

8 Week Full Body Workout Plan for Men and Women

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Check out [article](#) for more info

Workout Plan Description

Program goal: Increase strength, endurance, muscle mass and improve body composition.

Targeted gender: This 8-week full-body workout plan is suitable for both men and women.

Estimated workout duration of one session: The one session will take around 45-60 minutes to complete.

Workout frequency per week: You'll train three times a week throughout the eight weeks of training.

Pre-workout warm up: Warming up before lifting weight is an efficient way to increase performance. You can do some of the [best cardio exercises](#) for five minutes to increase your heart rate and oxygen flow.

Type of exercises you'll do in this program: I've included both compound and [isolation exercises](#) in this workout routine that will help you improve your overall fitness.

How much weight you should lift: You can lift as heavy as you like as long as you perform the suggested sets and reps with the correct form.

Optional core workout: I haven't included abs abdominal specific exercises in this routine but if you want to perform them, you can check out this [core workout category](#).

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Optimum Nutrition Amino Energy	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Body Fortress Whey Protein Powder

The 8 Week Full Body Workout Plan to Build Muscle

Schedule:

- **Monday** – Workout
- **Tuesday** – OFF
- **Wednesday** – Workout
- **Thursday** – OFF
- **Friday** – Workout
- **Saturday** – OFF
- **Sunday** – OFF

Week 1

Perform three sets of 10 to 12 reps for each exercise with one to three minutes of rest between sets.

- Sets: 3
- Reps: 8-12
- Rest: 1-3 minutes

Monday	Wednesday	Friday
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Pullups/Chinups	Dumbbell Front Lunges	Off Block Deadlift
Front Lat Pulldown	Dumbbell Arnold Press	Seated Cable Rowing
Dumbbell Squat	Pec Deck Fly	Face pull
Incline DB Bench press	Triceps Rope Pushdown	Deficit Pushup
Dumbbell Lateral Raises	Bent-over Barbell Row	Dumbbell Pullover
Front Plank	Rotational DB Curl	Machine Leg Curl

Week 2

You'll do three sets of 10 to 12 exercises for each movement.

- Sets: 3
- Reps: 10-12
- Rest: 1-2 minutes

Monday	Wednesday	Friday
Barbell Back Squat	Pull-ups/Chinups	Front Lat Pulldown
Incline DB IYT Raises	Machine Leg Press	Seated Cable Rowing
Bar Dips	Flat Bench Press	Dumbbell Pullover
One-arm Dumbbell Row	Incline Dumbbell Press	DB Romanian Deadlift
Reverse Pec Dec Fly	Dumbbell Lateral Raise	Dumbbell Biceps Curl
Concentration Curl	Incline Plank Rowing	One-arm Tricep Extension

Week 3

- Sets: 3
- Reps: 8-12
- Rest: 1-3 minutes

Monday	Wednesday	Friday
Barbell deadlift	Front Lat Pulldown	Barbell Back Squat
Dumbbell Arnold Press	Barbell T rowing	Incline Bench Press
Dumbbell Bench Press	Bar Dips	Dumbbell Lateral Raise
Tricep Pushdown	Chinups	Bent-over Barbell Row
Barbell Curl	DB Rear Delt Fly	Dumbbell Pullover
Dumbbell Step-up	H2L Cable Woodchop	Landmine Oblique Twist

Week 4

- Sets: 3
- Reps: 8-12
- Rest: 1-3 minutes

Monday	Wednesday	Friday
Dumbbell IYT Raises	Pullups/Chinups	Dumbbell Sumo Squat
Pec Dec/ H2L Chest Fly	Bar Dips	V Grip Lat Pulldown
Seated Cable Rowing	Machine Leg Press	Flat Bench Press
Hammer Curl	Bent-over Barbell Row	Dumbbell Lateral Raise
Dumbbell Lunges	DB Rear Delt Raises	Dumbbell Shrug
Dumbbell RDL	Deficit Pushup	10-min Abs Workout

Week 5

- Sets: 3
- Reps: 8-12
- Rest: 1-3 minutes

Monday	Wednesday	Friday
Barbell Deadlift	Barbell Back Squat	Flat Bench Press
Dumbbell Arnold Press	Chin-ups	Bar Dips
Dumbbell Lateral Raise	Lat Pulldown	Barbell Thruster
Incline Hammer Chest Press	Seated Cable Rowing	Dumbbell Pullover
Tricep Pushdown	Face Pull	Dumbbell Shrug
One-arm Dumbbell Row	Hip Thrust	Romanian Deadlift

Week 6

- Sets: 3
- Reps: 8-12
- Rest: 1-3 minutes

Monday	Wednesday	Friday
Dumbbell IYT Raises	Russian KB Swings	Front Lat Pulldown
Incline Hammer Chest Press	Dumbbell Step up	Dumbbell Lunges

Parallel Cable Fly	Bent-over Barbell Row	Deficit Pushup
One-arm Cable Lateral Raise	Seated Machine Leg Curl	Decline DB Bench Press
Decline Dumbbell Squeeze Press	Bar Dips	Barbell Skull Crusher
Dumbbell Step-up	Chinups	Biceps Curl

Week 7

- Sets: 3
- Reps: 8-12
- Rest: 1-3 minutes

Monday	Wednesday	Friday
Barbell Jammers	Flat Bench Press	Barbell Deadlift
Lateral Raises	Incline Dumbbell Press	Front Lat Pulldown
DB Rear Delt Fly	Barbell T Bar Row	Arnold Press
One-arm Dumbbell Row	Hack Squat	Lateral Raises
Cable Woodchop	Leg Extension	Dumbbell Pullover
Low Back Extension	10-min Triset Abs Workout	Face Pull

Week 8

- Sets: 3
- Reps: 8-12
- Rest: 1-3 minutes

Monday	Wednesday	Friday
Standing DB IYT Raises	Barbell Back Squat	Barbell Jammers
Deficit Pushup	Lat Pulldown	Dumbbell Lateral Raise
Bent-over Barbell Row	Seated Row	One-arm Dumbbell Row
Flat Barbell Bench Press	Arnold Press	DB Rear Delt Raise
Pec Deck Fly	Incline DB Bench Press	Bar Dips
Tricep Pushdown	15-min Triset Abs Workout	Chinups

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
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<u>Redcon1 Total War Pre-Workout</u>	<u>BSN Amino X Muscle Recovery & Endurance Powder</u>	<u>Levels Grass Fed 100% Whey Protein, No Hormones</u>
<u>Optimum Nutrition Amino Energy</u>	<u>XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</u>	<u>Orgain Organic Vegan Protein Powder</u>
<u>ZonePerfect Protein Bars</u>	<u>KeyNutrients Electrolytes Powder</u>	<u>Body Fortress Whey Protein Powder</u>

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