

PRE-WEDDING WORKOUT PLAN TO GET MUSCULAR (A)

Article Link: <https://thefitnessphantom.com/3-month-pre-wedding-workout-plan-with-pdf>

SCHEDULE:

- **Week 1-4:** Full Body Split
- **Week 5-8:** Push Pull Legs Split
- **Week 9-12:** Bro Split (Muscle Group Split)

Perform sit-ups, knee tucks, and cable crunches every second to third day to strengthen the core and improve the six-pack appearance.

WEEK 1-4: FULL BODY SPLIT

- **Monday: Strength Training A**
- **Tuesday: Hypertrophy Workout A**
- Wednesday: OFF
- **Thursday: Strength Training B**
- Friday: OFF
- **Saturday: Hypertrophy Workout B**
- Sunday: OFF

Warm-up Guide: for the upper body, perform banded pull-apart, shoulder pass-through, the world's greatest stretch, arm swings, dive-bomber

push-ups, etc. For the lower body, perform leg swings, hamstring stretch, deep squats, reverse lunges to knee kick, bend-forward, etc.

Monday – Strength Training A

Exercise	Sets	Reps	Rest	Target Muscle
Barbell Squat	4	6-8	2-3 minutes	Quads & Glutes
Bench Press	4	6-8	2-3 minutes	Chest & Triceps
Bent Over Row	4	8-10	1.5-2 minutes	Back & Biceps
Overhead Press	3	8-10	1.5-2 minutes	Shoulders
Hanging Knee Raises	3	12-15	30-45 seconds	Core & Arms

Tuesday – Hypertrophy Workout A

Exercise	Sets	Reps	Rest Time	Target Muscle
Pull-ups & Bar Dips (superset)	4	6-8 & 15-20	1-minute	Back, Chest, & Triceps
Medium Grip Lat Pulldown	4	8-12	1-2 minutes	Lats & Biceps
Dumbbell Lateral Raises	3	10-12	1-2 minutes	Side Deltoids
Leg Extensions & Leg Curls	4	12-15	1-minute	Quads & Hamstrings
Kneeling Cable Crunches	3	12-15	1-minute	Abdominals

Thursday – Strength Training B

Exercise	Sets	Reps	Rest Time	Target Muscle
Conventional/Sumo Deadlift	4	3-5	2-3 minutes	Integrated Full Body
Incline Dumbbell Bench Press	4	6-8	1.5-2 minutes	Chest & Triceps
Machine Leg Press	4	10-12	1.5-2 minutes	Quadriceps
Seated Row (Machine/Cable)	4	6-8	1.5-2 minutes	Back & Biceps
Cable Face Pull	3	8-10	1.5-2 minutes	Posterior Delts

Saturday: Hypertrophy Workout B

Exercise	Sets	Reps	Rest	Target Muscle
Cable Curls & Overhead Triceps Extensions	3	10-12	1-minute	Biceps & Triceps

Walking Lunges & Calf Raises	3	10/leg & 15	1-minute	Lower Body
Lat Pullover & Chest Fly	4	10-12	75 sec	Back & Chest
Hammer Curls & Pushdown	3	12/leg	60 sec	Biceps & Triceps

WEEK 5-8: PUSH PULL LEGS SPLIT

- Monday – Push (Strength)
- Tuesday – Pull (Strength)
- Wednesday – Legs (Strength)
- Thursday – Push (Hypertrophy)
- Friday – Pull (Hypertrophy)
- Saturday – Legs (Hypertrophy)
- Sunday: OFF

Monday – Push (Strength)

Exercise	Sets	Reps	Rest	Target Muscle
Barbell Bench Press	3	4-6	2-3 minutes	Chest & Triceps
Standing Overhead Press	3	4-6	2-3 minutes	Shoulders
Incline Dumbbell Press	3	6-8	1.5-2 minutes	Upper Chest
Weighted Dips	3	4-6	1.5-2 minutes	Chest, Triceps
Weighted Pushups	2	4-6	1.5-2 minutes	Chest & Triceps

Tuesday – Pull (Strength)

Exercise	Sets	Reps	Rest	Target Muscle
Deadlift	4	3-4	3 minutes	Posterior Chain
Weighted Pull-Ups	4	3-4	2 minutes	Back & Biceps
Seated Row	4	5-6	2 minutes	Back
Barbell Curl	4	5-6	2 minutes	Biceps

Wednesday – Legs (Strength)

Exercise	Sets	Reps	Rest	Target Muscle
Back Squat	5	3-5	2-3 minutes	Quads & Glutes
Romanian Deadlift	4	4-6	2-3 minutes	Hamstrings
Leg Press	3	6-8	2-3 minutes	Quadriceps
Hip Thrust	3	8-10	2-3 minutes	Posterior Chain

