

90 DAY WORKOUT PLAN TO BUILD MUSCLE AT HOME

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Check out [article](#) for more info

Program Summary and Description

Sessions/Week

The program includes four sessions per week during the first seven weeks and five days weekly during the last six weeks.

Duration/Session

If you want to build muscle and improve your shape, you need to exercise at least 30 minutes per session. It is best to work out till you feel fatigued.

Workout Level

It includes beginner to intermediate-level exercises. You can make the necessary adjustments to this program based on your fitness level.

Who Can Follow

From males to females, anyone looking to build a strong, toned, and symmetrical physique can try this at home.

Results You Can Expect

This 90 day home workout routine will help you build your fundamental and foundational strength, increase lean mass, develop a better posture, improve cardiovascular health, and enhance your overall fitness.

However, gaining mass with bodyweight exercises will require consistent work, a proper diet, and discipline.

90 Day Transformation Workout Plan at Home

Warm-up

Here are a few samples of 5-10 minute warm-up exercises you can do before starting the bodyweight strength training.

Perform each exercise for 15 seconds, followed by 30 seconds of rest. Repeat two to three times.

Example 1	Example 2	Example 3
Ankle Hops	Jumping Jacks	Jumping Jacks
Mountain Climber	Inchworm	Bear Crawl
High Knees	Squat Jumps	Shoulder Tap
Leg Swings	Mt. Climber	High Knees
Squat Thrust	High Knees	Burpees

Week 1 & 2 (Day 1-14)

Monday

- Warm-up 1
- 10 Basic Squats
- 10 Standard Pushups
- Stationary Front Lunges (5 reps/leg)
- 10 Standing IYT Raises
- 30-sec Forearm Plank
- Repeat three to four times.

Tuesday

- Warm-up 2
- 10 Sumo Squats
- 10 Decline Pushups
- Lateral Lunges (5 reps/leg)
- 10 Lying Prone IYT Raises
- Side Plank (15-sec/side)
- Repeat three to four times.

Wednesday – Rest

Thursday

- Warm-up 3
- 5 [Paused Squats](#) (5 seconds hold/rep)
- 10 Diamond Pushups
- [Single-leg Hamstring Bridge](#) (5 reps with 5 seconds hold/leg)
- 10 Superman Pulls
- 30-sec Forearm Plank
- Do as many as three to four rounds.

Friday

- Warm-up 1
- Lateral Squat Walk (5 steps/side)
- 10 Incline Pushups
- 10 Wall Sit w/ Calf Raises
- 10 Lying Prone IYT Raises
- 5 Sit-ups
- Repeat three to four times.

Saturday

- OFF

Sunday

- OFF

Week 3 to 4 (Day 15th-28th)

Monday

- Warm-up 2
- 20 Basic Squats
- 15 Standard Pushups
- Stationary Front Lunges (10 reps/leg)
- 15 Standing IYT Raises
- 45-sec Forearm Plank
- Do as many as three to four rounds.

Tuesday

- Warm-up 3

- 20 Sumo Squats
- 15 Decline Pushups
- Lateral Lunges (10 reps/leg)
- 15 Lying Prone IYT Raises
- Side Plank (20-sec/side)
- Repeat three to four times.

Wednesday – Rest

Thursday

- Warm-up 3
- 8 Paused Squats (5 seconds hold/rep)
- 15 Diamond Pushups
- One-leg Hamstring Bridge (8 reps with 5 seconds hold/leg)
- 15 Superman Pulls
- 45-sec Forearm Plank
- Do as many as three to four rounds.

Friday

- Warm-up 1
- Lateral Squat Walk (10 steps/side)
- 10 Incline Pushups
- 15 Wall Sit w/ Calf Raises
- 15 Lying Prone IYT Raises
- 10 Sit-ups
- Repeat three to four times.

Saturday

- Rest

Sunday

- Rest

Week 5 to 7 (Day 29 to 49th)

Monday

- Warm-up 2
- 20 Basic Squats
- 15 Incline Push-ups

- 15 Standing IYT Raises
- 10 Pop Squats
- 15 Superman Pulls
- 10 Negative Push-Ups
- [Lateral Delt Raises](#) (10 reps/side)
- 1-min Plank
- Repeat three to five times.

