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## 7 Day Workout Plan To Build Muscle At Home

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Check out [article](#) for more info

This 7 day home workout routine will help you build and maintain strength, balance, flexibility, and lean mass by using your body weight only.

Use this program for 8 to 12 weeks and make sure you take care of your macros to see visible results.

You can use this [Bodybuilding Macro Calculator](#) to see how many calories you need to take from protein, carbs, fats, and micronutrients.

Okay, so here's the program. You can also customize it depending on your fitness level.

### Day 1

Exercise	Muscle Worked	Reps	Rest
Jumping Jacks	Full Body	15-sec x 2	30-sec
Incline Push-up	Chest and Triceps	15 x 2	1-min
Standard Pushup	Chest and Triceps	10 x 3	90-sec
Standard Squat	Quad	15 x 3	1-min
Superman Fly	Back	15 x 3	1-min
Lying Y Raises	Back and Rear Delt	15 x 3	1-min
Bird Dog Plank	Lower Back and Core	10 x 2	1-min

### Day 2

Exercise	Muscle	Reps	Rest
Squat Jump	Quad	10 x 3	45-sec
Lunges	Legs	10 x 2	45-sec
Inverted Row	Back	10 x 3	1-min
Narrow Pushups	Triceps	10 x 3	90-sec
<a href="#">Reverse Crunches</a>	Core	10 x 2	45-sec
Mountain Climber	Core	30-sec x 2	45-sec
Glute Bridge	Glute	10 x 3	45-sec

### Day 3

Exercise	Muscle	Reps	Rest
<a href="#">Lateral Squat</a>	Legs	10 x 3	45-sec
<a href="#">Sumo Squat</a>	Legs	10 x 2	45-sec
Standard Pushup	Chest	10 x 3	1-min
Pike Pushup	Shoulder	10 x 3	90-sec
Floor IYT Raises	Back	10 x 2	45-sec
Bench Dips	Triceps	12 x 3	45-sec
Plank	Core	30-sec x 2	45-sec

### Day 4 – OFF

### Day 5

Exercise	Muscle	Reps	Rest
Burpees	Full Body	10 x 3	45-sec
<a href="#">Side Plank Rotation</a>	Core	10 x 2	45-sec
Squats	Legs	10 x 3	1-min
Pushups	Chest	10 x 3	90-sec
Floor IYT Raises	Back	10 x 2	45-sec
Inverted Row	Back	12 x 3	45-sec
Shoulder Tap	Upper Body	30-sec x 2	45-sec

### Day 6

Exercise	Muscle	Reps	Rest
<a href="#">Inchworm</a>	Full body	10 x 3	45-sec
<a href="#">Bodyweight Step-up</a>	Legs	10 x 2	45-sec
<a href="#">Dive Bomber Push-ups</a>	Upper Body	10 x 3	1-min
Superman Pull	Back	10 x 3	90-sec
Dead Bug Crunches	Core	10 x 2	45-sec
<a href="#">Lying Leg Lift</a>	Core	12 x 3	45-sec
<a href="#">Donkey Calf Raise</a>	Calves	30-sec x 2	45-sec

### Day 7

Exercise	Muscle	Reps	Rest
<a href="#">Bodyweight Power Maker</a>	Full Body	10 x 3	45-sec
Triangle Pushups	Triceps	10 x 2	45-sec
Floor IYT Raises	Back	10 x 3	1-min

Shoulder Tap	Upper Body	10 x 3	90-sec
Reverse Lunges	Legs	10 x 2	45-sec
Glute Bridge	Glute	12 x 3	45-sec
Mountain Climber	Core	30-sec x 2	45-sec
Plank	Core	30-sec x 2	–