

# 5 DAY BODYWEIGHT WORKOUT ROUTINE FOR MASS AND STRENGTH

Created by: [Murshid Akram](#)  
Check out [article](#) for more info

## Workout Description

**Split Type:** It will be a full body workout routine that involves training almost the entire body in every session.

**Program Goal:** This 5 day bodyweight workout plan will help you increase muscular strength and endurance, grow lean mass, and build muscular physique.

**Equipment Needed:** This program mostly comprises bodyweight exercises that require no equipment. But you need a dip and pull-up bar to perform bodyweight compound exercises and grow strength and size.

**Training Duration:** You must follow this program for 8 weeks to see the noticeable results.

**Skill Require:** This program is for intermediates who have been working out for a while and want to build mass and strength.

**Target Gender:** People of any gender can use this routine to improve their fitness

## Description Overview:

<b>Routine Type</b>	Full Body
<b>Sessions/week</b>	Five
<b>Duration/session</b>	30-45 minutes
<b>Routine Goal</b>	Build Strength and Mass
<b>Program Duration</b>	8-12 Weeks
<b>Difficulty Level</b>	Intermediate
<b>Target Gender</b>	All
<b>Additional Equipment</b>	Dip Stand and Pull-up Bar
<b>Program to Follow Next</b>	<a href="#">6-Day PPL Bodyweight Plan</a>

## Schedule

- **Day 1** – Chest, Biceps, Legs, and Abs
- **Day 2** – Arms, Shoulder, Legs, and Abs
- **Day 3** – Upper Body, Glutes, and Calves
- **Day 4** – Chest, Shoulder, Abs, and Legs
- **Day 5** – Full Body
- **Thursday and Sunday** – OFF

### Workout Instructions

- **Rep-Set Approach:** You'll do exercises into rounds, that means you'll have to perform exercises one after another until you complete one round.
- **Rest Between Exercises:** You can take 15-30 seconds of break between exercises.
- **Rounds/Session:** Perform three to six rounds in each session.

## Day 1 (Monday) – Chest, Biceps, Legs, and Abs

**Warm-up:** 15-sec Jumping Jack, 15-sec Mountain Climber, 5 Burpees, 5 Reverse Lunges to Front Kicks, 15-sec Shoulder Roll, 15-sec Forward Leg Swings x 2

**Main Workout:** Perform three to five rounds.

Exercise	Muscle Worked	Reps
Standard Push-up	Chest	10-15
Pull-up	Back	6-8
Squat	Quad	15-20
Hanging Knee Raise	Core	10-15
Inverted Row	Upper Back	10-15

## Day 2 (Tuesday) – Arms, Shoulder, Legs, and Abs

**Warm-up:** 15-sec Arm Circles, 15-sec Jumping Jacks, 5 Scapular Push-ups, 5 Inchworm, 30-sec Bear Crawl, 5 Squat Jumps, 15-sec Lateral Leg Swings x 2

**Main Workout:** Perform three to five rounds.

Exercise	Muscle Worked	Reps
Chin-ups	Biceps	6-8
Pike Push-ups	Shoulder	8-10
Curtsy Lunges	Legs	10/leg
Bar Dips	Core	8-10
Renegade Row	Abs, Back	10-12

## Day 3 (Wednesday) – Upper Body, Glutes, and Calves

**Warm-up:** 15-sec Shoulder Dislocates, 10 Cat Cow, 15-sec Ankle Hop, 15-sec High Knees, 15-sec Mountain Climber, and 5 Burpees x 2

**Main Workout:** Perform three to five rounds.

Exercise	Muscle Worked	Reps
Archer Push-up	Chest	10-15
Pull-ups	Back	6-8
<a href="#">Long Leg March</a>	Glute, Hamstring	8-10
Diamond Pushups	Glute, Hamstring Triceps	8-10
Prone Triple Fly	Back, Shoulder	10-12

Calf Raises	Calves	
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## Day 4 (Friday) – Chest, Shoulder, Abs, and Legs

**Warm-up:** 15-sec Jumping Jack, 15-sec Mountain Climber, 15-sec Shoulder Roll, 5 Lateral Lunge Jumps per leg, 15-sec High Knee Stationary Run, 30-sec Bear Crawl x 2

**Main Workout:** Perform three to five rounds.

Exercise	Muscle Worked	Reps
Dive Bomber Push-up	Upper Body	10-15
Bulgarian Split Squat	Legs	6-8
Inverted Row	Upper Back	8-10
Pike Pushups	Shoulder, Triceps	10/leg
Pop Squat/ <a href="#">One-Leg RDL</a>	Legs	8-10
Forearm Plank	Core	1-min

## Day 5 (Saturday) – Full Body

**Warm-up:** 15-sec Jumping Jack, 15-sec Mountain Climber, 5 Burpees, 5 Reverse Lunges to Front Kicks, 15-sec Shoulder Roll, 15-sec Inchworm, and 10 Forward Leg Swings per leg x 2

**Main Workout:** Perform three to five rounds.

Exercise	Muscle Worked	Reps
Bodyweight Power Maker	Full Body	10-15
<a href="#">Negative Pull-up</a>	Back	6-8
Nordic Curl/ <a href="#">Sliding Leg Curl</a>	Hamstrings	8-10
<a href="#">Negative Push-Up</a>	Chest	10/leg
Hanging Side Knee Raises	Leg	

# 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.

## 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.

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

Protein	Carbs	Fats
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 = nine 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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# Disclaimer

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