

# The 500-Rep Workout: 30 Day Plan to Muscularity

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Check out full URL: <https://thefitnessphantom.com/500-rep-workout-30-day-plan-with-pdf>

Doing 500 reps a day can be demanding but if you have been working out for a while, you can try this for 30 days.

I've designed an ultimate strength training plan that involves doing 10 exercises, 5 sets of 10 reps, three times weekly.

This plan is based on the [full-body workout](#), meaning you'll do at least one exercise for every muscle group.

I've crafted this program in such a way that you can train your every body part effectively without getting burned out.

I'll also hand out a PDF of this program so that you can save it for future use.

# Workout Plan Description

**Duration and sessions per week:** This is a 30-day workout plan, involving three sessions per week. You can train any three days of the week but I recommend doing it on alternate days because it will help your muscles recover between training sessions so you can give your best every time you hit the gym.

**Sets and reps per session:** It involves doing 10 exercises, 5 sets of 10 reps (500 total reps), and training almost every body part per session.

**Rep-set Scheme:** It is based on the [superset scheme](#) which involves performing two exercises in a row to complete one set. It is a time-efficient approach to perform 500 reps in an effective manner.

**Duration per session:** It depends on how long you take to complete 500 reps. For me, it took 2 to 2.5 hours.

**Workout Goal:** This high-volume workout plan will help you build muscle mass, endurance, and athletic fitness.

**Experience Require:** This routine is only for experienced lifters, who have been training for a while. I don't recommend it to beginners or people with past injuries.

**How long should you do this?** Try this 500-rep strength training only for 30 days, then follow your normal [split training](#) for three to four months, then try again. Don't do it for too long as it can do more harm than good.

## Day 1: Full Body Workout

Exercises	Sets	Reps	Rest
Incline Bench Press + Leg Extension	5	10	2-min
Pulldown + Leg Curl	5	10	2-min
Lateral Raises + Cable Crunches	5	10	2-min
Barbell Curl + Triceps Extension	5	10	2-min
<a href="#">Pullover</a> + Calf Raises	5	10	2-min

## Day 3 – Full Body Workout

Exercises	Sets	Reps	Rest
Overhead Press + Hack Squat	5	10	2-min
Pec Deck Fly+ Dumbbell RDL	5	10	2-min
Seated Row + Knee Raises	5	10	2-min
Rear Delt Fly + OH Triceps Extension	5	10	2-min
Hammer Curl + Cable Crunches	5	10	2-min

## Day 5 – Total Body Workout

Exercises	Sets	Reps	Rest
Deadlift + Bench Dips	5	10	2-min
Cable Crossover + Glute Bridge	5	10	2-min
One-arm DB Row + Calf Raises	5	10	2-min
Shrug + Reverse Cable Crunch	5	10	2-min
Wrist Curl + Oblique Chop	5	10	2-min

## Day 8: Full Body Workout

Exercises	Sets	Reps	Rest
Cable Lat Pullover + Leg Extension	5	10	2-min
Flat Bench Press + Leg Curl	5	10	2-min
Lateral Raises + Cable Crunches	5	10	2-min
Preacher Curl + Step-up (5/leg)	5	10	2-min
Bent-over Row + Triceps Extension	5	10	2-min

## Day 10 – Full Body Workout

Exercises	Sets	Reps	Rest
Push-ups + Chin-ups	5	10	2-min
Overhead Press + Leg Press	5	10	2-min
Rear Delt Raise + Lunges (5/leg)	5	10	2-min
Triceps Extension + Incline Curl (1-arm)	5	10	2-min
Wrist Curl + Decline Crunches	5	10	2-min

## Day 12 – Total Body Workout

Exercises	Sets	Reps	Rest
Kettlebell Swings + Hack Squat	5	10	2-min
T-Bar Row + Leg Curl	5	10	2-min
Overhead Press + Cable Crunch	5	10	2-min
Upright Row+ Cable Chop (5/side)	5	10	2-min
Bar Dips + Low Back Extension	5	10	2-min

