chest, Shoulder, Triceps
- **Day 25** – Rest
- **Day 26** – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 27** – Shoulder and Core
- **Day 28** – Rest
- **Day 29** – Back, Biceps, and Wrist

- **Day 30** – Chest, Triceps, and Core

Day 1 – Chest, Triceps, and calves

Exercise	Reps	Rest
Flat Barbell Bench Press	15, 12, 10 and 8	2-3 min
Incline DB Bench Press	12, 10, 8 and 6	2-3 min
Machine Fly	12, 10 and 8	1-2 min
Barbell Skull Crusher	12 x 3	1-2 min
Rope Pushdown	15 x 3	1-2 min
Standing Calf Raises	15 x 3	1-2 min

Day 2 – Quadriceps and Core

Exercise	Reps	Rest
Barbell Squat	15, 12, 10, 8	2-3 min
Dumbbell Lunges	12, 10, 8	1-2 min
Machine Leg Press	15, 12, 10, 8	2-3 min
Hanging Knee Raises	10 x 2	1-2 min
Cable Wood Chop	10 x 2	0-1 min
Kneeling Cable Crunch	15 x 2	0-1 min
Plank	60-sec x 2	0-1 min

Day 3 – Rest

Day 4 – Back, Biceps, and Wrist

Workout	Reps	Rest
Pullups/Assisted PU	AMRAP x 3	1-2 min
Lat Pulldown	15, 12, 10	2-3 min
Seated Rowing	15, 12, 10	2-3 min
Single-arm DB Rowing	12, 10, 8	1-2 min
Barbell Curl	12, 10, 8	1-2 min
Wrist Curl	10, 8, 6	1-2 min

Day 5 – Shoulder, Hamstrings, and Glutes

Workout	Reps	Rest
Barbell Overhead Press	12, 10, 8	2-3 min
Lateral Delt DB Raises	12, 10, 8	1-2 min
Reverse Pec Deck Fly	15, 12, 10	1-2 min
DB Romanian Deadlift	10, 8, 6	2-3 min
Hamstring Curl	15, 12, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	2-3 min

Day 6 – Rest

Day 7 – Rest

Day 8 – Chest, Triceps, and Calves

Workout	Reps	Rest
Incline Barbell Bench Press	15 x 4	2-3 min
Flat DB Bench Press	12 x 4	2-3 min
Cable Crossover	12 x 3	2-3 min
DB Pullover	10 x 2	2-3 min
Rope Pushdown	12 x 3	1-2 min
Bench Dips	12 x 3	1-2 min
Machine Calf Raises	15 x 3	1-2 min

Day 9 – Quadriceps and Core

Exercise	Reps	Rest
Hack Squat	15 x 3	1-3 min
Dumbbell Lunges	10 x 3	1-2 min
DB Cossack Squat	15 x 2	1-2 min
Leg Extension	15 x 2	1-2 min
Crunches	10 x 2	30-45 sec
Cable Wood Chop	10 x 2	30-45 sec
Plank Dumbbell Drag	10 x 2	30-45 sec
Hanging Knee Raises	10 x 2	1-min

Day 10 – Back, Biceps, and Wrist

Workout	Reps	Rest
Pullups/Assisted PU	6-10 x 3	1-2 min
Lat Pulldown	15, 12, 10	1-3 min
Barbell Bent Over Row	12, 10, 8	1-3 min
Seated Cable Rowing	15, 12, 10	1-3 min
Incline DB Curl	12, 10, 8	1-2 min
Preacher Curl	12, 10, 8	1-2 min
DB Wrist Extension	10 x 3	1-2 min

Day 11 – Shoulder, Hamstrings, and Glutes

Workout	Reps	Rest
Arnold Press	12, 10, 8	1-3 min
Leaning Away Cable Lateral Raise	12, 10, 8	1-2 min
Dumbbell Rear Delt Fly	12, 10, 8	1-2 min
Dumbbell RDL	10, 8, 6	1-3 min
Machine Leg Curl	15, 12, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min

Day 12 – Rest

Day 13 – Chest, Triceps, and calves

Exercise	Repetitions	Rest
Flat DB Bench Press	12, 10, 8, 8	1-3 min
Pec Deck Machine Fly	12, 10, 8	1-2 min
Parallel Bar Dips	8-12 x 3	1-3 min
Rope Pushdown	12 x 3	1-2 min
Single-arm Overhead Extension	12, 10, 8	1-2 min
Calf Raises	15 x 3	1-2 min

Day 14 – Rest

Day 15 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Repetitions	Rest
Back Squat	15, 12, 10	1-3 min
Dumbbell Lunges	12, 10, 8	1-2 min
Machine Leg Press (Optional)	12, 12, 10	1-3 min
Machine Leg Curl	12, 10, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min
Calf Raises	12, 10, 10	1-2 min

Day 16 – Back, Biceps, and Core

Workout	Reps	Rest
Pullups/Assisted PU	6-10 x 3	1-3 min
V-Grip Lat Pulldown	15, 12, 10	1-3 min
Seated Cable Rowing	15, 12, 10	1-3 min
T-Bar Rowing	12, 10, 8	1-3 min
Alternate DB Curl	10 x 2	1-2 min
Concentration Curl	10x 2	1-2 min
Kneeling Cable Crunch	10 x 2	1-min
Low-to-High Chop	10 x 2	1-min

