

# 7 DAY MUSCLE BUILDING PLAN

FOCUSED ON LEGS AND ARMS

This is a relatively high volume plan considering your goal of working out 6 days per week. It is intended to allow sufficient recovery time for each muscle group, but if you notice excessive fatigue or lack of progress, you might want to consider reducing volume or frequency.

## Day 1: Legs and Glutes

1. Squats (with barbell or dumbbells): Stand with feet hip-width apart, holding your weight at your chest or shoulders. Lower your body until your thighs are parallel to the floor. Push back up to standing. 3 sets of 10 reps.
2. Lunges (with dumbbells): Stand with feet hip-width apart, holding a dumbbell in each hand. Step forward with one foot and lower your body until your front knee is at a 90-degree angle. Push back up to standing and repeat with the other foot. 3 sets of 10 reps each leg.
3. Deadlifts (with barbell or kettlebell): Stand with feet hip-width apart, holding your weight in front of you with arms extended. Bend at the hips and knees, lowering the weight toward the floor while keeping your back straight. Push back up to standing. 3 sets of 10 reps.
4. Calf raises (with dumbbells): Stand with feet hip-width apart, holding a dumbbell in each hand. Raise your heels off the floor and balance on your toes. Lower back down. 3 sets of 15 reps.

## Day 2: Chest and Shoulders

1. Bench press or dumbbell press: Lie on a flat surface. Hold the barbell or dumbbells above your chest with arms extended. Lower the weight to your chest, then press back up to starting position. 3 sets of 10 reps.
2. Incline dumbbell press: Similar to the bench press, but on an inclined surface. This targets the upper part of your chest. 3 sets of 10 reps.
3. Dumbbell flies: Lie on a flat surface with a dumbbell in each hand, arms extended above your chest. Keeping a slight bend in your elbows, lower the weights out to the sides until they're level with your chest. Bring them back to the starting position. 3 sets of 10 reps.
4. Overhead press (dumbbell or barbell): Stand with feet hip-width apart, holding your weight at shoulder level. Press the weight overhead until your arms are fully extended, then lower it back to shoulder level. 3 sets of 10 reps.
5. Lateral raises (with dumbbells): Stand with feet hip-width apart, holding a dumbbell in each hand at your sides. Raise your arms out to the sides until they're level with your

shoulders, then lower them back down. 3 sets of 10 reps.

### **Day 3: Back and Arms**

1. Bent over rows (with barbell or dumbbells): Stand with feet hip-width apart, holding your weight with arms extended. Bend at the waist and slightly at the knees. Pull the weight up to your chest, keeping your elbows close to your body, then lower it back down. 3 sets of 10 reps.
2. Lat pulldowns with resistance band (or dumbbell rows if you don't have a band): If using a band, secure it above your head. Pull the ends of the band down to your chest while squeezing your shoulder blades together. If using a dumbbell, do one-arm rows. 3 sets of 10 reps.
3. Bicep curls (with dumbbells): Stand with feet hip-width apart, holding a dumbbell in each hand at your sides. Curl the weights up to your shoulders, keeping your elbows close to your body, then lower them back down. 3 sets of 10 reps.
4. Tricep extensions (with dumbbells): Stand with feet hip-width apart, holding a dumbbell with both hands. Extend the weight above your head, then lower it behind your head. Extend your arms to return to the starting position. 3 sets of 10 reps.

### **Day 4: Cardio and Core**

1. 30-45 minutes of cycling on exercise bike (keep a moderate and steady pace)
2. Crunches: Lie on your back with your knees bent, feet flat on the ground. Use your abdominal muscles to lift your shoulders off the ground, then lower back down. 3 sets of 15 reps.
3. Russian twists (with or without kettlebell): Sit on the ground with your knees bent, lean back slightly, and lift your feet off the ground. If using a kettlebell, hold it at your chest. Rotate your torso from side to side. 3 sets of 15 reps.
4. Planks: Get into a push-up position but rest on your forearms instead of your hands. Keep your body straight and hold this position. 3 sets of 30-60 seconds.

### **Day 5: Legs and Glutes (with a focus on single-leg exercises)**

1. Single-leg squats or lunges (with dumbbells): Perform squats or lunges as described above, but only on one leg at a time. 3 sets of 10 reps each leg.
2. Step-ups (with dumbbells): Find a step or platform. Step up with one foot, bringing the other foot up to meet it. Step back down. 3 sets of 10 reps each leg.
3. Single-leg deadlifts (with dumbbells or kettlebell): Perform deadlifts as described above, but only on one leg at a time. 3 sets of 10 reps each leg.
4. Seated or standing calf raises (with dumbbells): Perform calf raises as described above, but seated if possible. 3 sets of 15 reps.

### **Day 6: Chest, Shoulders, and Arms (with a focus on push exercises)**

1. Push-ups: Start in a high plank position. Lower your body until your chest touches the floor, then push back up to the starting position. 3 sets of 10-15 reps.
2. Overhead press (dumbbell or barbell): Perform as described above. 3 sets of 10 reps.

3. Dips (if possible): Position your hands shoulder-width apart on a bench or chair. Extend your legs out in front of you. Lower your body until your arms are at a 90-degree angle, then push back up to the starting position. 3 sets of 10 reps.
4. Close-grip bench press or diamond push-ups: For bench press, perform as described above but with your hands closer together. For diamond push-ups, perform push-ups with your hands close enough for your thumbs and index fingers to touch. 3 sets of 10 reps.
5. Front raises (with dumbbells): Stand with feet hip-width apart, holding a dumbbell in each hand at your sides. Raise your arms in front of you until they're level with your shoulders, then lower them back down. 3 sets of 10 reps.

### **Day 7: Rest or light cardio**

Choose either to take complete rest on this day or engage in light cardio such as a leisurely bike ride, a walk, or easy punching bag work.

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Each of these workout plans should take approximately 30 minutes to complete if done at a steady pace without long breaks. Here's a general breakdown:

- For each exercise, aim for a set to take about one minute.
- Take a rest for approximately one minute between sets.
- Transitioning between exercises may take about two minutes.

So for a typical exercise in the program (three sets), it will take about five minutes (1 minute per set x 3 sets + 2 minutes rest). With around four to five exercises per day, you're looking at 20-25 minutes total. Adding in a few extra minutes for warmup or any additional rest you need, you're likely to land around 30 minutes.

Keep in mind that this is an estimate. You may need to adjust your rest periods based on your personal fitness level and how challenging you find the exercises. Be sure to listen to your body and take additional rest if needed. It's more important to perform the exercises with proper form than to rush through them.