

The Best Intermediate Bodybuilding Workout Plan

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This bodybuilding workout plan is for those who have been training for a while and want to grow their strength and muscle mass in an organized manner.

It involves six sessions per week, and each session focuses on training two to three muscle groups.

For example, it involves training legs and shoulders on day 1, Back, biceps, and abs on day 2; and Chest, triceps, and glutes on day 3.

- **Monday:** Legs and Shoulder
- **Tuesday:** Back, Biceps, and Abs
- **Wednesday:** Chest, Triceps, and Glutes
- **Thursday:** Legs and Shoulder
- **Friday:** Back, Biceps, and Abs

- **Saturday:** Chest, Triceps, and Glutes

It ensures that every muscle group gets trained twice a week while maintaining decent recovery time between sessions.

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It will be a [high-volume training](#), so I recommend you sleep well (6–8 hours) and consume a balanced diet (30–35% calories from protein, 55–60% calories from carbs, and 15–20% calories from fat) as these things help recover your damaged muscle efficiently and promote hypertrophy over time.

You can explore a [7-day sample meal plan](#) for muscle gain on [Verywellfit.com](https://www.verywellfit.com). Plus, you can also visit a professional nutritionist near you to design a customized meal plan.

Program Overview

Session/Week	Six
Duration/Session	90 minutes
Recommended Duration	3-4 months
Experienced Require	Intermediate
Target Gender	Male
Training Goal	Strength and Mass Gain
Split Type	Mixed Body Part Split
Monday & Thursday	Legs and Shoulder

Tuesday & Friday	Back, Biceps, & Abs
Wednesday & Saturday	Chest, Triceps, & Glutes

Workout Instructions

Warm-up before lifting: Each raining session will start a 5-10 minutes of warm-up workout. You can do warm-up given in the training plan below or design your own.

Loading Progression: Keep adding weight set after set and week after week to challenge your muscles to work hard continuously. This loading progression helps them build muscle and strength over time.

Rest Between Sets: Resting between sets allows you to give your best during each set. You can take 1-3 minutes of rest during the hypertrophy sets (10-20 rep sets) and 3-5 minutes rest during the heavyweight sets (4-10 rep sets). You can also stretch or walk during rest time to keep your mind involved throughout the workout.

Morning Cardio: Perform low-intensity cardio in the morning to enhance your endurance.

Monday – Legs and Shoulder

Warm-up

- **Front Leg Swings:** 15-sec per leg x 2 sets
- **Lateral Leg Swings:** 10-sec per leg x 2 sets
- **Bodyweight Asian Squat:** 10-15 reps x 1 set
- **Standing Arm Swings:** 10-sec per arm x 2 sets
- **Rotator cuff 90 degrees external rotation:** 10 reps per side x 2 sets
- **Leg Extension:** 15-20 reps x 2 sets
- **No rest between exercises.**

Main Workout

- **Back Squat:** 6-12 reps x 4-5 sets at 70-85% of your One-Rep Max (1RM)
- **Leg Press:** 10-15 reps x 3-4 sets at 65-80%
- **Overhead Press + Front Lunges (superset):** 10-12 reps x 3 sets + 10 reps/leg x 2 sets
- **Leg Curl + Seated FDL Raises (superset):** 15-20 reps x 4 sets + 8-10 reps x 3 sets
- **Calf Raises + Reverse Machine Fly (superset):** 15-20 reps x 4 sets + 10-12 reps x 3 sets

Session Finisher

- **Incline Treadmill Walk:** 5 minutes
- **World's Greatest Stretch:** 2-3 minutes
- **Child's Pose:** 15-second hold x 2 sets
- **Upward Facing Dog:** 15-second hold x 2 sets

Tuesday – Back, Biceps, and Abs

Warm-up

- **Seated/Standing Lat Stretch:** 2-3 minutes
- **Shoulder Pass-Through w/ Band:** 10 reps x 2 sets
- **Band Pull-Apart:** 10 reps x 2 sets
- **Resistance Band Bent-over Row:** 10 reps x 2 sets
- **Pull-ups:** As many reps as possible x 3 sets

Main Workout

- **Front Lat Pulldown (medium grip):** 10-15 reps x 4 sets
- **Seated Cable Row/Machine Row:** 10-12 reps x 4 sets
- **Landmine Close Grip T-Bar Row:** 10-12 reps x 4 sets
- **Barbell Biceps Curl:** 10-15 reps x 3 sets
- **Concentration Curl:** 10-12 reps x 3 sets

- **Kneeling Cable Crunches:** 20-25 reps x 4 sets
- **Hanging Knee/Leg Raises:** 10-20 reps x 4 sets

Session Finisher

- **Stationary Bicycling:** 5 minutes
- **Cobra Pose:** 15-second hold x 3 sets
- **Bird Dog:** 5 second hold per side x 3 sets
- **Superman Lift and Row:** 6-8 reps x 3 sets

Wednesday – Chest, Triceps, and Glutes

Warm-up

- **Arms Out Stretch:** 10- second x 3 sets
- **Dive Bomber Push-up:** 6-8 reps x 3 sets
- **Banded Reverse Fly:** 6-8 reps x 3 sets
- **Seated Pec Deck Fly:** 15-20 reps x 2 sets
- **Bench Press w/ an Empty Barbell (Slow Tempo):** 15-20 reps x 1 set

