

Alternating Day Workout Plan: 28-Day Split to Gain Muscle

Created by: [Murshid Akram](#)

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

You don't need to hit the gym every day to build muscle or get the major health benefits, you can get that by working out even on alternate days (one-day exercise, next day off, then repeat).

Studies have shown training three times weekly is equally effective than five or six times when volume is equated.^{1, 2, 3} For example, if you do 12-15 sets per muscle group in three to four sessions per week that one does in six days, you'll get the same benefits.

However, you need a well-designed exercise program to train each muscle effectively without feeling exhausted.

To solve this issue, I've designed a complete 4-week workout plan that involves training on alternate days.

It allows you to train your muscles in an organized way, helping you utilize your time efficiently, and build muscle mass and strength over time.

The Best Alternating Day Workout Plan for Building Muscle

This training program is based on the [superset scheme](#), which involves performing exercises in pairs. Superset is an efficient way to train more muscles in less time compared to the standard rep-set method.

With this superset strategy, you can focus on three to four muscle groups in every session and train your entire body within three days.

Start your day with dynamic warm-up exercises and lightweight resistance training to prepare your muscles for resistance exercises.

Let's uncover the best alternating day split training:

Day 1 – Chest, Shoulder, and Quads

Superset	Sets	Reps	Rest
Incline Bench Press + Leg Extension	3	10-15	2-minute
Seated Pec Deck Fly + Leg Press	3	10-15	2-minute
High-to-low Cable Fly + Lunges	3	10-12	2-minute
Lateral Raises (Single exercise)	5	10-12	2-minute

Day 3 – Back, Hamstrings, and Abs

Superset	Sets	Reps	Rest
Pull-ups + Seated Leg Curl	3	Failure	90-second
Lat Pulldown + Lying Leg Curl	3	10-15	2-minute
Bent-over Row + Knee Raises	3	10-15	2-minute
Cable Crunches + Cable Chop	3	15-20	2-minute

Day 5 – Chest, Calves, Glutes, and Arms

Superset	Sets	Reps	Rest
Bench Press + Seated Calf Raises	3	10-15	2-minute
Upward Cable Fly + Standing Calf Raises	3	10-15	2-minute
Lean Forward Bar Dips + Hip Thrust	3	10-12	2-minute
Barbell Curl + Triceps Pushdown	3	10-12	2-minute

Day 7 – Back, Quads, and Abs

Superset	Sets	Reps	Rest
Pull-ups + DB Squat	3	Failure	2-minute
Seated Cable Row + Hack Squat	3	10-15	2-minute
One-arm DB Row + Step-up	3	10/side	1-minute
Cable Crunches + Decline Leg Raises	3	15-20	1-minute

Day 9 – Shoulder, Hamstrings, and Arms

Superset	Sets	Reps	Rest
Overhead Press + Stiff Leg Deadlift	3	8-12	2-minute
Lateral Raises + Machine Leg Curl	3	10-12	2-minute
Pec Deck Reverse Fly + Barbell Skull Crusher	3	10-12	2-minute
Incline Curl + Crossbody Triceps Extension	3	12-15	2-minute

Day 11 – Chest, Quads, Glutes, and Abs

Superset	Sets	Reps	Rest
Smith Machine Incline Press + Leg Extension	3	10-15	2-minute
Seated Pec Deck Fly + Back Squat	3	10-15	2-minute
Cable Crunches + Hip Thrust	3	10-15	2-minute
Hanging Knee Raises + Landmine Twist	3	15-20	1-minute

Day 13 – Back, Calves, and Shoulder

Superset	Sets	Reps	Rest
Deadlift (single exercise)	4	6-8	3-minute
One-arm Cable Row & Side Delt Raises	3	10/side	1-minute
Straight-arm Pullover + Calf Raises	3	15-20	2-minute
Cable Face Pull + Dumbbell Shrug	3	10-12	2-minute

Day 15 – Chest, Arms, and Hamstrings

Superset	Sets	Reps	Rest
Bar Dips + Chin-ups	4	10-12	2-minute
Seated Chest Press + Hamstring March	3	10-15	2-minute
Dumbbell Pullover + Leg Curl	3	10-15	2-minute
Reverse Cable Curl + Triceps Kickback	3	12-15	1-minute

Day 17 – Shoulder, Quads, and Abs

Superset	Sets	Reps	Rest
Military Press + Front Lunges	3	10-15	2-minute
Upright Row + Leg Press	3	10-15	2-minute
Bent-over Side Raise + Cable Crunches	3	10-15	2-minute
Ab Wheel Roll + Barbell Oblique Twist	3	10-12	1-minute

