

90-MINUTE GYM WORKOUT PLAN FOR MUSCLE GAIN AND WEIGHT LOSS

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Routine 1 - 90-Minute Gym Workout Plan to Build Muscle

If you aim to put on muscles, [enhance your lifting ability](#), and improve your look, this training program can help you achieve that goal.

It includes training every muscle group twice a week, making it suitable for those who want to [increase muscular hypertrophy](#).

Despite having six sessions per week, this workout plan will allow you decent recovery time between workouts so your muscles can recover and prepare for each session.

Brief Summary

- **Split Type:** Combined Upper-Lower Body Part Split
- **Sessions/Week:** 5-6 Days a Week
- **Duration/Session:** 1.5 Hours
- **Workout Goal:** Strength and Muscle Development
- **Difficulty Level:** Intermediate
- **Target Gender:** Male and Female
- **Suggested Program Duration:** 12-16 Weeks

- **Rest Time Between Sets:** 2-3 minutes while performing **compound lifts**, such as squats, bench presses, overhead presses, and deadlifts; and 1-2 minutes during single-joint exercises, for example – biceps curl, triceps extension, and leg curl.

Split for Muscle Gain

- **Day 1:** Chest, Arms, and Abs
- **Day 2:** Back, Hamstrings, and Glutes
- **Day 3:** Shoulder, Quads, and Calves
- **Day 4:** OFF
- **Day 5:** Chest, Arms, and Abs
- **Day 6:** Back, Hamstrings, and Glutes
- **Day 7:** Shoulder, Quads, and Calves
- **Day 8:** OFF
- Repeat

Warm-up: Begin your session with a few warm-up sets to prepare your muscles for heavy lifts.

Day 1: Chest, Arms, and Abs

Exercise	Sets	Reps
Incline Machine Bench Press	3	12-15
Flat Machine Bench Press	3	12-15
Peck Deck Fly	3	12-15
Skull Crusher + Preacher Curl (Superset)	2	10-15
Press Down + Incline DB Curl (Superset)	2	10-15
Bar Dips + Hammer Curl (Superset)	2	10-15
Hanging Knee Raises + Sit-ups (Superset)	2	10-20

Day 2: Back, Hamstrings, and Glutes

Exercise	Sets	Reps
Close Grip Lat Pulldown	3	12-15
Seated Cable Row	3	12-15
Bent-Over Barbell Row	3	12-15

One-arm DB Row	3	10-12
DB Romanian Deadlift	3	10-12
Leg Curl	3	15-20
Hip Thrust	3	10-12

Day 3: Shoulder, Quads, and Calves

Exercise	Sets	Reps
Leg Extension + Lateral Raises (superset)	4	12-15
Machine Leg Press + Overhead Press	4	12-15
Dumbbell Lunges + Rear Delt Flyes	4	10-12
Calf Raises + Shoulder Shrug	4	10-12

Day 4: OFF

Day 5: Chest, Arms, and Abs

Exercise	Sets	Reps
Incline DB Bench Press	3	12-15
Low-to-High Cable Chest Fly	3	12-15
Cable Upward Fly	3	12-15
Overhead Rope Extension + Barbell Curl (Superset)	2	10-15
Press Down + Concentration Curl (Superset)	2	10-15
Bench Dips + Reverse Curl (Superset)	2	10-15
Hanging Knee Raises + Sit-ups (Superset)	2	10-20

Day 6: Back, Hamstrings, and Glutes

Exercise	Sets	Reps
Front Lat Pull Down	3	12-15
Chest-Supported Row	3	12-15
Standing Lat Pulldown	3	12-15
Low Back Extension	3	10-12
DB Romanian Deadlift	3	10-12
Leg Curl	3	15-20
Long Leg March	3	10-12

Day 7: Shoulder, Quads, and Calves

Exercise	Sets	Reps
Leg Extension + Lateral Raises (superset)	4	12-15
Back/Hack Squat + Front Raises	4	12-15
Bulgarian Squat + Overhead Reverse Fly	4	10-12
Calf Raises + Shoulder Shrug	4	12-15

Day 8: OFF

Routine 2 - 90 Minute Gym Workout Routine to Promote Weight Loss

Consuming nutritious, **low-calorie foods** that can fill for longer will help you limit your calorie intake and reduce your body fats over time.

