

# Workout Plan

## Goal: Muscle Gain

**\*High Weight + Low Reps**

\*To see muscle growth, use heavy weight! On the last rep of each set, you should be working until **FAILURE**. This is how to see **RESULTS!**

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# 3-Day Split

## Day 1 - Upper Body

1. Cardio Warm- Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Lat Pull Downs 3x8
3. Dumbbell Shoulder Press 3x8
4. Standing Dumbbell Curls 3x8
5. Cable Tricep Pushdowns 3x8
6. Pushups 3x8
7. Pull Ups (Assisted if needed!) 3xmax\*
8. Cardio - 15 Minutes
  - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

## Day 2 - Lower Body

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up\*
3. Barbell Squats 4x8
4. Hip Thrusts 4x8-10
5. Bulgarian Split Squats 4x8
6. RDLs 4x8
7. Quad Extensions 2x20
8. Lying Leg Curls 2x20
9. Slow Calf Raises 2xmax\*
10. Cool Down\*

## Day 3 - Cardio + Abs

1. High Intensity Cardio (35-45 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Ab Circuit - 4 sets of each exercise - back-to-back
  - a. Weighted Cable Crunches 4x25
  - b. Crunches x25
  - c. Flutter Kicks x25
  - d. Leg Raises x25
  - e. Russian Twists x25
  - f. Mountain Climbers x25
  - g. Plank x30sec

# 4-Day Split

## Day 1 - Push (Shoulders, Chest, Triceps)

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Bench Press 3x8
3. Dumbbell Shoulder Press 3x8
4. Skull Crushers 3x10
5. Cable Flys 2x10
6. Pushups 3x12
7. Lateral Raises 3x10
8. Cable Pushdowns 3x10
9. Cardio - 15 Minutes
  - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

## Day 2 - Legs

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up\*
3. Barbell Squats 4x8
4. Hip Thrusts 4x10
5. Bulgarian Split Squats 4x8 (each leg)
6. RDLs 4x8
7. Quad Extensions 2x20
8. Lying Leg Curls 2x20
9. Slow Calf Raises 2xmax\*
10. Cool Down\*

## Day 3 - Pull (Back & Biceps)

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Barbell Bent Over Rows 3x8
3. Single Arm Rows 3x8 (each arm)
4. Pull Ups (assisted if needed) 3xmax\*
5. Seated Cable Rows 3x8
6. Cable Face Pulls 3x10
7. Standing Dumbbell Curls 3x8
8. Hammer Curls 3x8
9. Seated Incline Curls 3x8
10. Cardio - 15 Minutes

- a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

#### Day 4 - Cardio + Abs

1. High Intensity Cardio (35-45 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Ab Circuit - 4 sets of each exercise - back-to-back
  - a. Weighted Cable Crunches 4x25
  - b. Crunches x25
  - c. Flutter Kicks x25
  - d. Leg Raises x25
  - e. Russian Twists x25
  - f. Mountain Climbers x25
  - g. Plank x30sec

# 5-Day Split

## Day 1 - Push (Shoulders, Chest, Triceps)

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Bench Press 3x8
3. Dumbbell Shoulder Press 3x8
4. Skull Crushers 3x10
5. Cable Flys 2x10
6. Pushups 3x12
7. Lateral Raises 3x10
8. Cable Pushdowns 3x10
9. Cardio - 15 Minutes
  - a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

## Day 2 - Legs (Quad Focus)

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up\*
3. Quad Extensions 2x20
4. Lying Leg Curls 2x20
5. Slow Calf Raises 2xmax\*
6. Barbell Back Squats 3x8
7. Barbell Front Squats 3x8
8. Hack Squats 3x18
9. Weighted Walking Lunges 3x10 (each leg)
10. Cool Down\*

## Day 3 - Pull (Back & Biceps)

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Barbell Bent Over Rows 3x8
3. Single Arm Rows 3x8 (each arm)
4. Pull Ups (assisted if needed) 3xmax\*
5. Seated Cable Rows 3x8
6. Cable Face Pulls 3x10
7. Standing Dumbbell Curls 3x10
8. Hammer Curls 3x10
9. Seated Incline Curls 3x10
10. Cardio - 15 Minutes

- a. Cardio of your choice, ex(Treadmill, Stairs, Bike, etc.)

#### Day 4 - Legs (Glute Focus)

1. Cardio Warm-Up (10 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Dynamic Leg Warm-up\*
3. Quad Extensions 2x20
4. Lying Leg Curls 2x20
5. Slow Calf Raises 2xmax\*
6. Hip Thrusts 3x8-10
7. Bulgarian Split Squats 3x8 (each leg)
8. Romanian Deadlifts (RDLs) 3x8
9. Back Extensions
10. Cool Down\*

#### Day 5 - Cardio + Abs

1. High Intensity Cardio (35-45 Minutes)
  - a. Ex) Treadmill, Stair Machine, Bike, etc
2. Ab Circuit - 4 sets of each exercise - back-to-back
  - a. Weighted Cable Crunches 4x25
  - b. Crunches x25
  - c. Flutter Kicks x25
  - d. Leg Raises x25
  - e. Russian Twists x25
  - f. Mountain Climbers x25
  - g. Plank x30sec

### Tips

1. For muscle gain, focus on lower reps - higher weight for weighted exercise.
2. Weighted exercise help 'tone' your body. Focusing on each muscle group allows your body to grow each muscle without looking 'bulky'.
3. Putting on a focus on weight lifting > cardio will help build muscle
4. Results are made not only in the gym but also the kitchen!
  - a. Having a higher caloric intake of a balanced healthy diet will help build muscle
  - b. Remember to eat your protein!

### Notes

\*max = max amount of reps you can do without failing

\*dynamic leg warmup = stretching your legs and hips with dynamic movements compared to static movements. Keep your legs moving while you warm them up!

\*Cool Down = Stretching, rolling out your legs, slow walk on the Treadmill, or anything you feel your body needs to cool down after a hard workout

\*Split = how many days a week you plan on working out. This plan is designed for individuals who would like to workout 3 days a week, 4 days a week, and 5 days a week