

FULL BODY 1 HOUR GYM WORKOUT ROUTINE TO BUILD MUSCLE

Created by: [Murshid Akram](#)

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If your goal is to build strength and muscle, you can follow this 1 hour gym workout routine for the desired number of times a week.

I've created this routine for myself and use it whenever I do full-body exercises for one hour.

It works for me and I hope it will also work for you.

However, you need to follow this program for at least 2 months to see any visible changes.

There will be a total of 6 days of workout schedule. So, if you work out two days a week, you'll complete this schedule in three weeks.

And if you exercise three times a week, it will take two weeks for you to complete this routine.

Instructions:

- You can train at your own pace.
- Perform standard set routine (complete all sets of one exercise before moving to another). You can also perform exercises in a circuit, but it will be challenging.
- Train a minimum of twice and a maximum of 4 days a week.

Day 1

Exercises	Muscles Worked	Reps
Treadmill (Warm-up)	Full Body	3-5 min

Barbell Back Squat	Legs	15, 12, 10
Lat Pulldown	Back	15, 12, 10
Flat Bench Press	Chest	15, 12, 10
Dumbbell IYT Raises	Shoulder and Back	8 x 3
Leg Curl	Hamstrings	12 x 3
Hanging Knee Raises	Abs	10 x 2

Day 2

Exercises	Muscles Build	Reps
Pullups	Back and Biceps	8-10 x 3
Deadlift Off Blocks	Full Body	6-8 x 3
Incline Dumbbell Bench Press	Upper Chest	15, 12, 10
Seated Cable Rowing	Back	15, 12, 10
Hip Thrust	Glutes, Hams, & Hips	10-12 x 3
Dumbbell Wood Chop	Obliques	10/side x 2
Cycling	Full Body	5min

Day 3

Exercises	Muscles Worked	Reps
Treadmill (Warm-up)	Full Body	3-5 minutes
Chinups	Back and Biceps	10, 8, 6
Bar Dips	Chest, Shoulder, & Triceps	12, 10, 8
Lateral Raises	Shoulder	10, 8, 6
Dumbbell Pullover	Chest and Lats	10, 8, 6
Weighted Forearm Plank	Core	30-sec x 2
DB Romanian Deadlift	Posterior Chain	10, 8, 6

Day 4

Exercises	Muscles Worked	Reps
Hack Squat	Thigh	15, 12, 10
Barbell T-Bar Row	Back	15, 12, 10
Military Press	Shoulder	12, 10, 8
Pec Deck Fly	Chest	15, 12, 10
Rope Pushdown	Triceps	15 x 2
Alternate DB Curl	Biceps	15 x 2
Ab Wheel Rollout	Core	6 x 3

Day 5

Exercises	Muscles Worked	Reps
Treadmill	Full Body	3-5 mins
Machine Leg Press	Legs	12 x 3
Seated Cable Row	Back	12 x 3
Incline Dumbbell Bench Press	Chest	12 x 3
Chinups	Back and Biceps	10 x 3
Dips	Chest and Triceps	10 x 3
Rear Delt Raises	Posterior Delt	10 x 3

Day 6

Exercises	Targeted Muscles	Reps
Pullups	Back	10 x 3
Deadlift	Full Body	8 x 3
One-Arm DB Rowing	Back	10 x 3
Deficit Pushups	Chest	10 x 3
Face Pull	Back and Shoulder	12 x 3
Hip Thrust	Posterior Chain	12 x 3

Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

8. If You're a Beginner

It is best to focus on form instead of weight for the first couple of months. Once you gain strength and learn the right form, you can progress your workout. You can also start with the [one-hour program](#).

9. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

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).

10. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

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