Besides diet, exercise plays a key role in accelerating fat loss, bolstering muscles, and sculpting physique.

And those who want to transform their shape and fitness level can try this 90-minute weight loss gym workout.

About Program

- **Routine Type:** Strength and Cardio Split
- **Frequency:** 6 Days a Week
- **Workout Goal:** Bolster Muscles, Increase Fat-Free Mass, and Promote Weight Loss
- **Difficulty Level:** Intermediate
- **Target Gender:** Male and Female
- **Recommended Program Duration:** 3-4 Months

Weekly Schedule

- **Monday:** Cardio
- **Tuesday:** Strength Training
- **Wednesday:** Cardio
- **Thursday:** Weight Training
- **Friday:** Cardio
- **Saturday:** Strength Workout
- **Sunday:** REST

Monday – Cardio

Exercise	Activity/Time	Rest
Treadmill (At Your Own Pace)	15-minute	3-minute
Stationary Bike	10-minute	2-minute
Elliptical Cross Trainer	10-minute	2-minute
Half/Full Burpees	3 sets x 10 reps	1-minute
Kettlebell Swings	3 sets x 15 reps	1-minute
Dumbbell Clean	3 sets x 10 reps	1-minute
Abs Workout	30-minute	–

Tuesday – Strength Training

Exercise	Sets	Reps
Partial Deadlift	3	10-12
Front Lat Pull Down	3	12-15
Seated Cable Rowing	3	12-15
Overhead Press	3	12-15
Seated Peck Deck Fly	3	10-12
DB Romanian Deadlift	3	10-12
Dumbbell Lunges	3	10/leg

Wednesday – Cardio

Exercise	Activity/Time	Rest
Treadmill (At Your Own Pace)	15-minute	3-minute
Stationary Bike	10-minute	3-minute
Elliptical Cross Trainer	10-minute	3-minute
Battle Rope	5-minute	3-minute
Jumping Rope	5-minute	3-minute
Dumbbell Abs Workout	30-minute	–

Thursday – Weight Training

Exercise	Sets	Reps
Leg Extension	3	15-20
Machine Leg Press	3	12-15
Incline Machine Chest Press	3	12-15
Lateral Cable Raise	3	12-15
Reverse Peck Deck Fly	3	10-12
One-arm Dumbbell Row	3	10-12
Machine Leg Curl	3	10-12

Friday – Cardio

Exercise	Activity/Time	Rest
Treadmill (At Your Own Pace)	15-minute	3-minute
Stationary Bike	10-minute	3-minute
Elliptical Cross Trainer	10-minute	3-minute
Bar Over Burpees	4 sets x 10 reps	1-minute
Kettlebell Swings	3 sets x 20 reps	1-minute
Plank Dumbbell Drag	3 sets x 20 reps	1-minute
DB Sumo Squat Pulses	5 sets x 20-sec	1-minute
HIIT Abs Workout	15-minute	–

Saturday – Strength Workout

Exercise	Sets	Reps
Smith Machine Back Squat	4	15-20
Flat DB/Machine Bench Press	4	12-15
Chest-Supported DB/T-Bar Row	4	12-15
Hip Thrust	4	10-12
Triceps Overhead Extension	4	15-20
Barbell Curl	4	15-20

The Bottom Line

Training 90 minutes daily is enough to achieve a specific fitness goal, whether fat loss or muscle building. It allows you to include a variety of exercises, from strength and cardio, and lets you focus on every muscle group effectively.

If you want to utilize your time in an organized and effective manner, you can follow one of the workout plans I've shared in this article.

Pairing these workout programs with a healthy diet will help you mold your physique and take your fitness to the next level quickly.

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

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

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

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).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

Related Workout Programs

- 🔗 [2 Hour Cardio and Strength Workout Plan](#)
- 🔗 [5-Day Push Pull Legs Split Workout Plan to Get Muscular](#)
- 🔗 [8-Week Circuit Weight Training to Burn Fat & Build Muscle](#)
- 🔗 [6 Day PPL Split For Strength And Hypertrophy w/ PDF](#)
- 🔗 [12 Week Weight Loss Meal Plan with Free PDF](#)
- 🔗 [7 Day Gym Workout Plan with PDF \(Full-Body/Split/Cardio\)](#)

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