

BEST EVENING GYM WORKOUT PLAN FOR MUSCLE GAIN

FULL URL: [HTTPS://THEFITNESSPHANTOM.COM/EVENING-GYM-ROUTINE-WITH-PDF](https://thefitnessphantom.com/evening-gym-routine-with-pdf)

I've designed two routines for muscle building. One involves training [five times weekly](#) (alternate day upper and lower body), and the other has six sessions per week (four upper body workouts and two sessions for legs).

The first one is for beginners to intermediate lifters, and the second one is for more experienced people who want a [high-volume training plan](#).

Both programs focus on each muscle group efficiently and help grow mass and strength.

Before you pick weights, do some of the following exercises to ease stiffness and improve blood flow in the muscles:

Upper Body	Lower Body
Banded Pull Apart (1 set x 15 reps)	Leg Swings (2 x 10/leg)
Shoulder Pass Through (1 x 20)	Hamstrings Stretch (4 x 5-sec/leg)
World's Greatest Stretch (1 x 10/side)	Single-leg Deadlifts (1 x 10/leg)
Lying IYT Raises (1 set x 10 reps)	Lateral Squats (1 set x 10/leg)
Inverted Rows (1 set x 15 reps)	Reverse Lunges (1 set x 10/leg)
Dive Bomber Push-ups (1 x 10)	Deep Squats (1 set x 10-15 reps)

Plan A – Alternating Day Upper Lower Split

Monday – Upper Body

Exercises	Sets	Reps	Target Muscle
One-arm Kettlebell Swing	3	15/arm	Full Body
2A Pull-up	3	Failure	Back
2B Bar Dips	3	Failure	Chest & Triceps
Military Press	3	12, 10, 8	Shoulder
Incline Bench Press	3	12, 10, 8	Chest
5A Seated Pec Fly	3	12-15	Chest
5B Single-arm DB Row	3	10/side	Back

Superset pull-up with dips and pec deck fly with one-arm dumbbell row.

Tuesday – Lower Body

Exercises	Sets	Reps	Target Muscle
Front Leg Swings	2	10/leg	Legs
Reverse Lunges	2	10/leg	Legs
Back Squat	4	15, 12, 10, 8	Quad & Glute
Leg Extension	4	15, 12, 10, 10	Quads
Seated Leg Curl	4	15, 12, 10, 10	Hamstrings
Standing Calf Raises	4	20, 16, 14, 12	Calves

Wednesday – Upper Body

Exercises	Sets	Reps	Target Muscle
Pulldown (Prone Grip)	2	10-12	Back
Pulldown (Neutral Grip)	2	10-12	Back
Barbell/Machine Row	3	10-12	Back

Bent-over Cable Fly	3	12-15	Chest
Lateral Raises	3	10-12	Shoulder
Reverse Pec Fly	3	10-12	Shoulder
Barbell Shrug	3	12-15	Trapezius

Friday – Lower Body

Exercises	Sets	Reps	Target Muscle
Hack Squat	4	15, 12, 10, 8	Quads
Leg Press	4	15, 12, 10, 8	Quads
DB Romanian Deadlift	3	8-10	Hamstrings
Seated Leg Curl	3	15-20	Hamstrings
Hip Thrust	4	10-12	Glutes
Seated Hip Abduction	3	15-20	Adductors

Saturday – Upper Body

Exercises	Sets	Reps	Target Muscle
1A Chin-ups	3	Failure	Biceps & Back
1B Bar Dips	3	10-12	Chest & Tris
Flat Bench Press	4	10-12	Chest
Push Press	3	12-15	Shoulder
Incline Prone DB Row	3	10-12	Back
5A Barbell Curl	3	12-15	Biceps
5B Triceps Pushdown	3	12-15	Triceps

Superset chin-ups with dips and barbell biceps curls with bar press down.

Plan B – Two Upper One Lower Split

This program involves exercising 6x weekly with two sessions for every body part. It is high volume program, so I recommend it only to experienced lifters who understand the importance of recovery and nutrition as well.