Tuesday

- Warm-up 3
- [Cursty Lunges](#) (10 reps/leg)
- Archer Push-ups (5 reps/side)
- 10 Overhead Crunches
- 10 Prone IYT Raises
- [Groiners](#) (5 reps/side)
- Bird Dog Plank (5 reps with 10 seconds hold/side)
- Crab Walk (10 steps forward and backward)
- 15 Wall Sit w/ Calf Raises
- Repeat three to five times.

Wednesday

- Rest

Thursday

- Warm-up 2
- 30-sec Wall Walk
- 20 Air Squats
- 10 Reverse Crunches
- 10 Decline Pushups
- [Lunge to Knee Drive](#) (10 reps/leg)
- 20 Superman Pulls
- 10 [Triceps Extensions](#)
- 30-sec Spider Crawl
- Single-leg Glute Bridge (10 reps/leg)
- Repeat three to five times.

Friday

- Warm-up 3
- 10 [Dive Bomber Pushups](#)
- 15 Prisoner Squats
- [Bodyweight Rear Delt Raises](#) (10 reps/side)
- Reverse Lunges (10 reps/leg)
- 12 Diamond Pushups
- 10 Broad Jumps
- 1-leg Glute Kickback (10 reps/leg)
- Single-leg Calf Raise (15 reps/leg)
- Repeat three to five times.

Saturday – Rest

Sunday – Rest

Week 8 to 10 (Day 50th to 70th)

Monday

- Warm-up 1
- [Back and Forth Lunges](#) (5 reps/side)
- 10 Pike Pushups
- 10 Lying Prone IYT Raises
- 10 Floor Dips
- 10 Pop Squats
- 20 Superman Pull
- 15-sec Flutter Kicks
- Single-leg Calf Raises (15 reps/leg)
- 1-min Plank
- Repeat four to five times.

Tuesday

- Warm-up 2
- Lateral Squat Walk (10 steps/side)
- 10 [Dolphin Pushups](#)
- 15 Standing IYT Raises
- One-Leg Romanian Deadlift (5 reps/leg)
- 15 Diamond Pushups

- Reverse Lunges (10 reps/leg)
- 10 Leg Lifts
- One-leg Hamstring Bridge
- 30-sec Side Plank
- Repeat four to five times.

Wednesday

- Warm-up 3
- [Single Leg Squats](#) (10 reps/leg)
- 10 Negative Pushups
- 15 Superman Pulls
- 15-sec Hollow Body Hold
- 10 Paused Squats
- 15 Lying Prone IYT Raises
- 10 Floor Dips
- Lateral Delt Raises (10 reps/side)
- Single-leg Glute Kickback (10 reps/side)
- 1-min Plank (10 reps/side)
- Repeat four to five times.

Thursday

- Rest

Friday

- Warm-up 1
- 10 Dive Bomber Pushups
- 10 [Spiderman Lunges](#)
- 10 Overhead Crunches
- 15 Standing IYT Raises
- Archer Push-ups (10 reps/side)
- Crab Walk (10 steps forward and backward)
- Cursty Lunges (10 reps/leg)
- 15 Wall Sit w/ Calf Raises
- Side Plank Hip Dips (10 reps/side)
- Repeat four to five times.

Saturday

- Warm-up 1
- 10 Bulgarian Split Squats
- 20 Air Squats
- 10 Knee Tap Push-Ups
- 20 Reverse Crunches
- Lunge to Knee Drive (10 reps/leg)
- 20 Superman Pulls
- 15 Triceps Extensions
- 30-sec Spider Crawl
- 1-min Plank
- Do as many four to five rounds as possible.

Sunday

- Rest

Week 11 to 13 (Day 71st to 91st)

Monday

- Warm-up 2
- 10 Dive Bomber Push-ups
- Pistol Squat (10 reps/legs)
- [Sit Outs](#) (10 reps/legs)
- 15 Prone IYT Raises
- 15-sec Flutter Kicks
- Reverse Lunges (10 reps/leg)
- 15 Diamond Pushups
- 1-leg Hamstring Bridge (10 reps/leg)
- 10 Floor Dips
- Spider Crunches (10 reps/side)
- Single-leg Calf Raises (15 reps/leg)
- Do as many four to five rounds as possible.

