

THE 5 DAY FULL BODY WORKOUT ROUTINE TO LEVEL UP FITNESS

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Check out [article](#) for more info

Workout Summary and Description

I've included three different workouts (strength, endurance, and hypertrophy) in this program to help you improve your overall fitness and achieve a muscular physique.

Routine Type	Total Body Workout
Suggested Program Duration	3 Months
Workout Goal	Build Strength, Mass, and Endurance
Training Level	Intermediate
Duration/Session	60 Minutes
Frequency	5 Days per Week
Target Gender	Male and Female
Preceding Plan	4 Day Total Body Workout
Plan to Follow Next	6 Day Gym Workout Schedule

How much should you lift?

- **Strength exercises:** Start with 50% of your one rep max and increase 10% weight after each set.
- **Hypertrophy:** Begin weight 40% of your one rep max and increase 5% weight after each set.
- **Endurance:** Lift weights below 50% of your one rep max.

Interval time between sets

- **Strength:** 3-4 minutes
- **Hypertrophy:** 1-3 minutes
- **Endurance:** Less than 60 seconds

Schedule

Day	Workout
Monday	Strength Workout
Tuesday	Hypertrophy Workout
Wednesday	Endurance Workout
Thursday	REST
Friday	Strength Workout
Saturday	Hypertrophy Workout
Sunday	REST

You can also include and exclude some exercises from this program and adjust it according to your fitness level and goal.

Day 1 – Strength Workout

Warm-up

- Jumping Jacks: 15-sec x 2
- [High Knees](#): 15-sec x 2
- Treadmill: 3-5 minutes at your selected pace

Strength Training

- Pullups: Aim for three sets of as many reps as possible.
- Back Squat: 10, 8, 6, 4 reps (four sets)
- Seated Cable Row: 10, 8, 6, 4 reps (four sets)
- Bench Press: 10, 8, 6, 4 reps (four sets)

Cardio/Mobility

- [Bird Dog Plank](#): Hold 10-sec on each side for five times
- [Upward Facing Dog](#): 10-sec hold x 3
- [Superman Fly](#): 10 reps x 2

Day 2 – Hypertrophy Workout

Warm-up

- [Ankle Hops](#): 15-sec x 2
- [Burpees](#): 10 reps x 2
- Treadmill: 3-5 minutes at your desired pace

Hypertrophy Training

- Lat Pulldown: 15 reps x 3
- Incline Dumbbell Bench Press: 15 reps x 3
- Lateral Raises: 12 reps x 3
- [Rear Delt Raises](#): 12 reps x 3
- Leg Curl: 15 reps x 3

Cardio/Mobility

- Bicycling: 3 minutes
- [Upward Salute](#): 10-sec x 2
- [Low Lunge](#): 10-sec x 2

Day 3 – Endurance Workout

Warm-up

1. Jumping Jacks: 15-sec x 2
2. [Lunges to Front Kick](#): 5 reps on each side x 2
3. Treadmill: 3-minute Jog

Endurance Circuit Training

- 15 [Kettlebell Swings](#)
- 10 Barbell Thrusters
- 10 [DB Step-ups](#)
- 10 [Bar over Burpees](#)
- 10 [Sumo Cossack Squats](#)
- Repeat Twice

Mobility

- Cat Cow Pose: 15-sec x 2
- Cobra Pose: 15-sec x 2
- Supine Spinal Twist: 15-sec x 2

Day 4 – Strength Workout

Warm-up

- Ankle Hops: 15-sec x 2
- Lunges to Front Kick: 5 reps on each side x 2
- Treadmill: 2 minutes

- 10 Deadlifts with an empty barbell

Strength Training

- Deadlift: 6, 5, 4, 3, 2 reps (five sets)
- Overhead Press: 10, 8, 6, 4 reps (four sets)
- Bent-over Row: 10, 8, 6, 4 reps (four sets)
- [Weighted Standard Pushups](#): 10, 8, 6, 4 reps (four sets)

Cardio/Mobility

- Bird Dog Plank: Hold 10-sec on each side for five times
- Upward Salute: 10-sec x 2
- Cat Cow Pose: 15-sec x 2

Day 5 – Hypertrophy Workout

Warm-up

4. Treadmill: 2-3 minutes
5. Bodyweight Squat: 15 x 2
6. Bodyweight Pushups: 10 x 2

Hypertrophy Training

- One-arm DB Row: 10 reps/side x 2
- Pec Deck Fly: 15 reps x 3
- Bar Triceps Pushdown: 15 x 3
- Leg Extension: 15 reps x 3
- [Hanging Knee Raises](#): 10 reps x 2
- [H2L Cable Chop](#): 10 reps/side x 2

Cardio/Mobility

- Bicycling: 5 minutes

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.⁴

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
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

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.

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