## horizontal line**Workout Plan for Men**

**Plan Overview**

* **Purpose:** This plan focuses on building strength, increasing muscle mass, and improving overall fitness.
* **Duration:** 8-12 weeks, with progressive overload for sustainable gains.
* **Frequency:** 5-6 days a week, with a mix of strength training, hypertrophy, and cardio.
* **Target Areas:** Full body, focusing on larger muscle groups such as chest, back, legs, and arms.

**Weekly Schedule**

* **Day 1:** Chest & Triceps (e.g., bench press, tricep dips, chest flyes).
* **Day 2:** Back & Biceps (e.g., pull-ups, dumbbell curls, rows).
* **Day 3:** Legs & Core (e.g., squats, lunges, planks).
* **Day 4:** Rest/Active Recovery (e.g., light cardio, stretching).
* **Day 5:** Shoulders & Abs (e.g., shoulder press, lateral raises, leg raises).
* **Day 6:** Full Body/HIIT (e.g., deadlifts, kettlebell swings, push-ups).
* **Day 7:** Rest/Stretching (e.g., foam rolling, mobility exercises).

**Daily Workout Breakdown**

* **Warm-up:**
  + 5-10 minutes of light cardio (e.g., treadmill, rowing).
  + Dynamic stretches for muscles targeted that day.
* **Main Workout:**
  + Use a split routine, focusing on 3-4 exercises per muscle group.
  + Perform 3-5 sets of 6-10 reps for heavy lifts; 8-12 reps for hypertrophy.
  + Incorporate compound lifts like deadlifts, squats, and bench presses.
* **Cooldown:**
  + 5-10 minutes of static stretches, focusing on the muscles used.

**Tracking Progress:**

* Monitor strength gains by tracking maximum lift weights.
* Track muscle measurements (arms, chest, thighs) every 2 weeks.
* Log daily workouts, weights lifted, and progress in a fitness app or journal.

**Nutrition & Hydration:**

* Caloric intake should be above maintenance for bulking.
* High-protein diet (1.2-1.5g per pound of body weight).
* Carbs: 2-3g per pound of body weight for energy.
* Hydrate with 3-4 liters of water daily.

**Motivation & Mindset:**

* Set clear weekly and monthly goals (e.g., increase bench press weight).
* Use visualization techniques, like imagining lifting heavier weights.