

5 Day Gym Workout Schedule For Muscle Gain With PDF

Optimal Rest Time Between Sets Suggested by Bodybuilding Website ¹

For Muscle Growth ([Hypertrophy](#))

60 Seconds to 120 seconds is the optimal interval between the sets for hypertrophy. However, if you're a beginner, you can take rest up to 3 minutes. But remember, the shorter the rest period, the faster you gain muscle. (Also, see: [How Long Does It Take To Build Noticeable Muscle](#))

For Strength Gain

If your goal is to get stronger, the best rest period is 3 to 5 minutes between sets. If you're a beginner

If you're a beginner, you can take 5 minutes rest and if you're an intermediate, the optimal rest would be 3 minutes.

For Weight Loss

If you're trying to lose weight, then you'll try to burn many calories as possible in a short amount of time. So there's no optimal rest interval for weight loss. You can do each exercise as fast as you can with little to no rest between sets.

Note: Depending on your fitness level, you can increase and decrease activity and interval time

The One Session Duration

60 to 90 minutes If your goal is muscle growth and 45 to 60 minutes if you want to lose weight

Exercises

Whether your goal is muscle growth or weight loss, you can do 6 to 8 exercises every day. You'll see what exercises you can do to build muscle and weight loss later in this article.

Note: You can increase, decrease or change exercises as per your choice, goal, and fitness level.

Deadlift

I've seen many people in the gym doing the same exercises, following the same workout routine, and lifting the same amount of weight for a long period of time. But this isn't the right way to build muscles.

If you want to build muscles, you need to keep in mind the following things:

Combining Exercises

You can create an effective gym workout schedule by combining different types of exercise, such as compound workouts, isolation workouts, and bodyweight exercises.

- **Compound Workout**

Compound exercises work on several muscles at once. Bench press, deadlift, [standing overhead press](#), [IYT raises](#), [clean and press](#), pull up, [dumbbell squat swing](#), [DB push up to renegade row](#), and barbell jammers are some of the examples of compound workouts. And the compound exercises should be your first priority and you must be doing them every workout day.

Related: [List Of Compound Exercises](#)

- **Isolation Workout**

The isolation exercises help you build specific muscles at a time. And these should be your second priority. [Dumbbell bicep curls](#), triceps pushdown, [wrist curl](#), DB front raises are some of the examples of Isolation workouts.

- **Bodyweight Workout**

The bodyweight exercises can be both compound workout and isolation workout, depending on the type of workout. Pushup, pull-up, [squats](#), lunges, [plank](#), jumping jack, burpees are some of the examples of [bodyweight exercises](#).

Also read: [Full Bodyweight Workout For Beginners At Home](#)

Lifting Weights

If you want to build muscles, you need to lift as heavyweights as possible over a long period of time.

Sticking to the same weights and doing a high-rep set can't help you grow your muscles unless you gradually increase the weight, frequency, or number of repetitions in your strength training.

Rest

If you won't allow your muscles to repair and heal after the workout session, they can't grow. Or if you give enough rest then also your muscles won't build.

The optimal recovery time for increasing strength and building muscles is 48 hours. For example, if you work out on a specific muscle group on Monday, then let it rest for the next two days.

Giving your trained muscle rest will help you increase strength, build muscles, and reduces the risk of injuries.

Nutrition

Diet plays an essential role in repairing and healing muscle and increasing muscle growth. If you want to build muscle, you must include protein (key nutrients in muscle growth), carbs, and fat in your diet.

For your information, one gram of protein and carb has 4 calories while 1 gram of fat contains 9 calories.

You should take the following amount of nutrients according to an [article](#) published on the National Institute of Health: ²

- **Protein** – You need to consume sufficient protein 1.6–2.2 g/kg/day with optimal amounts 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals) including within 1–2 hours pre- and post-training.
- **Fats** – You can take fats in moderate amount, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** You can consume sufficient amounts of carbs, such as 3–5 g/kg/day to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

You can also take a [Nutrigo lab](#) supplement for increasing strength and gain. Read pros and cons before buying them.

Related: [Highest Protein Foods for Weight Gain](#)

- Day 1: Chest and Triceps (Chest Focus)
- Day 2: Quadriceps, Calves and Abs (Quad focus)
- Day-3: Back, Biceps, Wrist (Back Focus)
- Day 4: Hamstrings, Glutes, Oblique
- Day 5: Shoulder, Triceps, Biceps (Shoulder Focus)
- You can take a rest day between and after this schedule.
- Warm-up for 5 minutes before lifting weight
- Add more variations in the next weeks of schedule

Day 1 – Chest and Triceps

| Workout | Reps |
|------------------------|-------------|
| Bench Press | 10, 8, 6, 4 |
| DB Incline Press | 10, 8, 6, 4 |
| Incline Cable Fly | 10, 8, 6 |
| Dumbbell Squeeze Press | 12, 10, 8 |
| Rope Pushdown | 12, 10, 8 |
| Triceps Bench Dips | 12, 10, 8 |

Day 2 – Quadriceps, Calves and Abs

| Workout | Reps |
|----------------------|------------|
| Barbell Back Squat | 15, 12, 10 |
| Leg Press | 12, 10, 8 |
| Leg Extension | 12, 10, 8 |
| Calf Raise | 15, 12, 10 |
| Reverse Crunches | 30 Seconds |
| Toe Touches Crunches | 30 Seconds |
| V Ups | 30 Seconds |
| Plank | 60 Seconds |

Day 3 – Back, Biceps, Wrist

| Workout | Reps |
|------------------------|----------------|
| Pullup | AMRAP x 3 sets |
| Deadlift | AMRAP x 3 sets |
| Front Lat Pulldown | 12, 10, 8, 6 |
| Seated Cable Rowing | 12, 10, 8, 6 |
| Underhand Inverted Row | 12, 10, 8 |

| Workout | Reps |
|--------------------|-------------|
| Barbell Bicep Curl | 10, 8, 6 |
| Concentration Curl | 10, 8, 6 |
| Wrist Curl | 12, 10, 8 |

Day 4 – Hamstrings, Calves and Oblique

| Workout | Reps |
|---------------------------|---------------------|
| Forward Lunges | 12, 10, 8 |
| Barbell Romanian Deadlift | 8, 6, 4 |
| Hack Squat | 12, 10, 8 |
| Hamstring Curl | 12, 10, 8 |
| Hip Thrust | 10, 8, 6 |
| Side Bend | 10 reps x 2 sets |
| Side Plank | 12, 10, 8 |
| Woodchop | 10 reps x 2 sets |

Day 5 – Shoulder, Triceps, Biceps

| Workout | Reps |
|---------------------------|-------------|
| Barbell Overhead Press | 10, 8, 6, 4 |
| DB Front Raise | 10, 8, 6 |
| DB Bent Arm Lateral Raise | 10, 8, 6 |
| Barbell Upright Row | 10, 8, 6 |
| Weight Triangle Pushup | 12, 10, 8 |
| Triceps Kickback | 12, 10, 8 |
| Cable Bicep Curl | 12, 10, 8 |

| Workout | Reps |
|-------------------|-------------|
| EZ Bar Bicep Curl | 12, 10, 8 |