Tuesday

- Lateral Squat Walk (10 steps/side)
- 10 Push-ups to Rows
- Back and Forth Lunges (10 reps/side)

- 15 Standing IYT Raises
- 10 Dolphin Pushups
- One-Leg Romanian Deadlift (5 reps/leg)
- 15 Diamond Pushups
- 10 Bench Dips
- 10 Leg Lifts
- 15 Deadbugs
- 10 Single-leg Hip Thrusts
- Repeat four to five times.

Wednesday

- Single Leg Squats (10 reps/leg)
- 15 Superman Pulls
- 10 Negative Pushups
- 15 Lying Prone IYT Raises
- 15-sec Hollow Body Hold
- Lateral Delt Raises (10 reps/side)
- Unilateral Glute Kickback (10 reps/side)
- 15 Sit-ups
- 10 [Spiderman Lunges](#)
- Crab Walk (10 steps forward and backward)
- Repeat four to five times.

Thursday

- Rest

Friday

- Cursty Lunges (10 reps/leg)
- Archer Push-ups (10 reps/side)
- 15 Wall Sit w/ Calf Raises
- 10 Bulgarian Split Squats
- Side Plank Hip Dips (10 reps/side)
- 10 Knee Tap Push-Ups
- 15 Prone IYT Raises
- 15-sec Flutter Kicks
- Reverse Lunges (10 reps/leg)
- Repeat four to five times.

Saturday

- 10 Dive Bomber Push-ups
- Lunge to Knee Drive (10 reps/leg)
- 10 Sit-ups
- 10 Dolphin Pushups
- 20 Superman Pulls
- 15 Standing IYT Raises
- 15 Triceps Extensions
- 10 Dolphin Pushups
- Sit Outs (10 reps/side)
- 30-sec Spider Crawl
- Single-Leg RDL (5 reps/leg)
- 1-min Plank
- Repeat four to five times.

Sunday

- Rest

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.³

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. Warm up Before Lifting

Warm-up is a crucial part of any weight training routine as it helps prevent injuries and improve performance. The goal is to increase blood flow and heart rate and get yourself ready for weight training. You can do some [low-intense cardio exercises](#) (not stretching), such as jogging, jumping jacks, running on the treadmill, or bicycling, for 5 minutes to get ready.

4. 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.^{4,5}

5. 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.⁴

6. 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 the 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.

7. 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.

8. 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.

Nutritional Tips for Muscle Growth

Eating nutritious and healthy foods is as crucial as lifting weights. Diet is an essential part of the muscle-building program; you can't increase mass unless you feed your muscles the required amount of protein, carbs, fats, and other nutrients.

According to the International Society of Sports Nutrition, here is the diet recommendation for natural bodybuilding.¹

For example, if you're a 60 kg (132 lbs) weighted person.

Protein	Carbs	Fats
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145-190 g	400-500	50-60
580-760 calories	1600-2000 calories	400-480 calories

1 gram protein and carbs = four calories and fats = eight calories

You can consume the above nutrients in three to six meals per day, with a meal containing 0.4-0.5 g/kg body weight of protein before and post workout.

Depending on how many calories you burn throughout the day, you can increase or decrease consumption.

You can also check out recommended whey isolate protein and [high calories protein foods](#).

You can incorporate one of the following supplements in your diet program:

1. [Bulk Extreme](#)
2. [Nutrigo Lab Strength](#)
3. [Mass Extreme](#)

You can add more exercises from the list below:

1. [Top 5 Rear Delt Bodyweight Exercises](#)
2. [13 Best Bodyweight Push Exercises](#)
3. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
4. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
5. [Knee push-ups for beginners \(with Video\)](#)
6. [8 Best Bodyweight Hamstring Exercises at Home](#)
7. [The 20 Best Bodyweight Exercises for Arms](#)
8. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
9. [Full Bodyweight Workouts For Beginners](#)

10. [Bodyweight Exercises For Back At Home](#)

11. [Bodyweight Exercises for Shoulder](#)

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