

# Muscle Gain Workout Plan

Muscle Gain Plan: 3x/Week Full Body

Guidelines for Weight Gain

- Progressive Overload: Gradually increase weights over time.
- Form Over Weight: Focus on correct form to avoid injuries.
- Rest and Recovery: Rest 48-72 hours between full-body sessions.
- Diet: Pair this workout with a calorie surplus and high-protein diet.

Full-Body Weight Gain Workout Plan

Warm-Up (10 Minutes)

- 5-7 minutes light cardio (e.g., jogging or cycling).
- Dynamic stretches (leg swings, arm circles).

Main Workout

- Perform 3-4 sets of 8-12 reps for each exercise (unless specified). Rest 60-90 seconds between sets.

1. Squats (Legs, Glutes, Core)

- Type: Barbell Back Squat or Dumbbell Goblet Squat.
- Muscles Worked: Quadriceps, hamstrings, glutes.
- Tip: Keep your back straight and go as low as your mobility allows.

2. Deadlifts (Back, Legs, Glutes)

- Type: Barbell Deadlift or Dumbbell Romanian Deadlift.

- Muscles Worked: Hamstrings, glutes, lower back.
- Tip: Maintain a neutral spine and engage your core.

### 3. Bench Press (Chest, Shoulders, Triceps)

- Type: Barbell or Dumbbell Bench Press.
- Muscles Worked: Pectorals, triceps, front deltoids.
- Tip: Lower the barbell or dumbbells slowly and avoid arching your back.

### 4. Pull-Ups or Lat Pulldowns (Back, Biceps)

- Type: Bodyweight Pull-Ups or Cable Lat Pulldown.
- Muscles Worked: Lats, biceps, rear deltoids.
- Tip: Use an overhand grip and pull until your chin is above the bar.

### 5. Overhead Press (Shoulders, Triceps)

- Type: Barbell or Dumbbell Overhead Press.
- Muscles Worked: Shoulders (deltoids), triceps.
- Tip: Engage your core to avoid arching your lower back.

### 6. Barbell or Dumbbell Row (Back, Biceps)

- Type: Barbell Bent-Over Row or Dumbbell Row.
- Muscles Worked: Upper back, biceps.
- Tip: Keep your back straight and pull the barbell toward your abdomen.

### 7. Bicep Curls (Biceps)

- Type: Barbell or Dumbbell Curls.
- Muscles Worked: Biceps.
- Tip: Keep your elbows stationary and avoid swinging.

## 8. Tricep Dips (Triceps, Chest, Shoulders)

- Type: Bodyweight Dips or Parallel Bar Dips.
- Muscles Worked: Triceps, chest, front deltoids.
- Tip: Lean slightly forward for chest activation or stay upright for triceps focus.

## 9. Plank or Hanging Leg Raises (Core)

- Type: Standard Plank or Hanging Leg Raise.
- Muscles Worked: Core, abs.
- Tip: Hold the plank for 30-60 seconds or perform 10-12 leg raises.

## Cool-Down (5-10 Minutes)

- Static stretching for all major muscle groups (hamstrings, quads, chest, shoulders, back).
- Focus on deep breathing to relax.

## Weekly Schedule

- Day 1: Full-Body Workout.
- Day 2: Rest or light activity (e.g., walking, yoga).
- Day 3: Full-Body Workout.
- Day 4: Rest or light activity.
- Day 5: Full-Body Workout.
- Day 6: Rest or light activity.
- Day 7: Rest or optional active recovery.

## Tips for Maximizing Gains

- Nutrition: Consume a calorie surplus with ~1.6-2.2 g of protein per kg of body weight daily.
- Sleep: Aim for 7-9 hours of quality sleep each night.

- Consistency: Stick to the plan and progressively overload your lifts.
- Hydration: Drink plenty of water to support muscle recovery.