

Gym Workout Routine for Men to Gain Muscle PDF

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Article Link - Thefitnessphantom.com/gym-workout-plan-for-women-and-men-with-pdf/

Routine Types – Push, Pull, and Legs, Core

- **Monday** – Push Workout
 - Chest, Shoulder, and Triceps (Higher Repetitions)
- **Tuesday** – Pull Workout
 - Back, Biceps, Wrist, Abs and Oblique (High Reps)
- **Wednesday** – Legs and Glutes
 - Quads, Hamstrings, Calves and Glutes
- **Thursday** – Push Workouts
 - Chest, Shoulder, and Triceps (High Load and Fewer Reps)
- **Friday** – Pull Workouts (High Load and Fewer Reps)
 - Back, Biceps, Wrist, Abs and Oblique
- **Saturday** – Legs (High Load, Fewer Reps)
 - Quads, Hamstrings, Calves and Glutes
- **Sunday** – Rest

Note: Doing higher repetitions with a shorter rest period between sets will help you gain muscular strength.

While performing fewer reps with a heavier load will help you beef up your muscle mass.

You can also save its alternative [7-Day workout plan PDF](#).

Ideal Rest Time between Sets –1-3 Minutes

Monday – Push Workout (Higher Repetitions)

Workout	Targeted Muscles	Reps
Barbell Flat Bench Press	Chest and Triceps	16, 12, 10
Incline Dumbbell Press	Chest and Front Delt	14, 12, 10
Cable Incline Fly	Chest	12, 10, 10
Bar Dips	Chest, Triceps and Shoulder	6-12 x 3
Barbell Overhead Press	Shoulder and Triceps	12, 10, 10
Bent-arm Lateral Raise	Shoulder	12, 10, 10
Barbell Front Raise	Shoulder	12, 10, 10
Skull Crusher	Triceps	12, 10, 10
Overhead Tricep Extension	Triceps	12, 10, 10

Tuesday: Pull Workout (High Repetitions)

Exercise	Targeted Muscles	Reps	Rest
Pull-up	Back and Biceps	4-10 x 3	1-min
Lat Pulldown	Back and Biceps	15, 12, 10	2-min
Barbell Bent-Over Row	Back and Biceps	15, 12, 10	2-min
Incline Seated DB Rowing	Back and Rear Delt	12, 10, 8	2-min
Seated Rowing	Back and Biceps	15, 12, 10	2-min
Barbell Curl	Biceps	16, 14, 12	2-min
DB Alternate Bicep curl	Biceps	14, 12, 10	2-min
Preacher Curl	Biceps	14, 12, 10	2-min
Palm up Dumbbell Wrist Curl	Wrist and Forearm	16, 14, 12	1-min
Reverse Crunches	Core	10 x 2	30-sec
Hanging Knee Raise	Core	10 x 2	30-sec
Plank	Core	60-sec	—

Wednesday – Legs and Glutes – Higher Reps Focus

Workout	Muscles Build	Reps	Rest
DB Lunges	Quadriceps, Glutes, and Hamstring	12, 10	1-min
Barbell Back Squat	Quad	16, 12, 10	2-min
Leg Press	Quad	16, 12, 10	2-min
Dumbbell Romanian Deadlift	Hamstring, Quad, Glutes	10, 8, 6	1-min
DB Leg Curl or Hamstring Curl	Hamstring	14, 12, 10	2-min
Weighted Glute Bridge	Glute	14, 12, 10	2-min
Calf Raises	Calves	14, 12, 10	1-min

Thursday – Push Workouts – Heavy Load with Fewer Reps

Exercise	Muscles	Reps	Rest
Barbell Flat Bench Press	Chest	10, 8, 6	2-3 minutes
Incline DB Bench Press	Chest	10, 8, 6	2-3 minutes
Cable/Machine Fly	Chest	10, 8, 6	1-2 minutes
Skull Crusher	Triceps	10, 8, 6	
Weighted Bench Dips	Triceps	10, 8, 6	
Rope Pushdown	Triceps	10, 8, 6	
DB Overhead Press	Shoulder	10, 8, 6	2-3 minutes
DB Front Raise	Shoulder	10, 8, 6	2-3 minutes
Bent Arm Lateral Raise	Shoulder	10, 8, 6	2-3 minutes
Shoulder Shrug	Shoulder	10, 8, 6	2-3 minutes

Friday – Pull Workouts (High Load and Fewer Reps)

Exercises	Muscles	Reps	Rest
Deadlift	Back and Lower Body	6, 4, 2	2-3 min
Lat Pulldown	Back and Biceps	10, 8, 6	1-2 min
Seated Cable Rowing	Back and Biceps	10, 8, 6	1-2 min
T Rowing	Back and Biceps	10, 8, 6	2-3 min
Face Pull	Back and Rear Delt	10, 8, 6	1-2 min
Chinups	Biceps and Back	10, 8, 6	1-2 min
Preacher Curl	Biceps	10, 8, 6	1-2 min
Concentration Curl	Biceps	10, 8, 6	1-2 min
Palms up Wrist Curl	Wrist	8 x 2	1-2 min
Palms Down Wrist Curl	Wrist	8 x 2	1-2 min
Reverse Crunches	Core	10 x 2	30-sec
Side Knee Raise	Core	10 x 2	30-sec

Saturday – Legs (High Load, Fewer Reps)

Leg and Core Exercises	Muscles Worked	Reps	Rest
Barbell Back Squat	Quads	10, 8, 6	2-3 min
Barbell Jammer	Lower Body	10, 8, 6	2-3 min
Leg Press	Quads	10, 8, 6	2-3 min
Leg Extension	Quads	10, 8, 6	2-3 min
Hamstring Curl	Hamstring	10, 8, 6	2-3 min
Barbell Hip Thrust	Glute, Hip	10, 8, 6	2-3 min
Calf Raises	Calves	12, 10, 8	1-2 min

I hope you liked the routines.

You can change or replace any workout you don't do with the exercise you prefer.

You can incorporate some of the below exercises in the following weeks of training.

1. [List Of Compound Exercises](#)
2. [Dumbbell Pullover](#)
3. [DB Rear Delt Exercises](#)
4. [Dumbbell Squat Swing](#)
5. [Clean And Press](#)
6. [Glute And Hamstring Workout](#)
7. [Kettlebell Pushups](#)
8. [Dumbbell Lower Chest Exercises](#)
9. [Knee Push-Ups](#)
10. [Weighted Pushup](#)
11. [Dumbbell Leg Extension](#)

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