

5-Day Muscle-Building Home Workout Plan for Intermediate Trainees

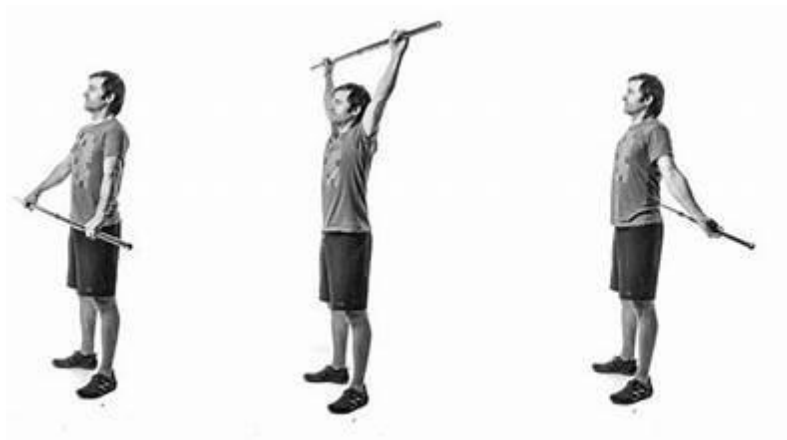
Day 1: Shoulders & Chest

Warm-up:

- Arm circles



- ,shoulder dislocations (using a band or broomstick)



- push-ups (10–15 reps).

Shoulders:

1. **Pike Push-ups:** 4 sets x 8–12 reps
 - Focus on your deltoids by positioning yourself downward-facing to mimic overhead presses.



2. **Lateral Raises (Weighted Bag):** 3 sets x 12–15 reps

- Hold the bag and lift it out to your sides to target side delts.



3. **Front Raises (Weighted Bag):** 3 sets x 12–15 reps

- Hold the bag with both hands and raise it in front to target front delts.



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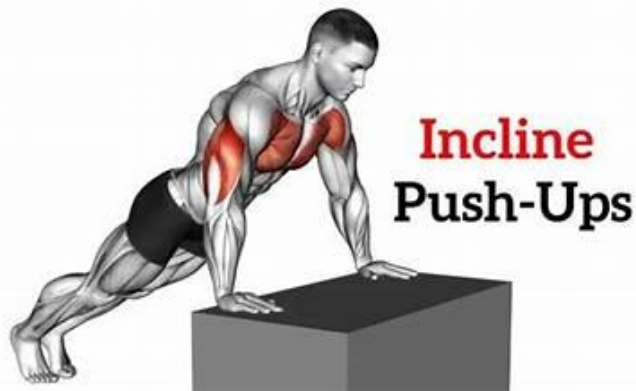
Chest:

4. Push-ups (Weighted Bag on Back): 4 sets x 10–15 reps

- Add resistance by placing the weighted bag on your upper back.

5. Incline Push-ups (Elevate Feet): 3 sets x 12–15 reps

- Place feet on an elevated surface to focus on upper chest.



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6. Chest Squeeze Push-ups: 3 sets x 12–15 reps

- Perform push-ups while squeezing the chest by keeping hands closer together.



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Day 2: Back & Biceps

Warm-up:

- Arm swings:



- shoulder shrugs:



- , dynamic back stretches.



Back:

1. **Bent-over Rows (Weighted Bag):** 4 sets x 10–12 reps

- Bend forward with a flat back, pull the bag towards your waist to target your lats and mid-back.



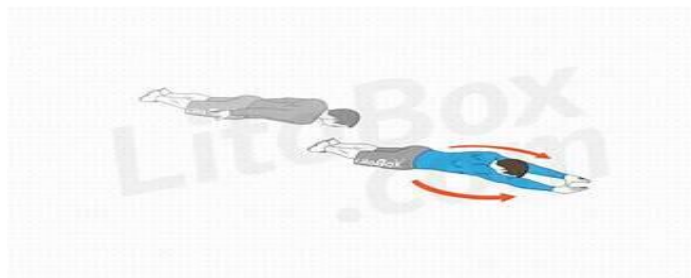
2. **Single-arm Bag Rows:** 3 sets x 8–10 reps each side

- Use the bag to row with one arm, focusing on squeezing the back muscles.



3. **Reverse Snow Angels (Bodyweight):** 3 sets x 12–15 reps

- Lie face down, lift your arms and legs, and mimic a snow angel motion for your upper back and shoulders.



Biceps:

4. **Curls (Weighted Bag):** 4 sets x 10–12 reps

- Hold the bag and perform curls, focusing on squeezing your biceps.



5. **Concentration Curls (Bag or Any Weight):** 3 sets x 10–12 reps per arm

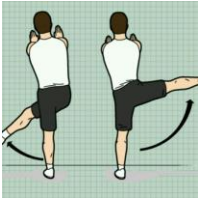
- Rest your elbow on your knee and curl the weight to emphasize the biceps peak.