Day 1 – Chest, Delts, & Triceps

Exercises	Sets	Reps	Target Muscle
Inline Bench Press	4	8-12	Chest
Seated Pec Fly	4	12-15	Chest & Triceps
Weighted Bar Dips	3	10-15	Chest & Triceps
Lateral Raises	3	12-15	Side Deltoids
Rear Delt Flyes	3	15-20	Posterior Delts
Triceps Pushdowns	3	12-15	Triceps
Skull Crushers	3	12-15	Triceps

Day 2 – Quads & Calves

Exercises	Sets	Reps	Target Muscle
Back Squat	4	8-10	Quads & Glutes
Leg Press (Quad focus)	4	10-12	Quadriceps
Walking Lunges	3	10 per leg	Quads & Glutes
Leg Extensions	4	15-20	Quadriceps
Seated Calf Raises	3	15-20	Soleus
Standing Calf Raises	3	15-20	Gastrocnemius

Day 3 – Back, Biceps, & Abs

Exercises	Sets	Reps	Target Muscle
Pull Ups	4	6-10	Back & Biceps
Lat Pulldown (standard)	4	8-12	Back
Seated Rows	3	10-12	Back
Bent-over Rows	4	8-10	Back
Preacher Curls	3	10-12	Biceps
Hammer Curls	3	10-12	Biceps & Forearms
Cable Crunches	4	15-20	Abdominals
High to Low Cable Chop	4	10 per side	Obliques

Day 4 – Chest, Delts, Triceps

Exercises	Sets	Reps	Target Muscle
Flat Bench Press	4	6-10	Chest
High to Low Cable Fly	4	10-15	Chest
Overhead Press	3	6-10	Shoulders
Upright Rows	3	10-12	Delts & Traps
Shrugs	3	10-12	Trapezius
Overhead Triceps Extensions	3	12-15	Triceps
1-arm Reverse Triceps Pushdown	3	15 per arm	Triceps

Day 5 – Hamstrings & Glutes

Exercises	Sets	Reps	Target Muscle
Romanian Deadlift	4	10-12	Hamstrings & Glutes
Leg Curls	4	15-20	Hamstrings
Hip Thrusts	4	10 per leg	Glutes & Abdominals
Single-leg Glute Bridge	3	10 per side	Glutes & Hamstrings
Seated Hip Abduction	3	20-30	Glutes
Seated Hip Adduction	3	20-30	Adductors

Day 6 – Back, Biceps, & Abs

Exercises	Sets	Reps	Target Muscle
Straight arm Pulldown	4	6-10	Latissimus Dorsi
1-arm High Cable Row	4	8-12	Latissimus Dorsi
1-arm DB Row	3	10-12	Back
Bayesian Curls	4	8-10	Biceps
Decline Bicycle Crunches	4	10 per side	Abdominals
Captain's Chair Leg Raises	4	10-20	Abdominals

Frequently Asked Questions (FAQs)

Who Can Train in the Evening?

Anybody who wants to get stronger, sculpted, or bigger can train in the evening. Working out in the evening is more enjoyable as you're free from your work (assuming you have a daytime job), your body is active, and the gym environment is vibrant.

Does Evening Exercise Disrupt Sleep?

It depends on when you exercise. If you exercise closer to your bedtime (less than 2 hours), you'll have a little trouble sleeping. But if you train 2-4 hours before bedtime, lifting weights doesn't affect your sleep. (Source: [Sports Medicine](#) & [Nature and Science of Sleep](#))

Is Exercising in The Evening Better Than Morning?

Weight training is more suitable in the evening, while the morning is a good time for cardio. (Source: [Integrative Medicine Research](#)) However, consistent training is more important than the timing of the exercise. So, don't let the timing be a reason to delay your workout; train when you get the time.

What to Eat Before and After an Evening Workout?

Eat a light meal before working out. Aim for a smaller, balanced snack or meal that includes carbohydrates and protein, such as whole-grain bread with peanut butter and banana.

Consume whole-grain slices of bread and cereals to restore energy, consume lean meats, eggs, nuts, legumes, tofu, and reduced-fat dairy to repair muscles, and drink enough water to replace lost fluids after completing your workout.