## horizontal line**Workout Plan for Muscle Gain**

**Plan Overview**

* **Purpose:** Maximize hypertrophy, targeting muscle growth in all major areas.
* **Duration:** 10-12 weeks, focusing on progressive overload and muscle tension.
* **Frequency:** 4-6 days a week, alternating between upper and lower body workouts.
* **Target Areas:** Full body with specific muscle group focus on alternating days.

**Weekly Schedule**

* **Day 1:** Upper Body Strength (e.g., bench press, dumbbell rows).
* **Day 2:** Lower Body Strength (e.g., squats, Romanian deadlifts).
* **Day 3:** Core + Abs (e.g., planks, hanging leg raises).
* **Day 4:** Rest/Active Recovery (e.g., light cardio, stretching).
* **Day 5:** Upper Body Hypertrophy (e.g., chest flyes, bicep curls).
* **Day 6:** Lower Body Hypertrophy (e.g., leg press, calf raises).
* **Day 7:** Rest/Stretching

**Daily Workout Breakdown**

* **Warm-up:**
  + 10 minutes of light cardio (e.g., rowing, treadmill).
  + Joint mobility exercises (e.g., arm circles, hip rotations).
* **Main Workout:**
  + Perform 4-5 sets of 6-12 reps, focusing on slow and controlled movements.
  + Use a mix of free weights, machines, and resistance bands.
* **Cooldown:**
  + Static stretches for all major muscle groups (5-10 minutes).

**Tracking Progress:**

* Track weight lifted and aim to increase by 5-10% each week.
* Take body measurements (chest, arms, legs) every week.
* Record daily workouts, sets, and reps in a journal or app.

**Nutrition & Hydration:**

* Caloric surplus, focusing on high-protein (1.5g per pound of body weight) and high-carb (2.5-3g per pound).
* Hydrate with 3-4 liters of water daily.
* Include post-workout nutrition (e.g., protein shake).

**Motivation & Mindset:**

* Create short-term goals (e.g., add 10 pounds to squat in 2 weeks).
* Track gains in muscle size and strength regularly.