## Day 15: Full Body Workout

Exercises	Sets	Reps	Rest
<a href="#">Deficit Pushup</a> + Bulgarian Squat (5/leg)	5	10	2-min
Incline Hammer Press + <a href="#">Sumo Squat</a>	5	10	2-min
Lat Pulldown + Cable Crunches	5	10	2-min
Dips + <a href="#">Incline Plank Row</a> (5/arm)	5	10	2-min
Cable Face Pull + Calf Raises	5	10	2-min

## Day 17 – Full Body Workout

Exercises	Sets	Reps	Rest
Chin-ups + Leg Extension	5	10	2-min
Side Delt Raises+ One-leg RDL	5	10	2-min
Renegade Row + Curtsy Lunges (5/leg)	5	10	2-min
Shoulder Shrug + Decline Crunches	5	10	2-min
Triceps Extension + Wheel Rollout	5	10	2-min

## Day 19 – Full Body Workout

Exercises	Sets	Reps	Rest
Push Press + <a href="#">Side Plank Hip Dip</a> (5/side)	5	10	2-min
Flat Bench Press + Leg Curl	5	10	2-min
Bent-over Row + Step-up (5/leg)	5	10	2-min
Spider Curl + Low Back Extension	5	10	2-min
Reverse Peck Deck + <a href="#">Plank Drag</a>	5	10	2-min

## Day 22 – Full Body Workout

Exercises	Sets	Reps	Rest
Close Grip Pulldown + Pec Deck Fly	5	10	2-min
Landmine Press + Landmine Squat	5	10	2-min
Close-Grip Press + Hip Adduction	5	10	2-min
Upright Row + Hip Thrust	5	10	2-min
Oblique Chop + Knee Raises	5	10	2-min

## Day 25 – Full Body Workout

Exercises	Sets	Reps	Rest
Kettlebell Clean + <a href="#">KB Rack Squat</a>	5	10	2-min
Kneeling KB Press + Kettlebell Lunge	5	10	2-min
<a href="#">Gorilla Row</a> + KB Lateral Squat	5	10	2-min
Crush Grip Push-up + KB Deadlift (5/leg)	5	10	2-min
KB Deadbug + KB Woodchop (5/side)	5	10	2-min

## Day 27 – Full Body Workout

Exercises	Sets	Reps	Rest
Cable Chest Press + Single-arm Row	5	10	2-min
Front Raises + Cable Pull-through	5	10	2-min
Rope Pushdown + Cable Hip Extension	5	10	2-min
<a href="#">Cable Curl</a> + <a href="#">Reverse Cable Crunches</a>	5	10	2-min
Close Grip Pulldown + <a href="#">Cable Side Bend</a>	5	10	2-min

## Day 30 – Full Body Workout

Exercises	Sets	Reps	Rest
Overhead Press + Hack Squat	5	10	2-min
Pec Deck Fly+ Dumbbell RDL	5	10	2-min
Seated Row + Knee Raises	5	10	2-min
Rear Delt Fly + OH Triceps Extension	5	10	2-min
Hammer Curl + Cable Crunches	5	10	2-min

# The Bottom Line

Follow this 500 reps workout challenge if you want to try something tough but effective.

I've designed this program in a way that allows you to perform 500 reps in an organized and will help you target your every body part effectively without feeling jaded.

This high-volume workout plan will help you build muscle mass, endurance, and athletic fitness.

However, it is primarily for advanced lifters, who have been lifting weights for a while.

Try this 500-rep challenge for 30 days in six months because doing it more often can do more harm than good.

## Helpful Resources:

1. [Full List of Bodyweight Exercises](#)
2. [The Ultimate List of Cable Machine Exercises w/PDF](#)
3. [Ultimate List of Dumbbell Exercises by Muscle Group](#)

4. [Full List of Resistance Band Exercises by Muscle Group](#)
5. [70 Barbell Exercises List By Muscle Group](#)