Salman's Scientific Muscle-Gain Workout Plan

This plan is tailored for Salman – a 20-year-old beginner with basic gym access, aiming to go from 61.2 kg to 67 kg. It combines mass gain training with posture, jaw structure, and recovery optimization.

# 🗓️ Weekly Training Schedule (3 Days/Week)

## Day 1 – Chest + Shoulders + Triceps (Push Day)

Warm-up (5 mins): Treadmill walk, arm swings, shoulder rolls, light push-ups on knees (5 reps)

Workout:

- Incline Dumbbell Press – 3 sets x 10–12 reps

- Dumbbell Shoulder Press (Seated) – 2 sets x 10 reps

- Incline Push-up (hands on bench or table) – 2 sets to fatigue

- Triceps Overhead Dumbbell Extension – 2 sets x 12 reps

- Wall Hold Push-up Position – 3 rounds x 20 sec

Face Bonus: Chew gum for 10 mins post-workout.

## Day 2 – Back + Biceps + Core

Warm-up (5 mins): Treadmill brisk walk + arm circles

Workout:

- Bent Over Dumbbell Row – 3 sets x 12 reps

- Resistance Band Pull-Apart – 2 sets x 15 reps (if available)

- Underhand Dumbbell Row – 2 sets x 10 reps

- Bicep Curls (slow tempo) – 2 sets x 12 reps

- Plank – 3 rounds x 20 sec

- Lying Leg Raises – 2 sets x 12 reps

## Day 3 – Legs + Full Body Stability + Jaw Protocol

Warm-up (5 mins): Treadmill incline walk + ankle rotations

Workout:

- Dumbbell Goblet Squats – 3 sets x 12 reps

- Step-ups on bench/chair – 2 sets x 10 each leg

- Romanian Dumbbell Deadlifts (RDLs) – 2 sets x 10 reps

- Wall Sit Hold – 3 rounds x 30 sec

- Jaw Masseter Holds – Clench teeth for 5s, relax 5s (10x)

- Post-meal Gum Chewing – 10–15 mins

## Optional Treadmill Use

- 2×/week after meals – 10 mins walk

- Reduces heartburn, boosts digestion, and mild fat burn.

# 📈 Trackable Progressions (S3N Micro-Adjusting)

- Add 1 extra rep every week if possible.

- Once at 15 reps per set, increase dumbbell weight.

- Upgrade incline push-up → full push-up in 6–8 weeks.