

# Best Morning Workout Routine to Build Muscle and Lose Weight

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## Program Summary

Focused Time	Morning
Exercise Type	Weight Training & Aerobic
Sessions/Week	5-6
Duration/Session	60 Minutes
Plan A Goal	Strength & Muscle Gain
Plan B Goal	Increase Fat Loss
Workout Difficulty	Intermediate
Target Gender	Male & Female
Target Age Group	20s & 30s

# Best Morning Workout Routine to Build Muscle

This program involves performing six days per week with 18-20 sets per session.

Each session will take about 60 minutes, including warm-up exercises.

You'll train two muscle groups each day and each muscle group twice a week.

## Instructions for following this routine:

- **Rest time between sets:** 1.5-2 minutes for [isolation exercises](#) and 2-3 minutes for [compound exercises](#).
- **Supersets:** When you see numbers like 1A and 1B, that means you have superset 1A exercise to 1B. I've already published a [blog about superset](#), you can explore that.
- **Progressive Overload:** Increase weight after each set and after every two to three weeks.

## Day 1 – Chest and Shoulder

Start your workout with two sets of 10 shoulder pass-throughs, banded pull-apart, and dive bomber push-ups. Then move to the Smith machine and perform bench presses without plates. That's your warm-up for this and 4th day.

Exercises	Sets	Reps
Incline Smith Press	3	15, 12, 10
Dumbbell Chest Press	3	12, 10, 10
Pec Deck Fly	3	15, 12, 12
Bar Dips	3	Failure
Lateral Raises	3	10-12
Reverse Pec Deck Fly	3	10-12

## Day 2 – Back and Abs

Start your day with three sets of pull-ups (5-10 reps), two sets of resistance band bent-over rows (10-15 reps), and three sets of inverted rows (10-12 reps). That's your second and fifth-day warm-up.

Exercises	Sets	Reps
Pull down (overhand grip)	3	15, 12, 10
Bent-over Barbell Row	3	12, 10, 10
Seated Cable Row	3	15, 12, 10
5A Elevated Plank DB Row	3	10/side
5B Cable Crunches	3	10-15
5A Knee Raises	3	15-20
5B Ab Rollout	3	10-12

## Day 3 – Legs and Arms

Perform two sets of front leg swings (10 reps per leg), reverse lunges (10 reps per leg), and deep squats (6-8 reps) to bring blood flow around your legs. That's your warm-up for the 3rd and 6th day.

Exercises	Sets	Reps
Leg Extension	3	20, 15, 15
Leg Press	3	16, 12, 10
Leg Curl	3	20, 15, 15
Cable Pull Through	3	12, 10, 10
5A Barbell Curl	3	12-16
5B Triceps Pushdown	3	12-16

## Day 4 – Chest and Shoulder

Exercises	Sets	Reps
Smith Overhead Press	3	15, 12, 10
Barbell Upright Row	3	12, 10, 10
Bent-over Lateral Raises	3	12, 10, 10
Incline DB Chest Press	3	12, 10, 10
Bent-over Cable Fly	3	12, 10, 10
Single-arm Cable Fly	3	10, 10, 10

## Day 5 – Back and Abs

<b>Exercises</b>	<b>Sets</b>	<b>Reps</b>
Straight-arm Cable Pulldown	3	15, 12, 10
Neutral Grip Pull Down	3	12, 10, 10
Single-arm Cable Row	3	10/side
4A Cable Crunches	3	15-20
4B Knee Raises	3	10-15
5A Ab Rollout	3	10-12
5B High Cable Chop	3	10/side

## Day 6 – Legs and Arms

<b>Exercises</b>	<b>Sets</b>	<b>Reps</b>
Lunges	3	20, 15, 15
Hack Squat	3	16, 12, 10
DB Romanian Deadlift	3	20, 15, 15
Calf Raises	3	12, 10, 10
5A Preacher Curl	3	12-15
5B Triceps Overhead Extension	3	12-15



# Morning Workout Plan to Lose Weight & Get in Shape

This program involves training five times weekly, with three sessions for weight training and two for aerobic exercises.

Weight training bolsters your muscles and joints and builds lean mass and aerobic exercises develop endurance and help you get quicker.

Combining this workout plan with a [low-calorie diet](#) will help you lose weight quickly and build a strong and appealing physique.

## Day 1 – Strength Training

Exercises	Sets x Reps	Target Muscles
1A Dumbbell Squat	3 x 15-20	Legs
1B Overhead Press	3 x 12-15	Shoulder
2A Walking Lunges	3 x 10/leg	Legs
2B Incline Chest Press	3 x 12-15	Chest
3A Lat Pulldown	3 x 12-15	Back
3B Cable Crunches	3 x 15-20	Abs
<a href="#">10-Minute Ab Workout</a>	–	Abdominal

## Day 2 – Machines Cardio

Exercise	Duration	Rest
Inclined Treadmill Walk	20-minute	3-4 mins
Stationary Bike	10-minute	2-3 mins
Elliptical Trainer	5-minute	2-3 mins

Rowing Machine	5-minute	–
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## Day 3 – Strength Training

