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# 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 flies).
- **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.