

The Ultimate Minimalist Workout Plan to Build Strength and Mass

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Minimalist training involves doing a few exercises that target multiple muscles simultaneously, allowing you to build strength and muscle without spending hours in the gym.

It is a time-efficient way of training the body in a limited time while ensuring decent gains over time.

In this article, I'll show you how to design an ultimate, easy-to-follow minimalist workout plan for every fitness enthusiast, whether you hit the gym two or four days a week.

Anyone from male to female can follow this routine to take their fitness to the next level.

The Ultimate Minimalist Workout Plan to Build Strength and Mass

I'll share the following workout routines in this blog:

- 60-Minute Full Body Workout (2 days a week)
- 45-minute Upper-Lower-Full Body Workout (3 days a week)
- 30-minute Upper Lower Body Part Split (4 days a week)

You can follow one of the workouts depending on your time availability.

Minimalist Warm-up (Do this before starting the main workout):

- **Jumping Jacks:** 15-second x 3 sets
- **Mountain Climber:** 15-second x 3 sets
- **Resistance Band Shoulder Pass Through:** 10 reps x 3 sets
- 15-30 seconds rest between sets.

60-Minute Full Body Minimalist Workout (2x Week)

This workout plan is based on a superset method. [Superset training](#) involves performing two exercises in a row, followed by a rest period. It is an optimal way to train multiple muscles in a short amount of time.

DAY 1

Superset	Sets	Reps	Rest
Pull-ups + Dips	3	Failure	1-min
Incline Bench Press + Leg Press	3	20, 15, 12	2-min
Bent-over Row + Leg Curl	3	20, 15, 12	2-min
Kneeling Cable Crunch + Knee Raises	3	15, 12, 10	2-min

DAY 2

Superset	Sets	Reps	Rest
Push-ups + Chin-ups	3	Failure	1-min
Pec Deck Fly + Back Squat	3	20, 15, 12	2-min
Lat Pulldown + DB Lunges	3	15, 12, 10	2-min
Lateral Raises + Reverse Fly	3	15, 12, 10	2-min

45-Minute ULT Minimalist Strength Training (3x Week)

This workout includes a combination of normal and supersets. This combination will help you train each muscle efficiently.

MONDAY – UPPER BODY

Exercises	Sets	Reps	Rest
Pull-ups + Dips (superset)	3	Failure	1-min
Incline Bench Press	3	20, 15, 12	2-min
Overhead Press	3	20, 15, 12	90-sec
Bent-over Row	3	15, 12, 10	2-min
Lateral Raises	3	15, 12, 10	90-sec

WEDNESDAY – LOWER BODY

Exercises	Sets	Reps	Rest
Back Squat	3	20, 15, 12	3-min
Leg Press	3	20, 15, 12	2-min
Walking Lunges	3	1 per leg	2-min
Leg Curl + Calf Raises	3	15, 12, 10	1-min

FRIDAY – TOTAL BODY

Superset	Sets	Reps	Rest
Deadlifts	4	10, 8, 6, 4	2-min
Leg Extension + Pec Deck Fly	3	20, 15, 12	2-min
Seated Row + Lateral Raise	3	15, 12, 10	2-min
Reverse Fly + Cable Crunches	3	15, 12, 10	2-min

You can also try this [45 Minute Gym Workout Routine](#).

30-Minute Upper Lower Minimalist Exercise Routine (4x Week)

This program is based on [circuit training](#), which involves performing a series of exercises in a row, followed by a rest period.

It contains exercises that target different body parts and allow you to train many muscles in a short time.

Note: Perform as many rounds as possible (AMRAP)

Related Routine: [30-Minute Gym Workout Plan for Beginners](#)

MONDAY – UPPER BODY

- 10-12 Incline Bench Presses
- 12-15 Front Lat Pulldown
- 10-12 Overhead Press
- 12-15 Seated Pec Deck Fly
- 10-12 Bent-Over Rows
- AMRAP in 30 minutes

TUESDAY – LOWER BODY

- 15 Leg Extensions
- 15 Leg Curls

- 15 Leg Presses
- 10 Lunges per side
- 20 Calf Raises
- AMRAP in 30 minutes

THURSDAY – UPPER BODY

- 6-10 Pull-ups
- 10-12 Dips
- 6-8 Deadlifts
- 6-8 [Seated FDL Raises](#)
- 10-20 Kneeling Cable Crunches
- 10-15 Hanging Knee Raises
- AMRAP in 30 minutes

SATURDAY – LOWER BODY

- 10-15 Squats
- 15 Leg Curls
- 15 Hack Squat
- 20 Step-ups (10 per leg)
- 20 Cable Hip Adductor (10 per leg)
- AMRAP in 30 minutes

Try this [four-day training schedule](#) if you want to follow an upper-lower split based on the standard rep-set method.

You can replace exercises that you might find difficult with those that fit into your schedule and suit your fitness level.

To achieve decent results, I also suggest challenging your muscles consistently by increasing the load or the number of repetitions.

Besides resistance training, you should also follow a [good meal plan](#) to enhance your strength and muscle gain.

Related Routine: [30-Minute Gym Workout Plan for Beginners](#)

You can also try this [45 Minute Gym Workout Routine](#).