Day 19 – Back, Glutes, Calves, and Arms

Superset	Sets	Reps	Rest
Pull-ups + Cable Pull Through	3	8-12	2-minute
Lat Pulldown + Hip Thrust	3	8-12	2-minute
Close Grip T-Row + Calf Raises	3	8-12	2-minute
Triceps Pushdown + Hammer Curl	3	8-12	2-minute

Day 21 – Chest, Quads, and Abs

Superset	Sets	Reps	Rest
Back Squat (Single-exercise)	5	6-10	3-minute
Flat Bench Press + Leg Extension	3	8-14	2-minute
Parallel Cable Fly + Decline Bench Crunch	3	8-14	2-minute
Upward Cable Fly + Cable Reverse Crunches	3	8-12	1-minute

Day 23 – Back, Shoulder, and Hamstrings

Superset	Sets	Reps	Rest
Pull-ups + Pike Push-ups	3	8-12	2-minute
Barbell Row + 1-arm Landmine Press	3	8-12	2-minute
Seated Machine Row + Shoulder Shrug	3	8-12	2-minute
Facepull + Leg Curl	3	10-12	2-minute

Day 25 – Chest, Arms, Calves, and Abs

Superset	Sets	Reps	Rest
Bar Dips + Chin-ups	4	8-12	1-minute
Incline Bench Press + Calf Raises	3	8-14	1-minute
Pec Deck Fly + 1-arm Triceps Extension	3	8-14	2-minute
Side Plank Hip Taps + Leg Raises	3	8-12	1-minute

Day 27 – Shoulder, Quads, and Glutes

Superset	Sets	Reps	Rest
Front Delt Raises + Hack Squat	3	8-12	2-minute
Side Delt Raises + Bulgarian Split Squat	3	8-12	2-minute
Rear Delt Raises + Leg Extension	3	8-12	2-minute
Shoulder Shrug+ Hip Thrust	3	8-12	2-minute

Who Can Follow This Alternate Day Training?

This program suits anyone who is looking for a time-efficient way to train every body part effectively and increase strength and muscle size over time.

However, it is based on the superset technique, which requires higher endurance than the standard rep-set approach, making it difficult for new lifters.

Anyway, this routine is flexible and can easily be adjusted to your needs by making some changes.

Is Alternate Day Training Effective for Muscle Growth?

Lifting weights on alternate days helps you build a muscular body in a few ways.

First, it allows your trained muscles enough time to recover between workouts. The muscles that get good recovery tend to grow well than those that don't recover fully.⁴

Secondly, rest days help you feel fresh and active, allowing you to lift heavier weights with better control the next you hit the gym. This heavy lifting will promote your strength and hypertrophy simultaneously.⁵

Alternate-day training is also sustainable in the long term as it prevents burnout and keeps motivation high by avoiding daily physical strain.

So, whether you're a skinny guy lifting to gain mass or an experienced lifter with a developed physique, the alternate-day training plan will help you build and maintain an aesthetic physique.

Note: You can replace some exercises with the ones that you can do with the right form. Rest duration between sets and rep-set approach is also flexible, so make necessary changes and start training.

“The reader does not steal, and the thief does not read.”

This content is fully owned by thefitnessphantom.com, written by [Murshid Akram](#)

References

1. Johnsen, Emil, and Roland van den Tillaar. “[Effects of training frequency on muscular strength for trained men under volume matched conditions.](#)” PeerJ vol. 9 e10781. 18 Feb. 2021, doi:10.7717/peerj.10781
2. Equal-Volume Strength Training With Different Training Frequencies Induces Similar Muscle Hypertrophy and Strength Improvement in Trained Participants (<https://doi.org/10.3389/fphys.2021.789403>) – Frontiers in Physiology
3. Yang, Yifan et al. “[Effects of Consecutive Versus Non-consecutive Days of Resistance Training on Strength, Body Composition, and Red Blood Cells.](#)” Frontiers in physiology vol. 9 725. 18 Jun. 2018, doi:10.3389/fphys.2018.00725
4. [Why Rest Days Are Important for Muscle Building](#) – National Academy of Sports Medicine (NASM)
5. Lopez, Pedro et al. “[Resistance Training Load Effects on Muscle Hypertrophy and Strength Gain: Systematic Review and Network Meta-analysis.](#)” Medicine and science in sports and exercise vol. 53,6 (2021): 1206-1216. doi:10.1249/MSS.0000000000002585