

30 DAY WORKOUT PLAN FOR STRENGTH AND MUSCLE DEVELOPMENT

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Summary of Muscle Gain Workout Plan

Split Type	Hybrid and Upper-Lower Split
Suggested Program Duration	3 Months
Program Goal	Muscle and Strength Development
Target Gender	Male
Sessions/week	Four to Five
Duration/session	75-90 minutes
Workout Type	Resistance Training

In this workout program, you'll train 22 out of 30 days. The rest of the days will be recovery days.

Here's the outline of the 30-Day mass building workout plan to gain muscle.

- **Day 1** – Chest, Triceps, and calves
- **Day 2** – Quadriceps and Core
- **Day 3** – Rest
- **Day 4** – Back, Biceps, and Forearms
- **Day 5** – Shoulder, Hamstrings, and Glutes
- **Day 6** – Rest
- **Day 7** – Rest
- **Day 8** – Chest, Triceps, and calves
- **Day 9** – Quadriceps and Core
- **Day 10** – Back, Biceps, and Wrist
- **Day 11** – Shoulder, Hamstrings, and Glutes
- **Day 12** – Rest
- **Day 13** – Chest, Triceps, and calves

- **Day 14** – Rest
Day 15 – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 16** – Back, Biceps and Wrist and Core
- **Day 17** – Chest, Shoulder, Triceps
- **Day 18** – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 19** – Back, Biceps and Wrist and Core
- **Day 20** – Chest, Shoulder, Triceps
- **Day 21** – Rest
Day 22 – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 23** – Back, Biceps and Wrist and Core
- **Day 24** – Chest, Shoulder, Triceps
- **Day 25** – Rest
- **Day 26** – Quadriceps, Hamstrings, Calves, and Glutes
- **Day 27** – Shoulder and Core
- **Day 28** – Rest
- **Day 29** – Back, Biceps, and Wrist
- **Day 30** – Chest, Triceps, and Core

Weights and reps: You can lift as heavily as possible as long as you perform the suggested reps with proper form. And increase the load when you have to do fewer repetitions.

Additional Instructions:

- If you're a beginner, you can reduce workout frequency and complete this training in 45 days instead of thirty.
- Perform warm-up for five minutes before lifting weight. You can do low-impact exercises or perform lightweight sets.
- You can customize this routine according to your fitness level.
- Keep yourself hydrated throughout the workout.



Day 1 – Chest, Triceps, and calves

Exercise	Reps	Rest
Flat Barbell Bench Press	15, 12, 10 and 8	2-3 min
Incline DB Bench Press	12, 10, 8 and 6	2-3 min
Machine Fly	12, 10 and 8	1-2 min
Barbell Skull Crusher	12 x 3	1-2 min
Rope Pushdown	15 x 3	1-2 min
Standing Calf Raises	15 x 3	1-2 min

Day 2 – Quadriceps and Core

Exercise	Reps	Rest
Barbell Squat	15, 12, 10, 8	2-3 min
Dumbbell Lunges	12, 10, 8	1-2 min
Machine Leg Press	15, 12, 10, 8	2-3 min
Hanging Knee Raises	10 x 2	1-2 min
Cable Wood Chop	10 x 2	0-1 min
Kneeling Cable Crunch	15 x 2	0-1 min
Plank	60-sec x 2	0-1 min

Day 3 – Rest

Day 4 – Back, Biceps, and Wrist

Workout	Reps	Rest
Pullups/Assisted PU	AMRAP x 3	1-2 min
Lat Pulldown	15, 12, 10	2-3 min

Seated Rowing	15, 12, 10	2-3 min
Single-arm DB Rowing	12, 10, 8	1-2 min
Barbell Curl	12, 10, 8	1-2 min
Hammer Curl	12, 10, 8	1-2 min
Wrist Curl	10, 8, 6	1-2 min

Day 5 – Shoulder, Hamstrings, and Glutes

Workout	Reps	Rest
Barbell Overhead Press	12, 10, 8	2-3 min
Lateral Delt DB Raises	12, 10, 8	1-2 min
Reverse Pec Deck Fly	15, 12, 10	1-2 min
DB Romanian Deadlift	10, 8, 6	2-3 min
Hamstring Curl	15, 12, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	2-3 min

Day 6 – Rest

Day 7 – Rest

Day 8 – Chest, Triceps, and Calves

Workout	Reps	Rest
Incline Barbell Bench Press	15 x 4	2-3 min
Flat DB Bench Press	12 x 4	2-3 min
Cable Crossover	12 x 3	2-3 min
DB Pullover	10 x 2	2-3 min
Rope Pushdown	12 x 3	1-2 min
Bench Dips	12 x 3	1-2 min
Machine Calf Raises	15 x 3	1-2 min

Day 9 – Quadriceps and Core

Exercise	Reps	Rest
Hack Squat	15 x 3	1-3 min
Dumbbell Lunges	10 x 3	1-2 min
DB Cossack Squat	15 x 2	1-2 min
Leg Extension	15 x 2	1-2 min
Crunches	10 x 2	30-45 sec
Cable Wood Chop	10 x 2	30-45 sec
Plank Dumbbell Drag	10 x 2	30-45 sec
Hanging Knee Raises	10 x 2	1-min

Day 10 – Back, Biceps, and Wrist

Workout	Reps	Rest
Pullups/Assisted PU	6-10 x 3	1-2 min
Lat Pulldown	15, 12, 10	1-3 min
Barbell Bent Over Row	12, 10, 8	1-3 min
Seated Cable Rowing	15, 12, 10	1-3 min
Incline DB Curl	12, 10, 8	1-2 min
Preacher Curl	12, 10, 8	1-2 min
DB Wrist Extension	10 x 3	1-2 min

Day 11 – Shoulder, Hamstrings, and Glutes

Workout	Reps	Rest
Arnold Press	12, 10, 8	1-3 min
Leaning Away Cable Lateral Raise	12, 10, 8	1-2 min
Dumbbell Rear Delt Fly	12, 10, 8	1-2 min
Dumbbell RDL	10, 8, 6	1-3 min
Machine Leg Curl	15, 12, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min

Day 12 – Rest

Day 13 – Chest, Triceps, and calves

Exercise	Repetitions	Rest
Flat DB Bench Press	12, 10, 8, 8	1-3 min
Pec Deck Machine Fly	12, 10, 8	1-2 min
Parallel Bar Dips	8-12 x 3	1-3 min
Rope Pushdown	12 x 3	1-2 min
Single-arm Overhead Extension	12, 10, 8	1-2 min
Calf Raises	15 x 3	1-2 min

Day 14 – Rest

Day 15 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Repetitions	Rest
Back Squat	15, 12, 10	1-3 min
Dumbbell Lunges	12, 10, 8	1-2 min
Machine Leg Press (Optional)	12, 12, 10	1-3 min
Machine Leg Curl	12, 10, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min
Calf Raises	12, 10, 10	1-2 min

Day 16 – Back, Biceps, and Core

Workout	Reps	Rest
Pullups/Assisted PU	6-10 x 3	1-3 min
V-Grip Lat Pulldown	15, 12, 10	1-3 min
Seated Cable Rowing	15, 12, 10	1-3 min
T-Bar Rowing	12, 10, 8	1-3 min
Alternate DB Curl	10 x 2	1-2 min
Concentration Curl	10x 2	1-2 min
Kneeling Cable Crunch	10 x 2	1-min
Low-to-High Chop	10 x 2	1-min

Day 17 – Chest, Shoulder, Triceps

Exercise	Repetitions	Rest
Flat Barbell Bench Press	15, 12, 10	1-3 min
Incline DB Bench Press	12, 10, 10	1-3 min
Cable Crossover	12, 10, 8	1-3 min
Lateral Dumbbell Raises	10, 10, 8	1-2 min
Rear Delt Dumbbell Raise	10, 10, 8	1-3 min
Rope Pushdown	12, 10, 8	1-2 min

Day 18 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Reps	Rest
Machine Leg Press	12, 10, 8	1-3 min
Dumbbell Lunges	10 x 2	1-2 min
DB Romanian Deadlift	12, 10, 10	1-3 min
Machine Leg Curl	12, 10, 10	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min

Calf Raises	12, 10, 10	1-2 min
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Day 19 – Back, Biceps, and Core

Workout	Reps	
Conventional Deadlift	5 x 4	2-3 min
Front Lat Pulldown	12, 10, 8	1-3 min
Standing Lat Pulldown	12, 10, 8	1-3 min
Seated Cable Rowing	12, 10, 8	1-3 min
Chinups	12, 10, 8	1-3 min
Hanging Knee Raise	10 x 2	45-sec
Kneeling DB Low-to-High Chop	10 x 2	45-sec
Plank	60-sec	–

Day 20 – Chest, Shoulder, Triceps

Exercise	Repetitions	Rest
Incline DB Bench Press	12, 10, 10	1-3 min
Machine Pec Fly	12, 10, 10	1-2 min
Dumbbell Pullover	12, 10, 8	1-2 min
Lateral DB Raises	10, 10, 8	1-2 min
Rear Delt DB Raise	10, 10, 8	1-2 min
Shoulder Shrug	12, 10, 8	1-2 min
Rope Pushdown	12, 10, 8	1-2 min

Day 21 – Rest

Day 22 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Repetitions	Rest
Barbell Squat	15, 12, 10	2-3 min
Leg Extension	10, 10, 8	1-2 min
Leg Curl	12, 12, 10	1-2 min

Weighted Step-up	10, 8, 6	1-2 min
Barbell Hip Thrust	12, 10, 8	1-3 min
Calf Raises	12, 10, 10	1-2 min

Day 23 – Back, Biceps, and Core

Workout	Reps	Rest
Pullups/Assisted PU	6-10 x 3	1-2 min
Standard Deadlift	5 x 4	2-3 min
V Grip Pulldown	12, 10, 8	1-3 min
Seated Rowing	12, 10, 8	1-3 min
EZ Bar Curl	10, 8, 8	1-2 min
Spider Curl	12, 10, 8	1-2 min
Hanging Knee Raise	10 x 2	1-min
High to Low Chop	10 x 2	45-sec
Plank DB Drag	10 x 2	45-sec

Day 24 – Chest, Shoulder, Triceps

Exercise	Reps	Rest
Flat Barbell Bench Press	12, 10, 10	1-3 min
Incline DB Bench Press	12, 10, 10	1-3 min
Cable Crossover	12, 10, 8	1-2 min
Arnold Press	10 x 3	1-3 min
Rear Delt Raise	12 x 3	1-2 min
Shoulder Shrug	15 x 2	1-2 min
Triceps Kickback	10 x 3	1-2 min

Day 25 – Rest

Day 26 – Quadriceps, Hamstrings, Calves, and Glutes

Exercise	Reps	Rest
Barbell Jammer	10, 8, 6	1-3 min
Leg Press	15, 12, 10	1-3 min
Dumbbell Leg Curl	12, 10, 10	1-2 min
Hip Thrust	12, 10, 10	1-3 min
Standing Calf Raises	15, 12, 10	1-2 min

Day 27 – Shoulder and Core

Workout	Reps	Rest
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Alternate DB Front Raise	10 x 3	1-2 min
Lateral Delt DB Raises	10 x 4	1-2 min
Chest Supported Row	10 x 3	1-2 min
Shoulder Shrug	12 x 3	1-2 min
Ab Wheel Rollout	6-10 x 2	1-min
Hanging Knee Raises	10 x 2	1-min
Kneeling Cable Crunches	10 x 2	1-min
High-to-Low Cable Chop	10 x 2	1-min

Day 28 – Rest

Day 29 – Back, Biceps, and Wrist

Workout	Reps	Rest
Conventional Deadlift	5 x 4	2-3 min
Standing Lat Pulldown	6-10 x 3	1-2 min
Seated Cable Rowing	15, 12, 10	1-2 min
Chinups	10 x 3	1-2 min
Incline DB Curl	12, 10, 8	1-2 min
Preacher Curl	12, 10, 8	1-2 min
Barbell Forearm Extension	10 x 3	1-2 min

Day 30 – Chest and Triceps

Exercise	Reps	Rest
Flat DB Bench Press	15, 12, 10	1-3 min
Machine Fly	12, 10, 8	1-2 min
DB Pullover	12, 10, 8	1-2 min
Parallel Bar Dips	8-12 x 3	1-2 min
Barbell Skull Crusher	12, 10, 8	1-2 min
Rope Pushdown	15, 12, 10	1-2 min
One-arm Overhead Triceps Extension	12, 10, 8	1-2 min

Helpful Resources:

1. [Dumbbell Pull Workout: 20 Best Exercises](#)
2. [Dumbbell Push Workout: 12 Best Exercises](#)
3. [15 Best Dumbbell Leg Exercises to Bolster Lower Body](#)



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.

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. 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. 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).

9. 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
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Disclaimer

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