Day 3: Legs

Warm-up:

- Leg swings,



- bodyweight squats
- lunges,

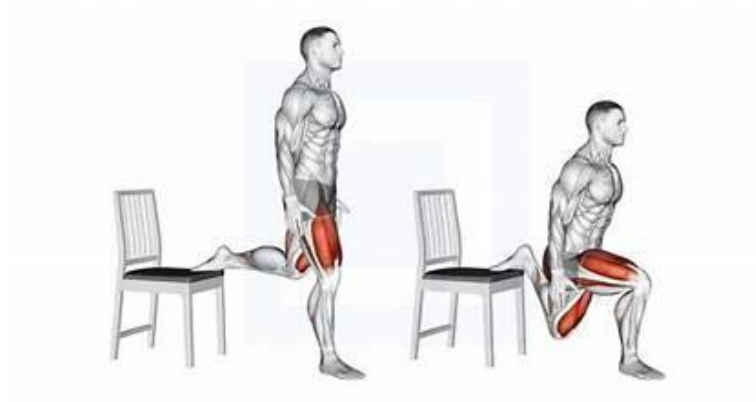


- hip openers



Legs:

1. **Squats (Weighted Bag):** 4 sets x 12–15 reps
 - Hold the bag at chest level for resistance and squat deeply to target your quads and glutes.
2. **Lunges (Weighted Bag):** 3 sets x 10–12 reps per leg
 - Hold the bag and lunge forward, ensuring proper form and depth.
3. **Bulgarian Split Squats (Using a Chair):** 3 sets x 10–12 reps per leg
 - Elevate your back foot on a chair and lower into a deep squat for single-leg work.



4. **Romanian Deadlifts (Weighted Bag):** 4 sets x 10–12 reps

- Focus on your hamstrings and glutes by keeping a slight bend in your knees while lowering the bag.

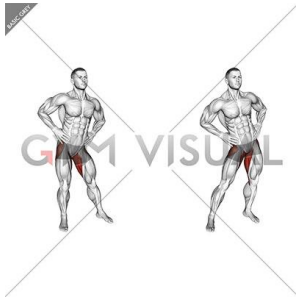
5. **Calf Raises (Bodyweight or Weighted):** 4 sets x 15–20 reps

- Stand on your toes and raise your heels, using a bag or bodyweight for resistance.



Warm-up:

- Hip circles



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- plank walkouts

Core:

1. **Plank (Weighted Bag on Back):** 4 sets x 30–60 seconds
 - Add the weighted bag to increase the challenge for your core stability.
2. **Russian Twists (Weighted Bag):** 3 sets x 20–30 reps
 - Hold the bag and twist from side to side while seated to engage your obliques.



3. **Leg Raises (Bodyweight):** 3 sets x 12–15 reps
 - Lie flat and lift your legs off the ground, keeping them straight, to target the lower abs.



4. **Weighted Sit-ups (Weighted Bag):** 3 sets x 15 reps

- Hold the bag across your chest while performing sit-ups to add resistance.



5. **Side Planks (Bodyweight):** 3 sets x 30 seconds per side

- Hold a side plank position to target your obliques and core stability.



Day 5: Arms & Shoulders (Accessory Day)

Warm-up:

- Arm circles, triceps dips, shoulder shrugs.

Shoulders:

1. **Arnold Press (Weighted Bag):** 4 sets x 8–12 reps

- Hold the bag and press overhead, twisting as you press for full shoulder engagement.



2. **Lateral Raises (Weighted Bag):** 3 sets x 12–15 reps

- Repeat from Day 1 to further target the side delts.

3. **Shrugs (Weighted Bag):** 3 sets x 12–15 reps

- Elevate your shoulders towards your ears, squeezing your traps at the top.

Arms:

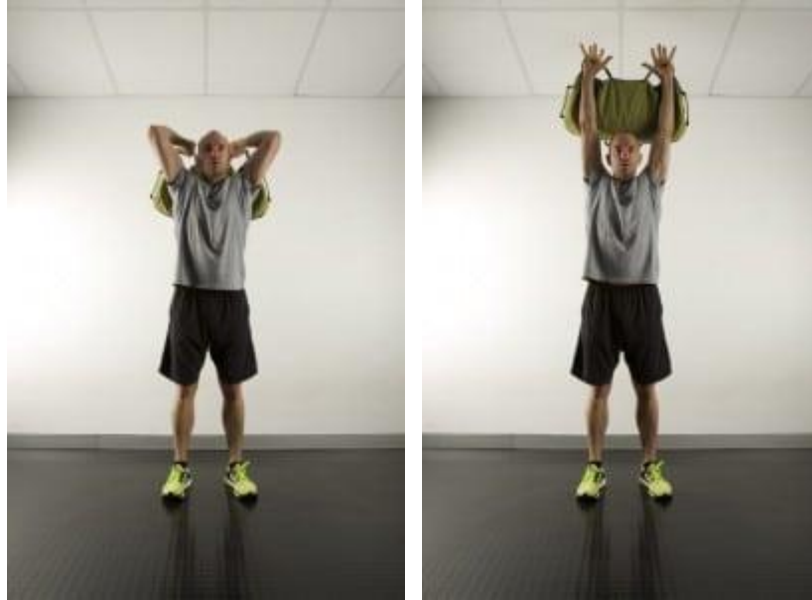
4. **Close-grip Push-ups (Triceps):** 4 sets x 12–15 reps

- Perform push-ups with your hands closer together to focus on triceps engagement.



5. **Overhead Triceps Extension (Weighted Bag):** 3 sets x 10–12 reps

- Hold the bag overhead and extend your arms to target the triceps.



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6. **Hammer Curls (Weighted Bag):** 3 sets x 10–12 reps

- Curl the bag with a neutral grip, focusing on forearms and biceps

Credit : Mohammad Said Monawar