

BEGINNER MUSCLE BUILDING WORKOUT

Goal	Build Muscle
Duration	45-60 mins
Equipment	Barbell, Dumbbells, Pull up/Dip bar
Days per week	4
Level	Beginner

Day 1: Chest and Triceps

No.	Exercise	Sets	Reps
1	Dumbbell Bench Press	3	18-20
2	Close Grip Bench Press	3	18-20
3	Dips	3	18-20
4	Barbell Bench Press	3	20, 18, 16
5	Tricep Kickback	3	12-15

Day 2: Back and Biceps

No.	Exercise	Sets	Reps
1	Dumbbell Rows	3	18-20
2	Barbell Rows	3	20, 18, 16
3	Dumbbell Curls	3	18-20
4	Hammerhead Curls	3	12-15
5	Pull Ups	3	Instinct

Day 3: Legs and Abs

No.	Exercise	Sets	Reps
1	Squat	3	20, 18, 16
2	Split Squat	3	12-15 each leg
3	Glute Ham Raise	3	18-20
4	Calf Raises	3	18-20
5	Ab Wheel Using Barbell	3	18-20
6	Sit-Ups	3	Till failure

Day 4: Shoulders and Upper Back

No.	Exercise	Sets	Reps
1	Seated Overhead Dumbbell Press	3	18-20
2	Lateral Raise	3	18-20
3	Dumbbell Shrugs	3	18-20
4	Dumbbell Front Raise	3	18-20
5	Barbell Shrugs	3	18-20

6	Bent Over Lateral Raise	3	18-20
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On rest days do some cardio.

Just because you can't see your heart doesn't mean you shouldn't work it.

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