

## 5 Day Home Workout Plan for Muscle Gain

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Check out [article](#) for more info

### Summary

Split Type	Full Body
Exercise Type	Bodyweight
Expected Program Duration	8-12 weeks
Target Gender	Male and Female
Suitable for	Beginner to Intermediate
Program Goal	Increase Lean Mass and Strength
Plan to Follow Next	<a href="#">6 Day Workout Routine at Home</a>

### Day 1

Exercise	Muscles Worked	Reps	Sets	Rest
<a href="#">Incline Pushup</a>	Upper Chest	8-12	2	1-min
Sumo Squat	Legs	10-12	2	1-min
<a href="#">Standard Pushup</a>	Chest	8-10	2	2-min
Floor IYT Raises	Back	8-10	2	1-min
<a href="#">Triangle Pushup</a>	Triceps & Chest	8-10	2	2-min
Lying Towel Pull	Back	10-12	2	1-min
<a href="#">Chair Dips</a>	Triceps	10-12	2	1-min

#### Alternative exercises to do at home with equipment:

- Arnold Press
- Incline Dumbbell Bench Press
- Single-arm Tricep Extensions
- Dumbbell Lateral Raises

### Day 2

Exercise	Muscles Worked	Reps	Sets	Rest
Burpee	Full Body	8-10	2	1-min
<a href="#">Superman Pull</a>	Back	10-12	2	1-min
Forward Lunges	Legs	8-10	2	1-min

<a href="#">Inverted Row</a>	Back	10-12	2	1-min
<a href="#">Pike Pushup</a>	Shoulder	8-10	2	1-min
<a href="#">10-min Abs Workout</a>	Core	–	–	–

Substitute some of the above exercises with the following ones if you have equipment at home:

- Single arm Dumbbell Row
- Dumbbell Rear Delt Raises
- Dumbbell Shrug
- Dumbbell IYT Raises

## Day 3

Exercise	Muscles Worked	Reps	Sets	Rest
<a href="#">Dive Bomber Push-ups</a>	Upper Body	8-10	2	90-sec
Standard Squat	Legs	12-15	3	90-sec
Shoulder Tap	Upper Body	10/side	2	60-sec
<a href="#">Tricep Extension</a>	Triceps	8-10	2	60-sec
<a href="#">Glute Bridge</a>	Hips and Glutes	10-12	2	60-sec
<a href="#">Incline Towel Row</a>	Upper Back	10-12	2	60-sec
<a href="#">Calf-Raises Against The Wall</a>	Calves	12-15	3	60-sec

Optional exercises to do at home with equipment:

- Dumbbell Step-up
- Dumbbell Leg Curl
- Resistance Band Squats
- Dumbbell RDL

## Day 4

Exercises	Muscle Worked	Reps	Sets	Rest
<a href="#">Archer Push-up</a>	Upper Body	10-15	2	90-sec
Bear Crawl	Full Body	15-sec	2	60-sec
Burpee	Full Body	8-10	2	90-sec
<a href="#">Inchworm</a>	Total Body	5-6	2	60-sec
<a href="#">Lateral Lunges</a>	Legs	10/side	1	30-sec

Chair Dips	Triceps	10-12	3	60-sec
<a href="#">Frogger</a>	Total Body	10-12	2	60-sec

Optional exercises to do at home with equipment:

- [Banded Overhead Press](#)
- [Single-arm Banded Curl](#)
- Incline DB Bench Press
- Dumbbell Lateral Raises

## Day 5

Exercises	Muscle Worked	Reps	Sets	Rest
Dive Bomber Push-ups	Upper Body	8-10	2	1-2 min
Floor IYT Raises	Back	10-12	2	60-sec
<a href="#">Reverse Lunge</a>	Legs	10/side	1	60-sec
Bodyweight Power Maker	Full Body	6-8	2	1-2 min
Superman Pull	Back	12-15	2	60-sec
Step up	Lower Body	10/side	2	60-sec
<a href="#">10-min Tri-set Ab workout</a>	Core	—	—	—

Alternative exercises to do at home with equipment:

- Dumbbell Pullover
- Dumbbell Plank Rowing
- [Banded Triangle Pushup](#)
- [Banded Rear Delt Fly](#)

## Recommended Supplements:

Pre-Workout	During Workout	Post Workout
<a href="#">Redcon1 Total War</a> Pre-Workout	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Optimum Nutrition Amino Energy</a>	<a href="#">XTEND Sport BCAA Powder</a> <a href="#">Blue Raspberry Ice - Electrolyte Powder</a>	Orgain Organic Vegan Protein Powder

<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Body Fortress Whey Protein Powder</a>
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If the above workout plan helped you in any way, kindly support my work buying through these affiliate links.

**You can add more exercises from the list below:**

1. [Top 5 Rear Delt Bodyweight Exercises](#)
2. [13 Best Bodyweight Push Exercises](#)
3. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
4. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
5. [Knee push-ups for beginners \(with Video\)](#)
6. [8 Best Bodyweight Hamstring Exercises at Home](#)
7. [The 20 Best Bodyweight Exercises for Arms](#)
8. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
9. [Full Bodyweight Workouts For Beginners](#)
10. [Bodyweight Exercises For Back At Home](#)
11. [Bodyweight Exercises for Shoulder](#)

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