Thursday – Push (Hypertrophy)

Exercise	Sets	Reps	Rest	Target Muscle
Machine / Cable Chest Fly	3	12-15	1.5-2 minutes	Chest
Lateral Raises (DB/Machine)	3	12-15	1-1.5 minutes	Side Delts
Reverse Pec Fly	3	12-15	1-1.5 minutes	Rear Delts
Overhead Cable Triceps Extension	3	12-15	1-1.5 minutes	Triceps
Rope Pushdown	3	12-15	1-1.5 minutes	Triceps

Friday – Pull (Hypertrophy)

Exercise	Sets	Reps	Rest	Target Muscle
Medium Grip Lat Pulldown	3	10-12	1-1.5 minutes	Back
1-arm High to Low Cable Row	3	10/side	30-second	Back
Cable Lat Pullover	3	10-12	1-1.5 minutes	Back
Preacher Curl	3	10-12	1-1.5 minutes	Biceps
Incline Dumbbell Curl	3	10-12	1-1.5 minutes	Biceps
Hammer Curl	3	10-12	1-1.5 minutes	Front Arms

Saturday – Legs (Hypertrophy)

Exercise	Sets	Reps	Rest	Target Muscle
Bulgarian Split Squat	3	8/leg	1-1.5 minutes	Thighs & Glutes
Close-Grip Leg Press	3	10-15	1.5-2 minutes	Quadriceps
Leg Extensions	3	10-12/leg	1-1.5 minutes	Quadriceps
Leg Curls	3	10-12	1-1.5 minutes	Hamstrings
Seated Calf Raise	3	12-15	1-1.5 minutes	Calves

Standing Calf Raises	3	12-15	1-1.5 minutes	Calves
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Week 9-12: Bro Split (Muscle Group Split)

- Monday: Chest
- Tuesday: Back
- Wednesday: Shoulders
- Thursday: Legs
- Friday: Arms
- Saturday: Abs & Calves

Monday – Chest

Exercise	Sets	Reps	Rest
Barbell Bench Press	4	6-8	2-3 minutes
Incline Dumbbell Press	4	8-10	1.5-2 minutes
Cable Fly	3	12-15	1.5-2 minutes
Pec Deck Fly	3	12-15	1.5-2 minutes
Deficit Push-ups or Bar Dips	3	8-12	1-1.5 minutes

Tuesday – Back

Exercise	Sets	Reps	Rest
Pull-Ups	3	5-6	1-1.5 minutes
Lat Pulldown	3	8-10	1.5-2 minutes
Barbell Row	3	8-10	2-3 minutes
Seated Cable Row	3	10-12	1.5-2 minutes
Straight-Arm Pulldown	3	12-15	2-3 minutes
Single-arm DB Row	2	10/side	45-60 seconds

Wednesday – Shoulders

Exercise	Sets	Reps	Rest Time
Military Press	4	6-8	1.5-2 minutes
Arnold Press	3	8-10	1-1.5 minutes

Dumbbell Lateral Raise	3	12-15	1-1.5 minutes
Cable Lateral Raise	2	10/side	1-1.5 minutes
Rear Delt Fly	3	12-15	1-1.5 minutes

Thursday – Legs

Exercise	Sets	Reps	Rest Time
Back Squat	4	6-8	2-3 minutes
Leg Press	3	10-12	2-3 minutes
Leg Extensions	3	12-15	1-1.5 minutes
Romanian Deadlift	3	8-10	2-3 minutes
Leg Curl	3	12-15	1-1.5 minutes
Walking Lunges	3	10/side	1-1.5 minutes

Friday – Arms

Exercise	Sets	Reps	Rest Time
Barbell Curl	4	8-10	1-1.5 minutes
Incline Dumbbell Curl	3	10-12	1-1.5 minutes
Hammer Curl	3	12-15	1-1.5 minutes
Close-Grip Bench Press	4	6-8	1-1.5 minutes
Rope Pushdown	3	12-15	1-1.5 minutes
Overhead Rope Extension	3	12-15	1-1.5 minutes

Saturday – Abs & Calves

Exercise	Sets	Reps	Rest Time
Hanging Leg Raise	4	12-15	45-60 seconds
Cable Crunch	4	12-15	45-60 seconds
Russian Twist	3	20/side	30-45 seconds
Plank	3	45-60 sec	30-45 seconds
Seated Calf Raise	4	15-20	30-60 seconds
Standing Calf Raise	4	15-20	30-60 seconds