

Beginner's 1 Hour Gym Workout Plan to Build Muscle W/ PDF

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Program Summary

Training Type	Resistance Workout
Plan A	Upper Lower Split (4x Week)
Plan B	Full Body Workout (3x Week)
Difficulty Level	Beginner
Duration/Session	60 minutes
Workout Goal	Build Strength and Muscle Mass
Target Gender	Both Male and Female
Recommended Duration	12-16 Weeks

1 Hour Upper/Lower Split for Building Muscle

- **Monday:** Chest, Shoulder, and Arms
- **Tuesday:** Thighs and Calves
- **Wednesday:** OFF
- **Thursday:** Back, Shoulder, and Abs
- **Friday:** Thighs and Calves

- **Saturday:** OFF
- **Sunday:** OFF

Note: Warm up for 5 minutes before weight training. You can jog, lift light weights, or perform cardio to increase your heart rate and blood flow and get your muscles ready to lift weights.

1-Hour Upper Body Workout

This routine involves training your upper body twice a week, first on Monday and then on Thursday.

On Monday, you'll train the chest, shoulders, and arms and on Thursday, you'll work on your back, shoulder, and abs.

Monday – Chest, Shoulder, and Arms

Exercise	Reps	Sets	Rest
Smith Machine Incline Bench Press	12-15	3	2-3 mins
Seated Pec Deck Fly	12-15	3	2-3 mins
Seated Shoulder Press	12-15	3	2-3 mins
Single-arm Cable Lateral Raises	10/arm	3	1-2 mins
Rope Pushdown	12-15	2-3	1-2 mins
Cable Curl	12-15	2-3	1-2 mins
Bar Dips (Optional)	Failure	2	1-2 mins

Thursday: Back, Shoulder, and Abs

Exercise	Reps	Sets	Rest
Pull-up (warm-up)	2-8	3	1-2 mins
Front Lat Pulldown	12-15	3	2-3 mins
Seated Cable Rowing	12-15	3	2-3 mins
Chest-Supported DB Row	10-12	3	2-3 mins
Reverse Pec Deck Fly	10-12	3	1-2 mins
Cable Kneeling Crunches	15-20	3	1-2 mins
Hanging Knee Raises	10-12	3	1-2 mins

1-Hour Lower Body Workout

This program also involves hitting your lower body twice a week, first on Tuesday and then on Friday. On both days, you'll train your quads, hamstrings, and calves and on Friday, you'll also focus on [strengthening your gluteal muscles](#).

Tuesday – Thigh and Calves

Exercise	Reps	Sets	Rest
Dumbbell Squat	12-15	3	2-3 mins
Machine Leg Press	12-15	3	2-3 mins
Leg Extension	12-15	3	2-3 mins
Seated Leg Curl	12-15	4	2-3 mins
Calf Raises	12-15	4	1-3 mins

Friday – Thighs and Calves

Exercise	Reps	Sets	Rest
Front Lunges	10/leg	3	2-3 mins
Hack Squat	12-15	3	2-3 mins
Lying Leg Curl	12-15	4	2-3 mins
Glutes Bridge	10-12	3	2-3 mins
Calf Raises	12-15	4	2-3 mins

Full Body 1-Hour Gym Workout Plan for Beginners

You can also do a one-hour total body workout three times a week to build muscle, strength, and endurance. It allows you to train almost every muscle group in one single session.

The [full body split](#) is a time-efficient way to work more muscle in less time and build strength, muscle mass, and endurance.¹

Here's an example of the full-body 1-hour workout routine:

- **Number of sets:** 3-4
- **Rep Ranges:** 10-15
- **SS means:** [Superset](#)
- **Rest between sets:** 2-3 minutes

Monday	Wednesday	Friday
Leg Extension + Pec Deck Fly (SS)	Pull-ups + Dips (SS)	Leg Press + Biceps Curl (SS)
Incline Press + Leg Curl (SS)	Seated Cable Row	Shoulder Press + Glute Bridge
Side Delt Raises + Calf Raises (SS)	Lat Pulldown	Lunges + Chin-ups (SS)
Bar Press-down + Knee Raises (SS)	Reverse Pec Deck	Wrist Curl + Triceps Extension

You can make some changes depending on your fitness level and goal.

Try one of the two routines I shared above. I hope it will help you build muscle and improve overall fitness.

Is 1 Hour Workout Enough to Build Muscle?

A study has shown that eight weeks of resistance training (45-60 minutes a day, three times a week) resulted in increases in lean mass and strength, indicating one-hour workout (3-4 times weekly) is enough for beginners to develop their overall fitness.²

1-hour workout a day is considerable time to achieve the best results if you take care of the following things:

1. **Compound exercises**
2. **Progressive Overload**
3. **Nutrition**
4. **Recovery**
5. **Repetition**

Compound Exercises

[Compound exercises](#) work on several muscles simultaneously, such as squats, bench presses, dips, and pull-ups.

Focusing mostly on compound movements allows you to train many muscles in a short time and helps you build strength faster.³

However, it doesn't mean you should completely avoid [isolation exercises](#), you should also integrate muscle-specific exercises, such as biceps curls, triceps extension, and leg curls to strengthen specific areas of your body.

The above program is a good example of how to craft a well-designed 1 hour workout plan that combines [both compound and isolation movements](#) efficiently.

Progressive Overload

[Progressive overload](#) involves gradually increasing the load over time to stimulate hypertrophy.⁴

You should try to increase the load as much as possible every week or two to challenge your muscles to work hard.

If you can't increase the weight, try to perform more sets or decrease the rest time between sets.

Nutrition

Muscles grow outside the gym when you feed your muscles the required amount of protein, carbs, and fats.

Usually, 1.6–2.2 g/kg/day protein is recommended for a better physique ⁵. For example, if you're 60 kg, you'll need to consume 120g of protein. You can take this quantity into different meals throughout the day (3–6 meals), including pre and post-workout meals. (See: [high protein foods](#))

On the other hand, 3–5 g/kg/day of carbs and 0.5–1.5 g/kg/day of fats are recommended.

Recovery

Once you've trained your muscles and consumed essential nutrients, it's time for recovery. Let your trained muscles recover for at least 48 hours. And get some quality sleep.

Repetition

Continue this routine for 3 months to see noticeable results. And after that, follow this [five-day gym workout schedule](#).

Helpful Resources:

1. [Full List of Bodyweight Exercises](#)
2. [The Ultimate List of Cable Machine Exercises w/PDF](#)
3. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
4. [Full List of Resistance Band Exercises by Muscle Group](#)
5. [70 Barbell Exercises List By Muscle Group](#)

References

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[Nutrition Recommendations for Bodybuilders in the Off-Season: A Narrative Review](#) – National Institute of Health Database