

# 5-Day Workout Plan

## for Maximum Muscle Gain

A science-based hypertrophy split for building serious muscle.



### Intensity

Train at 1-3 Reps-In-Reserve (RIR). Stop 1-3 reps shy of failure to manage fatigue.



### Progression

When you hit the top of a rep range, add 2-5% more weight next time.



### Volume

10-20 high-quality sets per muscle group per week, split across sessions.

## Your Weekly Split

### Day 1

#### Push

(Chest/Tris)

### Day 2

#### Pull

(Back/Bis)

### Day 3

#### Legs

(Quads)

### Day 4

#### Rest

### Day 5

#### Upper

(Power)

### Day 6

#### Lower

(Glutes/Hams)

### Day 7

#### Rest

## Day 1: Push (Chest/Triceps)

Barbell Bench Press	4×6-8
Incline Dumbbell Press	3×8-10
Machine Chest Press	3×10-12
Cable Fly (mid-to-low)	3×12-15
Overhead Triceps Extension	3×10-12
Triceps Pressdown	2×12-15

## Day 2: Pull (Back/Biceps)

Weighted Pull-Ups / Pulldowns	4×6-8
Chest-Supported Row	3×8-10
One-Arm Dumbbell Row	3×10-12
Straight-Arm Pulldown	3×12-15
EZ-Bar Curl	3×8-10
Incline Dumbbell Curl	2×10-12

## Day 3: Legs (Quad-Focus)

Back Squat	4×5-7
Leg Press	3×10-12
Bulgarian Split Squat	3×8-10
Leg Extension	3×12-15
Seated Calf Raise	4×8-12

## Day 4: Upper (Power)

Overhead Barbell Press	4×5-7
Weighted Chin-Up	3×6-8
Dumbbell Incline Press	3×8-10
Wide-Grip Cable Row	3×10-12
Lateral Raise	3×12-15
Face Pull	2×12-15

## Day 5: Lower (Posterior-Focus)

Romanian Deadlift	4×6-8	Reverse Lunge	3×8-10
Hip Thrust	3×8-10	Standing Calf Raise	4×10-15
Hamstring Curl	3×10-12		

## Nutrition for Muscle Gain

### Protein

**0.7-1.0 g**

per lb of body weight

### Calories

**+5-15%**

surplus above maintenance

### Fats & Carbs

**Fill Rest**

20-35% fats, rest from carbs

## Quick FAQ

### Is a 5-day plan good for muscle gain?

Yes. It allows for 10-20 weekly sets per muscle, which is ideal for growth, while keeping workouts focused.

### Do I need cardio?

Optional. 1-2 short, low-intensity sessions on rest days can help recovery without hurting gains.

### How long until I see results?

Strength gains in 2-4 weeks. Visible muscle gain in 6-12+ weeks with consistent effort and nutrition.

Infographic based on the "5 Day Workout Plan for Muscle Gain" article.  
For a personalized plan, visit [MyFitTrainingPlan.com](https://myfittrainingplan.com)