

POWERHOUSE FITNESS

Mumbai, Maharashtra

WORKOUT PLAN

Pradeep Sinha

Plan ID

PLAN-007

Version

v1

Date

7 Dec

Goal

muscle gain

TRANSFORMATION GOAL

MUSCLE GAIN

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Your Journey to Fitness Excellence Starts Here

CLIENT PROFILE

Pradeep Sinha

Phone 7000000002

Age

44 yrs

Gender

Male

Level

Beginner

WEIGHT

72 kg

HEIGHT

155 cm

BMI

30.0 Overweight

FITNESS GOAL

MUSCLE GAIN

ADDITIONAL NOTES

Push pull legs. Legs + shoulder, chest + triceps, back + biceps

WORKOUT PLAN

Training Days

6/week

Level

BEGINNER

Duration

60-75 min...

Workouts

6/wk

KEY PRINCIPLES

- 1. Progressive Overload: Aim to gradually increase the weight, reps, or sets over time to continually challenge your muscles.
- 2. Proper Form: Always prioritize correct technique over lifting heavy weights, especially as a beginner. This prevents injury and ensures target muscles are worked effectively.
- 3. Mind-Muscle Connection: Focus on feeling the target muscle work during each repetition.
- 4. Nutrition: Consume adequate protein (around 1.6-2.2g per kg of body weight) to support muscle repair and growth. Ensure a slight caloric surplus for muscle gain, coupled with a balanced diet rich in whole foods.
- 5. Hydration: Drink plenty of water throughout the day, especially around your workouts.
- 6. Rest & Recovery: Muscle growth occurs during rest. Ensure 7-9 hours of quality sleep per night.

DAY 1: LEGS + SHOULDERS (STRENGTH & HYPERTROPHY)

60-75 min

#	Exercise	Sets	Reps	Rest	Target Muscles
1	Barbell Squats	3	8-12	90-120 seconds	Quadriceps, Glutes, Hamstrings, Core
2	Leg Press	3	10-15	60-90 seconds	Quadriceps, Glutes, Hamstrings
3	Leg Extensions	3	10-15	60-90 seconds	Quadriceps
4	Lying Hamstring Curls	3	10-15	60-90 seconds	Hamstrings
5	Seated Dumbbell Shoulder Press	3	8-12	90-120 seconds	Anterior Deltoid, Medial Deltoid, Triceps
6	Dumbbell Lateral Raises	3	10-15	60-90 seconds	Medial Deltoid
7	Plank	3	45-60 seconds hold	60 seconds	Core

Note This session targets your lower body and shoulders. Focus on learning proper form for compound movements like squats before increasing weight significantly. Remember to warm up with light cardio and dynamic stretches, and cool down with static stretches.

DAY 2: CHEST + TRICEPS (STRENGTH & HYPERTROPHY)

60-75 min

#	Exercise	Sets	Reps	Rest	Target Muscles
1	Barbell Bench Press	3	8-12	90-120 seconds	Pectoralis Major, Anterior Deltoid, Triceps
2	Incline Dumbbell Press	3	10-15	60-90 seconds	Upper Pectoralis Major, Anterior Deltoid, Triceps
3	Pec Deck Flyes	3	12-15	60-90 seconds	Pectoralis Major
4	Triceps Cable Pushdowns (Rope)	3	10-15	60-90 seconds	Triceps
5	Overhead Dumbbell Triceps Extension	3	10-15	60-90 seconds	Triceps
6	Cable Crunches	3	12-15	60 seconds	Rectus Abdominis

Note This workout focuses on pushing movements for your chest and triceps. Ensure controlled movements and prioritize muscle connection over lifting heavy weights, especially for isolation exercises.

DAY 3: BACK + BICEPS (STRENGTH & HYPERTROPHY)

60-75 min

#	Exercise	Sets	Reps	Rest	Target Muscles
1	Lat Pulldown	3	8-12	90-120 seconds	Latissimus Dorsi, Biceps, Rear Deltoids
2	Seated Cable Rows	3	10-15	60-90 seconds	Rhomboids, Trapezius, Latissimus Dorsi, Biceps
3	Assisted Pull-ups	3	8-12	90-120 seconds	Latissimus Dorsi, Biceps, