

45 MINUTE GYM WORKOUT ROUTINE TO BUILD MUSCLE

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Check out [article](#) for more info

Program Overview

Frequency	5 days a week
Duration/Session	45 minutes
Routine Type	Upper/Lower Split
Goal	Build Strength and Mass
Target Gender	Male and Female
Skill Level	Beginner to Intermediate
Suggested Program Duration	12-16 Weeks

Schedule

- **Monday** – Upper Body
- **Tuesday** – Lower Body
- **Wednesday** – Upper Body
- **Thursday** – OFF
- **Friday** – Upper Body
- **Saturday** – Lower Body
- **Sunday** – OFF

Start your training with 3-5 minutes of quick warm-up. You can jog on the treadmill, do stationary bicycling, or perform [dynamic cardio moves](#) to increase your body temperature and prepare your muscles for lifting weights.

Monday (Day 1) – Upper Body

Exercise	Target Muscle	Sets x Reps	Rest
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Pull-ups	Back	2 x Failure	1-min
Front Lat Pulldown	Back	3 x 10-12	2-min
Military/DB Overhead Press	Shoulder	3 x 10-12	2-min
Pec Deck Fly	Chest	3 x 12-15	2-min
Bar Dips/Triangle Pushups	Triceps & Pecs	2 x Failure	2-min

Tuesday (Day 2) – Lower Body

Exercise	Target Muscle	Sets x Reps	Rest
DB Front Squat	Quadriceps	3 x 12-15	2-min
Machine Leg Press	Quadriceps	3 x 10-12	2-min
Dumbbell Lunges	Quad & Hams	2 x 10/leg	1-min
Dumbbell RDL	Hamstring	3 x 6-8	2-min
Calf Raises	Calves	3 x 15-20	1-min

Wednesday (Day 3) – Upper Body

Exercise	Target Muscle	Sets x Reps	Rest
Incline DB Bench Press	Chest	3 x 10-12	2-min
High-to-Low Cable Fly	Chest	3 x 12-15	2-min
Dumbbell Lateral Raise	Shoulder	3 x 10-12	2-min
Seated Cable Row	Back	4 x 10-12	2-min
Preacher/Hammer Curl	Biceps	2 x 12-15	1-min

Friday (Day 4) – Upper Body

Exercise	Target Muscle	Sets x Reps	Rest
Bent-over Barbell Row	Back	3 x 10-12	2-min
Reverse Pec Deck Fly	Posterior Delt	3 x 12-15	1-min
Close Grip Bench Press	Triceps and Pecs	3 x 10-12	2-min
Dumbbell Pullover	Chest and Lats	3 x 10-12	2-min
Barbell Shrug	Shoulder and Traps	3 x 10-12	1-min

Saturday (Day 5) – Lower Body

Exercise	Target Muscle	Sets x Reps	Rest
Back Squat	Lower Body	4 x 10-12	2-min
Leg Extension	Quadriceps	3 x 12-15	1-min

Leg Curl	Hamstrings	3 x 12-15	1-min
Step-up	Lower Body	2 x 10/leg	1-min
Hip Thrust	Glute & Hamstring	3 x 10-12	2-min

Is 45 Minutes of Gym Workout Enough to Build Muscle?

Yes, working out 45 minutes, five times a week, can help you progress your strength and muscle growth. But make sure your workout routine muscle includes 12-16 sets for large muscle groups, such as chest, legs, and back, and 6-8 sets for small muscle groups, such as biceps and triceps.

There's no hard and fast rule in fitness, anything can be customized to achieve a certain goal based on a person's fitness goal and skill level.

Once you complete the above programs, you can start the following program:

- [One-Hour Workout Plan to Build Muscle](#)

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

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

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola

8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

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).

Examples of Post-Workout Meals:

- Protein shakes and banana.

- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)

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