
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.