



Based on the information provided, here's a customized weekly workout schedule designed for muscle building:

Weekly Workout Schedule

****Monday: Chest & Triceps****

1. Bench Press: 4 sets of 8-12 reps
2. Incline Dumbbell Press: 4 sets of 8-12 reps
3. Cable Flys: 3 sets of 10-12 reps
4. Tricep Dips: 3 sets of 8-10 reps
5. Overhead Tricep Extension: 3 sets of 10-12 reps

****Tuesday: Back & Biceps****

1. Pull-Ups: 4 sets of 8-10 reps
2. Bent Over Rows: 4 sets of 8-12 reps
3. Lat Pull Downs: 3 sets of 10-12 reps
4. Barbell Curls: 3 sets of 8-12 reps
5. Hammer Curls: 3 sets of 10-12 reps

****Wednesday: Legs & Core****

1. Squats: 4 sets of 8-12 reps
2. Leg Press: 3 sets of 10-12 reps
3. Lunges: 3 sets of 12 reps per leg
4. Plank: 3 sets of 1 min
5. Leg Raises: 3 sets of 15 reps

****Thursday: Shoulders & Traps****

1. Overhead Press: 4 sets of 8-12 reps
2. Lateral Raises: 3 sets of 10-12 reps
3. Front Raises: 3 sets of 10-12 reps
4. Shrugs: 3 sets of 12-15 reps

****Friday: Full Body Workout****

1. Deadlift: 4 sets of 8-10 reps
2. Push Ups: 3 sets of 15 reps
3. Renegade Rows: 3 sets of 10 reps per arm
4. Burpees: 3 sets of 10 reps
5. Ab Wheel Rollouts: 3 sets of 10 reps

****Saturday & Sunday: Rest****

- Active rest (e.g., light jogging, yoga, or stretching) can help with recovery and flexibility.

Additional Tips:

- Ensure to warm up for 5-10 minutes before starting workouts.
- Cool down with stretching to aid in recovery post-workout.
- Incorporate 1-2 days of cardio (moderate intensity) depending on your recovery and energy levels.
- Consistently increase the weights you lift as your strength progresses.
- Ensure you're consuming ample protein and maintaining a balanced diet to support muscle growth.

This schedule can help you effectively build muscle while also providing adequate recovery time to prevent overtraining. Adjustments may be necessary based on your progress and response to the workouts.