

# CHARLES GLASS WORKOUT ROUTINE FOR PHYSIQUE TRANSFORMATION

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I've outlined two training programs in this article, one for beginners and the other for intermediate lifters. Depending on your fitness level, you can follow one to scale your fitness level and transform your physique.

## Body Part Split for Beginners

This program involves **training six times a week**, one muscle group per session, and will take around 45 minutes of your time to complete one body part workout.

Anyone, from males to females, who is starting out and wants to improve their fundamental strength and take their fitness to the next level can follow this routine for a couple of months.

### Weekly Schedule:

- **Monday:** Chest
- **Tuesday:** Quads
- **Wednesday:** Back
- **Thursday:** Hamstrings and Calves
- **Friday:** Shoulder
- **Saturday:** Arms
- **Sunday:** OFF

Before you directly move on to lifting weights, I recommend doing this [full-body warm-up workout](#) shared by Jeremy Etheer. It will increase your body temperature and prepare your muscles for resistance training.

**Rest time between sets: 2-3 minutes**

## Monday – Chest

Exercises	Sets	Reps
Incline Dumbbell Bench Press	3	15, 12, 10
Chest Fly	3	15, 12, 10
Seated Hammer Chest Press	3	15, 12, 10
Flat Machine Bench Press	3	20, 15, 12

## Tuesday – Quads

Exercises	Sets	Reps
Reverse Hack Squat	3	15, 12, 10
Machine Leg Press	3	20, 15, 12
Hack Squat	3	15, 12, 10
Leg Extension	4	20, 15, 12, 10

## Wednesday – Back

Exercises	Sets	Reps
Neutral Grip Lat Pull-down	4	15, 12, 10, 10
Seated Cable Row	4	20, 15, 12, 10
Bent-Over Dumbbell Row	3	15, 12, 10
Hammer Strength Lat Pull-down	3	20, 15, 12
High Cable Reverse Fly	3	15, 12, 10

## Thursday – Hamstrings and Calves

Exercises	Sets	Reps
Lying Leg Curl	3	20, 15, 12
Seated Leg Curl	3	20, 15, 12
Unilateral Standing Leg Curl	3	10/leg
Seated Calf Raises	3	15-20
Standing Calf Raises	3	15-20

## Friday – Shoulder

Exercises	Sets	Reps
Dumbbell Lateral Raises	4	15, 12, 10, 10
Neutral Grip DB Front Raises	3	15, 12, 10
Smith Machine Overhead Presses	3	15, 12, 10
Rear Delt Row/Reverse Peck Deck Fly	4	15, 12, 10, 10

## Saturday – Arms

Exercises	Sets	Reps
Preacher Curl	3	15, 12, 10
Cable Triceps Extension	3	15, 12, 10
Cable Curl	3	15, 12, 10
Triceps Press Down	3	15, 12, 10
Hammer Curl	3	15, 12, 10
Cable Forward Triceps Extension	3	15, 12, 10

## Tips for Beginners

Once you complete your first week of training, it is best to make changes in the exercises for the coming weeks. For example, you can do chest-supported rows and lunges instead of bent-over rows and reverse hack squats.

You can also adjust the interval time between sets to challenge your muscular endurance.

**Source:** This workout plan was highly based on [Get Cut with Glass](#) (YouTube).

## Advanced Upper Lower Split for Size and Muscularity

If you're looking for a challenging and plateau-busting workout program, try this one. It involves performing **two upper and two lower body sessions** every six days, ensuring that each muscle group gets enough training and recovery time.

### Weekly Schedule:

- Day 1: Upper Body
- Day 2: Lower Body
- Day 3: OFF
- Day 4: Upper Body
- Day 5: Lower Body
- Day 6: OFF
- Repeat

### Day 1 – Upper Body

Exercises	Target Muscles	Sets	Reps
Incline DB Bench Press	Chest	3	15, 12, 10
Close Grip Seated Press	Chest	3	20, 15, 12
Hammer Chest Press	Chest	3	15, 12, 10
<a href="#">Hammer Strength Pull-down</a>	Lats	3	20, 15, 12

Medium Grip Lat Pull-down	Lats	3	15, 12, 10
Seated Machine Row	Traps	3	20, 15, 12
Lateral Delt Raise	Shoulder	3	15, 12, 10
Seated Machine Press	Shoulder	3	15, 12, 10
Front Delt Raises	Shoulder	3	15, 12, 10

## Day 2 – Lower Body

Exercises	Target Muscles	Sets	Reps
Leg Extension	Quads	4	20, 15, 12, 10
Seated Leg Press	Quads	3	20, 15, 12
Reverse Hack Squats	Quads	3	15, 12, 10
Lying Leg Curl	Hamstrings	4	20, 15, 12, 10
Step-up	Lower Body	2	10/leg
Calf Raises	Calves	4	20, 15, 12

## Day 3 – OFF

## Day 4 – Upper Body

Exercises	Target Muscles	Sets	Reps
Barbell Biceps Curl	Biceps	3	20, 15, 12
Preacher Curl	Biceps	3	20, 15, 12
Overhead Cable Triceps Extension	Triceps	3	15, 12, 10
Cable Forward Triceps Extension	Triceps	3	15, 12, 10
High Cable Reverse Flies	Posterior Delt	3	20, 15, 12
Low Cable Reverse Flies	Upper Back	3	15, 12, 10
Standing Cable Crunches	Abs	3	20-30
Seated Leg Raises (On bench)	Abs	3	15-20
High Cable Wood Chop	Abs	3	15/side

## Day 5 – Lower Body

Exercises	Target Muscles	Sets	Reps
Smith Machine Back Squat	Quads	3	15, 12, 10
DB Sumo Squat	Quads	3	15, 12, 10
Forward Lunges	Quads	3	15, 12, 10
Stiff Leg Deadlift	Hamstrings	4	12, 10, 8, 6
Seated Leg Curl	Hamstrings	3	20, 15, 12
Calf Raises	Calves	4	25-30

## Day 6 – OFF

Take a complete break from weight training so your muscles can recover well for the next round.

## 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 Resouces:**

- [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**

- [12 Week Dorian Yates Workout Routine](#)
- [12-Week Arnold Schwarzenegger Workout Program](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)
- [12-Week Jay Cutler Training Program with Free PDF](#)

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