

# THE 5-DAY COMPOUND WORKOUT ROUTINE FOR STRENGTH AND SIZE

Created by: [Murshid Akram](#)

Check out [article](#) for more info

## Summary

### Who can do it?

Any man who want to test his strength and endurance and level up his fitness. I've designed this program particular for men who have been lifting for a while.

Females can also try if they want.

I've also created a [3-day compound workout routine](#) for those who are not experienced but want to focus on compound lifting.

### Optimal Rest Time Between Sets

- 3-4 minutes of rest would be sufficient when you lift weight at more than 70% of one rep max.
- 2-3 minutes between 50-70% of 1RM
- 1-2 minutes of rest when you lift at below your 50% of your 1RM

However, depending on your fitness level, you can increase or decrease your interval time.

### How much should you lift?

- **First set:** 40-50% of your 1RM
- **Second set:** 50-65% of your 1RM
- **Third set:** 65-80% of your 1RM
- **Fourth set:** 80-95% of your 1RM

You can lift as heavy as you want as long as you maintain proper form during the exercise.

## Daily Workout Duration

Working out 60 to 75 minutes can help you achieve your fitness goal quickly if you want to increase strength and size.

## Warm-up

Warming up for 5 minutes before lifting heavy weights can be beneficial for optimal performance.

You can do bodyweight aerobic exercises, lift light weights and run on the treadmill to increase your heart rate and oxygen supply.

## Suggested Program Duration

You should follow this program for three months to see noticeable results.

# Schedule

- **Monday:** Chest, Triceps, and Calves
- **Tuesday:** Back, Biceps, and Glutes
- **Wednesday:** Quadriceps and Shoulder
- **Thursday:** Rest
- **Friday:** Chest, Triceps, Core
- **Saturday:** Back, Biceps and Hamstrings
- **Sunday:** Rest

To achieve the maximum gain, training one large and one small muscle groups per session can be helpful. This way you can use heavy weights and achieve higher muscle activation.

This 5-day compound workout plan is mostly (not entirely) based on Micheal Mathews's book "Bigger, Leaner, Stronger – The Simple Science of Building the Ultimate Male Body."

## Day 1 – Chest, Triceps, and Calves

Exercises	Reps
<a href="#">Flat Bench Press</a>	12, 8, 6, 4
Incline Bench Press	8, 6, 6, 4
Dips (weighted, if possible)	8, 6, 6, 4
Triangle Pushup (weighted, if possible)	8, 6, 6, 4

<a href="#">Standing Calf Raise</a>	12, 10, 8, 6
-------------------------------------	--------------

## Day 2 – Back, Biceps, and Glutes

Exercises	Reps
<a href="#">Conventional Deadlift</a>	8, 6, 5, 4
Pullups (weighted, if possible)	8, 6, 6, 4
Seated Cable Rowing	8, 6, 6, 4
<a href="#">Pendlay Row</a>	8, 6, 6, 4
Barbell Drag Curl	8, 6, 4
<a href="#">Barbell Hip Thrust</a>	8, 6, 6, 4

## Day 3 – Quadriceps and Shoulder

Exercises	Reps
<a href="#">Barbell Back Squat</a>	8, 6, 6, 4
Stationary Lunges	8, 6, 6, 4
<a href="#">Barbell Jammers</a>	8, 6, 6, 4
<a href="#">Incline DB IYT Raises</a>	8, 6, 6, 4

## Day 4 – Chest, Triceps, Core

Exercises	Reps
Incline Bench Press	15, 12, 10
Dumbbell Pullover	12, 10, 8
Narrow Grip Bench Press	12, 10, 8
<a href="#">Parallel Bar Dips</a>	12, 10, 8
Hanging Knee Raises	10 x 2
<a href="#">Landmine Oblique Twist</a>	10 x 2
Forearm Plank	60-sec
Side Plank	30-sec/side

## Day 5 – Back, Biceps and Hamstrings

Exercises	Reps
<a href="#">Bent Over Row</a>	15, 12, 10
Pullups	10 x 3
Front Lat Pulldown	12, 10, 8
Chin-ups	12, 10, 8
<a href="#">Barbell RDL</a>	6-8 x 4

# Instructions and Tips to Follow This Program Effectively

## 1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

## 2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

## 3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.<sup>4</sup>

## 4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

## 5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

## 6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

## 7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

## 8. If You're a Beginner

It is best to focus on form instead of weight for the first couple of months. Once you gain strength and learn the right form, you can progress your workout. You can also start with the [one-hour program](#).

## 9. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

## 10. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

## 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="#">Nutrigo Lab Strength (Strong VASCULAR Booster)</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Mass Extreme Pro Active Growth + Massive Testo Activator</a>

If the above workout plan helped you, kindly support my work buying through these affiliate links.

## Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

**I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.**

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)  
[Free Programs](#) | [Paid Programs](#) | [Products](#)