

# 7 Day Gym Workout Plan to Build Strength and Mass

21st August 2021 by [Murshid Akram](#)

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## Summary

Workout Duration	75-90 Minutes for 6 Days Plan
Primary Goal	Strength and Muscle Growth (Hypertrophy)
Training Frequency	6 days a week
Training Level	Intermediate
Suggested Duration for Visible Result	3 Months

For beginners, I've already created a [1 Hour Gym Workout Weekly Schedule for Muscle Gain](#).

**Related:** [Full Bodyweight Workout For Beginners At Home](#)

[6 Day Gym Workout Schedule with PDF.](#)  
[Best Chest and Shoulder Workout To Build Muscle](#)

- Day 1 – Chest and Triceps, and Core (optional)
- Day 2 – Back, Biceps, and Wrist
- Day 3 – Quadriceps, Calves, and Shoulders
- Day 4 – Chest and Triceps, and Core (optional)
- Day 5 – Back, Biceps, and Wrist
- Day 6 – Shoulders, Hamstrings, and Glutes
- Day 7 – Rest/Recovery Day

In this workout plan, you'll train your primary muscle group twice a week.

During the first half of the week, you'll lift a slightly less heavy load while in the last half, you'll lift as heavyweight as possible.

Doing 8 to 12 reps with lighter weights will help you boost your strength. On the other hand, performing 4-8 reps with heavier stimulates muscle growth.

**Optimal rest period between sets: 1.5 to 2.5 minutes**

### Day 1 – Chest and Triceps, and Core

Exercise	Sets	Reps
Flat Bench Press	4	12, 10, 10, 8
Incline Bench Press	3	12, 10, 8
Flat DB Bench Press	3	12, 10, 8
Incline Cable Crossover	3	12, 10, 8
Narrow Grip Push Up (use weight, if possible)	3	12, 10, 8
Skull Crusher	3	12, 10, 10
Parallel Bar Dip (Alternative Kickback)	3	12, 10, 10
Rope Pushdown	3	12, 10, 10

### Optional Core Workout

Do as many rounds as possible in 10 minutes.

Exercise	Activity	Rest
Mountain Climber	30 seconds	15 seconds
Reverse Crunches	15 reps	15 seconds
Lying Leg Raises	10 reps	15 seconds
Front <a href="#">Plank</a>	60 seconds	No Rest
Side Plank	30 seconds each side	No Rest

Some useful links that can help you in training

[The 25 Best Upper Body Workout for Strength and Mass](#)

[10+ Dumbbell Chest Exercises For Home and Gym](#)

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## Day 2 – Back, Biceps, and Wrist

Exercise	Sets	Reps
<b>Pull-Ups</b>	3	AMRAP
<a href="#">Deadlift</a>	3	10, 8, 8
<b>Lat Pulldown</b>	3	12, 10, 10
<b>Seated Cable Rowing</b>	3	12, 10, 10
Single-Arm Dumbbell Row	3	12, 10, 8
<b>Standing Barbell Curl</b>	4	12, 10, 8
<b>Dumbbell Twisting Curl</b>	3	12, 10, 8
<b>Dumbbell Hammer Curl</b>	3	12, 10, 8
<a href="#">Wrist Curl</a>	3	12, 10, 8

**Also, Read:**

[Top 7 Back Workout For Mass Gain](#)

[10 Best Dumbbell Biceps Workout](#)

## Day 3 – Quadriceps, Calves, and Shoulders

Exercise	Sets	Reps
Barbell Back Squat	3	15, 12, 10
<a href="#">Barbell Jammer</a>	3	12, 10, 8
Machine Leg Press	3	15, 12, 10
Leg Extension	3	12, 10, 8
<a href="#">Calf Raises</a>	3	12, 10, 8
Barbell <b>Overhead Press</b>	3	12, 10, 8
Dumbbell Lateral Raise Overhand Grip (2) and Neutral Grip (2)	4	10, 8, 10, 8
<b>Seated Bent-Over</b> <a href="#">Rear Delt Raise</a>	3	12, 10, 8

Related: [The Top 10 Dumbbell Exercises For Shoulders](#)

#### Day 4 – Chest and Triceps, ( Core optional)

Exercise	Sets	Reps
Flat Bench Press	4	8, 6, 6 4
Incline DB Bench Press	4	8, 6, 6 4
<a href="#">Dumbbell Pullover</a>	3	8, 8, 6
<a href="#">Weighted Pushup</a>	3	8, 8, 6
Skull Crusher	4	8, 8, 6, 6
Narrow Grip Bench Press	3	8, 8, 6
DB/Cable Overhead Extension	3	8, 8, 6
Rope Pushdown	3	8, 8, 6

#### Optional Core Workout

##### Duration – 15 minutes

- [Dumbbell Side Bend](#) – 10 reps, 15 seconds rest
- Weighted Crunches– 10 repss, 15 seconds Rest
- [Cable Leg Raises](#)– 10 reps, 15 seconds Rest
- Bicycle Crunches – 20 seconds, 15 seconds Rest
- Plank – 60 seconds, 15 seconds Rest
- Side Plank – 30 seconds, no rest
- Weighted Reverse Crunch – 10 reps, 20 seconds Rest
- Russian Twist– 20 seconds, 20 seconds Rest
- [Hanging Knee Raise](#) – 10 reps, 20 seconds Rest
- Plank – 60 Seconds Hold, 15 seconds Rest
- Side Plank– 30 Seconds Each Side
- Hanging Oblique Twist – 10 reps, 20 seconds Rest
- V-ups Crunches– 20 Seconds, 20 seconds rest

Related: [Do The Best Ab Workouts At The Gym \(25 Exercises\)](#)

#### Day 5 – Back, Biceps, and Wrist

Exercise	Sets	Reps
Pull-Ups	3	AMRAP
Deadlift	4	6, 5, 4, 2
Seated/Standing Lat Pulldown	4	8, 6, 6, 4

Exercise	Sets	Reps
Seated Cable Rowing	3	8, 6, 6, 4
T Rowing / Bent-Over Inverted Row	4	8, 6, 6, 4
Standing Barbell / Cable Curl	4	8, 6, 6, 4
Concentration Curl	3	8, 6, 6
Incline Dumbbell Curl	3	8, 6, 6
Wrist Curl	3	8, 6, 6

### Day 6 – Shoulders, Hamstrings, and Glutes

Exercise	Sets	Reps
Dumbbell Overhead Press	3	8, 6, 4
Dumbbell Front Raises	3	8, 6, 4
DB Bent-arm Lateral Raise	3	8, 6, 4
Shoulder Shrug	3	8, 8, 6
Upright Row	3	8, 6, 4
Barbell Romanian Deadlift	3	8, 6, 4
Hamstring Curl	3	12, 10, 8
Good Morning	3	8, 8, 6
Barbell/ <a href="#">Smith Machine Hip Thrust</a>	3	12, 10, 8

### Day 7 – Rest/Recovery Day

Rest is equally important than the workout, so allow each muscle to get complete rest on day 7. And repeat the same schedule in the next weeks.

However, you can replace some exercise depending on your choice but this 7 day gym workout plan is well designed and can help you build muscle and muscle.

For the paid customized routine for yourself,  
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