Exercises	Sets x Reps	Target Muscles
1A Single-arm Landmine Press	3 x 10/side	Shoulder & Chest
1B Machine Leg Curl	3 x 15-20	Hamstrings
2A Single-arm Dumbbell Row	3 x 10/side	Back
2B Pec Deck Fly	3 x 12-15	Chest
3A Lateral Raises	3 x 12-15	Shoulder
3B <a href="#">Triceps Press Down</a>	3 x 12-15	Arms
<a href="#">15-minute DB Ab Workout</a>	–	Abdominal

## Day 4 – Machines Cardio

Exercise	Duration	Rest
Inclined Treadmill Walk	20-minute	3-4 mins
Stationary Bike	10-minute	2-3 mins
Elliptical Trainer	5-minute	2-3 mins
Rowing Machine	5-minute	–

## Day 5 – OFF

Wake up and do some breathing exercises ([Wim Hof Method](#)) and some [stretching exercises](#).

## Day 6 – Strength Training

Exercises	Sets x Reps	Target Muscles
1A Kettlebell Swings	3 x 10/side	Shoulder & Chest
1B Leg Press	3 x 15-20	Quads

2A KB Clean and Press	3 x 8-10	Full Body
2B Reverse Pec Fly	3 x 12-15	Rear Delt & Trap
3A <a href="#">Barbell High Pull</a>	3 x 8-10	Trap & Shoulder
3B Low Back Extension	3 x 12-15	Lower Back
4A Cable Crunches	3 x 15-20	Abdominals
4B High to Low Cable Chop	3 x 10/side	Obliques

# Frequently Asked Questions

## 1. Is it effective to train in the morning?

Working out in the morning has both pros and cons so I suggest considering them before starting this program.

### Pros

- Exercising at the same time of the day, especially in the morning, helps lower body fats and manage weight.<sup>1</sup>
- Morning workouts help keep people (particularly overweight /obese individuals) active during the later part of the day.<sup>2</sup>
- Aerobic exercise training in the morning is somewhat more efficient in improving the health of individuals with metabolic syndrome.<sup>3, 4</sup>
- Morning workouts align with your circadian rhythm, potentially improving sleep quality and helping you fall asleep earlier.
- Weight training increases your resting metabolic rate, and when done in the morning, it helps you burn calories throughout the day, also known as the “afterburn effect”.

### Cons

- You won't feel as active as you feel in the afternoon or evening, especially if you're not an early bird. I, for example, have trained both in the morning and evening and I realized that evening exercise training is slightly optimal for strength training, while

aerobic exercise in the morning helps me keep fresh and active during the day.

- Too much lifting in the morning can make you exhausted and slow later in the day.
- Muscles are stiff in the morning, requiring you to perform additional dynamic warm-up exercises.

Exercising in the morning has more benefits than disadvantages. So, I suggest starting your morning workout routine and seeing how it feels over time.

I'm also currently training in the morning four times weekly, sometimes I perform more than I thought, and other times I feel less energetic.

What I learned is that your every workout won't be perfect but if you keep lifting weights and do cardio, you'll see the results in the long run.

## **2. What should you eat before a morning workout?**

### **Quick Options (30–60 minutes before):**

- Bananas or any fruit
- A small bowl of oats
- 2-3 Dates
- Protein Bars

### **If you have more time (90 minutes – 2 hours before):**

- Bread with peanut butter
- A boiled egg or yogurt
- Protein smoothie with fruits

### **3. Should you warm up differently for morning workouts?**

Yes, since your muscles are stiff and your body temperature is lower in the morning, you should always start your session with 5-10 minutes of [dynamic stretching](#) and [light cardio](#) (e.g., jumping jacks, high knees, or mountain climbing) to improve flexibility, prevent injury, and prepare your muscles for lifting weights.

### **4. Can you lift weights on an empty stomach?**

No, aerobic exercises are fine but lifting weights on an empty stomach is not recommended. You should have a small meal, such as mentioned above (question 2) before training to ensure better energy and performance.

### **5. What should you eat after weight training?**

You should aim for a well-balanced but high-protein meal. Examples include: 3-4 boiled eggs, one scoop of whey isolate, and avocado toast or peanut butter with bread.

### **6. How Often Should You Train in the Morning?**

You should strive for six sessions per week unless there is a reason to skip the gym. Working out six times weekly is fine as long as you train

at low to moderate intensity. However, you should limit your frequency to 3-4 days per week if you train at a higher intensity or follow a high-volume workout plan.

## References

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3. Morales-Palomo, Felix et al. "[Efficacy of morning versus afternoon aerobic exercise training on reducing metabolic syndrome components: A randomized controlled trial.](#)" The Journal of Physiology vol. 602,23 (2024): 6463-6477. doi:10.1113/JP285366
4. Alizadeh, Z et al. "[Comparison between the effect of 6 weeks of morning or evening aerobic exercise on appetite and anthropometric indices: a randomized controlled trial.](#)" Clinical obesity vol. 7,3 (2017): 157-165. doi:10.1111/cob.12187