

5-Day Workout Routine with Nutrition Plan

Workout Overview

This workout plan balances strength training and muscle recovery while ensuring total body development, with additional focus on arms, chest, and abs.

Day 1: Chest & Triceps (Push Day)

Workout:

- Bench Press – 4 sets \times 8-12 reps
- Incline Dumbbell Press – 3 sets \times 10 reps
- Dips (Weighted or Bodyweight) – 3 sets \times 12 reps
- Overhead Triceps Extension – 3 sets \times 12 reps
- Triceps Rope Pushdowns – 4 sets \times 15 reps
- Hanging Leg Raises – 4 sets \times 15 reps
- Plank – 3 sets \times 1 min

Nutrition:

- **Proteins:** Chicken breast, eggs, Greek yogurt
- **Carbs:** Brown rice, whole wheat bread, oats
- **Fruits/Veggies:** Bananas, spinach, avocados

Day 2: Back & Biceps (Pull Day)

Workout:

- Pull-Ups (Weighted if possible) – 4 sets \times 10 reps
- Bent-Over Barbell Row – 3 sets \times 10 reps
- Lat Pulldown – 3 sets \times 12 reps

- Barbell Bicep Curls – 4 sets \times 12 reps
- Hammer Curls – 3 sets \times 12 reps
- Russian Twists – 3 sets \times 15 reps (each side)
- Hanging Knee Raises – 3 sets \times 15 reps

Nutrition:

- **Proteins:** Salmon, turkey, lentils
- **Carbs:** Quinoa, sweet potatoes, whole grain pasta
- **Fruits/Veggies:** Berries, carrots, cucumbers

Day 3: Rest & Recovery

Active Recovery Options:

- Light stretching, yoga, or a 30-minute walk
- Foam rolling or massage for muscle recovery

Nutrition:

- **Proteins:** Cottage cheese, nuts, fish
- **Carbs:** Brown rice, whole wheat toast
- **Fruits/Veggies:** Apples, oranges, leafy greens

Day 4: Shoulders & Arms (Biceps & Triceps Focus)

Workout:

- Seated Shoulder Press – 3 sets \times 10 reps
- Lateral Raises – 4 sets \times 12 reps
- Close-Grip Bench Press – 4 sets \times 12 reps
- Skull Crushers (EZ Bar) – 3 sets \times 12 reps
- Concentration Curls – 3 sets \times 12 reps
- Hanging Leg Raises – 4 sets \times 15 reps
- Ab Rollouts – 3 sets \times 12 reps

Nutrition:

- **Proteins:** Lean beef, eggs, protein shakes
- **Carbs:** Oats, brown rice, whole wheat pasta
- **Fruits/Veggies:** Watermelon, broccoli, nuts

Day 5: Legs & Core (Full Body)

Workout:

- Squats (Barbell or Dumbbell) – 4 sets \times 8-12 reps
- Deadlifts (Romanian or Standard) – 3 sets \times 10 reps
- Lunges (Walking or Stationary) – 3 sets \times 12 reps
- Leg Press – 3 sets \times 12 reps
- Calf Raises – 4 sets \times 15 reps
- Cable Crunches – 4 sets \times 15 reps
- Plank to Side Plank – 3 sets \times 1 min

Nutrition:

- **Proteins:** Chicken, eggs, fish
- **Carbs:** Sweet potatoes, whole grains, fruits
- **Fruits/Veggies:** Berries, oranges, kale

Additional Tips

- Drink at least **3 liters of water daily**.
- Consume a **balanced meal within 30 minutes post-workout** (protein + carbs).
- Ensure **7-9 hours of sleep per night** for muscle recovery.