Main Workout

- **Incline Barbell Bench Press:** 8-12 reps x 4 sets
- **Incline Dumbbell Bench Press:** 10-12 reps x 3 sets
- **Parallel Cable Fly/Pec Dec Fly:** 10-12 reps x 2 sets
- **High-to-Low Cable Fly:** 10-12 reps x 4 sets

- **Triceps Pressdown:** 10-15 reps x 3 sets
- **Overhead Triceps Extension:** 10-15 reps x 3 sets
- **Cable Pull Through:** 10-15 reps x 3 sets

Session Finisher

- **Incline Treadmill Walk:** 5 minutes
- **Cat-Cow:** 10 reps x 2 sets
- **World's Greatest Stretch:** 2-3 minutes
- **Seated Bend Forward:** 1-2 minutes

Thursday – Legs and Shoulder

Warm-up

- **Front Leg Swings:** 15-sec per leg x 2 sets
- **Lateral Leg Swings:** 10-sec per leg x 2 sets
- **Bodyweight Asian Squat:** 10-15 reps x 1 set
- **Standing Arm Swings:** 10-sec per arm x 2 sets
- **Rotator cuff 90 degrees external rotation:** 10 reps per side x 2 sets
- **Leg Extension:** 15-20 reps x 2 sets
- No rest between exercises.

Main Workout

- **Hack Squat:** 12-15 reps x 3 sets
- **Reverse Hack Squat:** 12-15 reps x 3 sets
- **Bulgarian Split Squat/Step-up:** 8-10 reps per leg x 3 sets

- **Leg Curl:** 15-20 reps x 4 sets
- **Single-arm Cable Lateral Raises:** 10-12 reps per arm x 3 sets
- **Upright Row:** 8-12 reps x 3 sets
- **Face Pull:** 8-12 reps x 3 sets

Session Finisher

- **Stationary Bicycling:** 5 minutes
- **Standing Bend Forward:** 1-2 minutes
- **Child's Pose:** 10-second hold x 2 sets
- **Upward Facing Dog:** 10-second hold x 2 sets
- **Bodyweight Glute Bridge:** 10-15 reps x 2 sets

Friday – Back, Biceps, and Abs

Warm-up

- **Seated/Standing Lat Stretch:** 2-3 minutes
- **Shoulder Pass-Through w/ Band:** 10 reps x 2 sets
- **Band Pull-Apart:** 10 reps x 2 sets
- **Resistance Band Bent-over Row:** 10 reps x 2 sets
- **Pull-ups:** As many reps as possible x 3 sets

Main Workout

- **Bent-Over Barbell Row:** 10-15 reps x 4 sets
- **Standing Cable Lat Pullover:** 10-12 reps x 3 sets
- **Close Grip Lat Pulldown:** 10-12 reps x 3 sets
- **Single-arm DB Row:** 10 reps per side x 3 sets

- **Preacher Curl:** 10-12 reps x 3 sets
- **Reverse Barbell Curl:** 10-12 reps x 3 sets
- **Kneeling Cable Crunches:** 20-25 reps x 4 sets
- **Hanging Knee/Leg Raises:** 10-20 reps x 4 sets

Session Finisher

- **Stationary Bicycling:** 5 minutes
- **Cobra Pose:** 15-second hold x 3 sets
- **Bird Dog:** 5 second hold per side x 3 sets
- **Superman Lift and Row:** 6-8 reps x 3 sets

Saturday – Chest, Triceps, and Glutes

Warm-up

- **Arms Out Stretch:** 10- second x 3 sets
- **Dive Bomber Push-up:** 6-8 reps x 3 sets
- **Banded Reverse Fly:** 6-8 reps x 3 sets
- **Seated Pec Deck Fly:** 15-20 reps x 2 sets
- **Bench Press w/ an Empty Barbell (Slow Tempo):** 15-20 reps x 1 set

Main Workout

- **Flat Barbell Bench Press:** 8-12 reps x 3 sets
- **Incline Dumbbell Bench Press:** 10-12 reps x 3 sets

- **Cable Crossover:** 10–12 reps x 3 sets
- **Decline Bench Press:** 10–12 reps x 3 sets
- **Bar Dips:** 10–15 reps x 3 sets
- **Overhead Triceps Extension:** 10–15 reps x 3 sets
- **Hip Thrust/Glute Bridge:** 10–15 reps x 3 sets

Session Finisher

- **Incline Treadmill Walk:** 5 minutes
- **Cat-Cow:** 10 reps x 2 sets
- **World's Greatest Stretch:** 2–3 minutes
- **Seated Bend Forward:** 1–2 minutes

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

Related Workout Programs

1. [12-Week PHUL Workout Routine with Free PDF](#)

2. [Push Pull Legs 12-week Program for Muscle Building](#)
3. [8-Week Full Body Tri Set Workout Program](#)
4. [3 Day Superset Workout to Build Muscles](#)
5. [12-Week Workout Routine Inspired by Frank Zane](#)
6. [12-week Progressive Overload Strength Training Program](#)

Disclaimer

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