Day 17 – Chest, Shoulder, Triceps

Exercise	Repetitions	Rest
Flat Barbell Bench Press	15, 12, 10	1-3 min
Incline DB Bench Press	12, 10, 10	1-3 min
Cable Crossover	12, 10, 8	1-3 min
Lateral Dumbbell Raises	10, 10, 8	1-2 min
Rear Delt Dumbbell Raise	10, 10, 8	1-3 min
Rope Pushdown	12, 10, 8	1-2 min

Day 18 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Reps	Rest
Machine Leg Press	12, 10, 8	1-3 min
Dumbbell Lunges	10 x 2	1-2 min
DB Romanian Deadlift	12, 10, 10	1-3 min
Machine Leg Curl	12, 10, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min
Calf Raises	12, 10, 10	1-2 min

Day 19 – Back, Biceps, and Core

Workout	Reps	
Conventional Deadlift	5 x 4	2-3 min
Front Lat Pulldown	12, 10, 8	1-3 min
Standing Lat Pulldown	12, 10, 8	1-3 min
Seated Cable Rowing	12, 10, 8	1-3 min
Chinups	12, 10, 8	1-3 min
Hanging Knee Raise	10 x 2	45-sec
Kneeling DB Low-to-High Chop	10 x 2	45-sec
Plank	60-sec	–

Day 20 – Chest, Shoulder, Triceps

Exercise	Repetitions	Rest
Incline DB Bench Press	12, 10, 10	1-3 min
Machine Pec Fly	12, 10, 10	1-2 min
Dumbbell Pullover	12, 10, 8	1-2 min
Lateral DB Raises	10, 10, 8	1-2 min
Rear Delt DB Raise	10, 10, 8	1-2 min
Shoulder Shrug	12, 10, 8	1-2 min
Rope Pushdown	12, 10, 8	1-2 min

Day 21 – Rest

Day 22 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Repetitions	Rest
Barbell Squat	15, 12, 10	2-3 min
Leg Extension	10, 10, 8	1-2 min
Leg Curl	12, 12, 10	1-2 min
Weighted Step-up	10, 8, 6	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min
Calf Raises	12, 10, 10	1-2 min

Day 23 – Back, Biceps, and Core

Workout	Reps	Rest
Pullups/Assisted PU	6-10 x 3	1-2 min
Standard Deadlift	5 x 4	2-3 min
V Grip Pulldown	12, 10, 8	1-3 min
Seated Rowing	12, 10, 8	1-3 min
EZ Bar Curl	10, 8, 8	1-2 min
Spider Curl	12, 10, 8	1-2 min
Hanging Knee Raise	10 x 2	1-min
High to Low Chop	10 x 2	45-sec
Plank DB Drag	10 x 2	45-sec

Day 24 – Chest, Shoulder, Triceps

Exercise	Reps	Rest
Flat Barbell Bench Press	12, 10, 10	1-3 min
Incline DB Bench Press	12, 10, 10	1-3 min
Cable Crossover	12, 10, 8	1-2 min
Arnold Press	10 x 3	1-3 min
Rear Delt Raise	12 x 3	1-2 min
Shoulder Shrug	15 x 2	1-2 min
Triceps Kickback	10 x 3	1-2 min

Day 25 – Rest

Day 26 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Reps	Rest
Barbell Jammer	10, 8, 6	1-3 min
Leg Press	15, 12, 10	1-3 min
Dumbbell Leg Curl	12, 10, 10	1-2 min
Hip Thrust	12, 10, 10	1-3 min
Standing Calf Raises	15, 12, 10	1-2 min

Day 27 – Shoulder and Core

Workout	Reps	Rest
Alternate DB Front Raise	10 x 3	1-2 min
Lateral Delt DB Raises	10 x 4	1-2 min
Chest Supported Row	10 x 3	1-2 min
Shoulder Shrug	12 x 3	1-2 min
Ab Wheel Rollout	6-10 x 2	1-min
Hanging Knee Raises	10 x 2	1-min
Kneeling Cable Crunches	10 x 2	1-min
High-to-Low Cable Chop	10 x 2	1-min

Day 28 – Rest

Day 29 – Back, Biceps, and Wrist

Workout	Reps	Rest
Conventional Deadlift	5 x 4	2-3 min
Standing Lat Pulldown	6-10 x 3	1-2 min
Seated Cable Rowing	15, 12, 10	1-2 min
Chinups	10 x 3	1-2 min
Incline DB Curl	12, 10, 8	1-2 min
Preacher Curl	12, 10, 8	1-2 min
Barbell Forearm Extension	10 x 3	1-2 min

Day 30 – Chest and Triceps

Exercise	Reps	Rest
Flat DB Bench Press	15, 12, 10	1-3 min
Machine Fly	12, 10, 8	1-2 min
DB Pullover	12, 10, 8	1-2 min
Parallel Bar Dips	8-12 x 3	1-2 min
Barbell Skull Crusher	12, 10, 8	1-2 min
Rope Pushdown	15, 12, 10	1-2 min
One-arm Overhead Triceps Extension	12, 10, 8	1-2 min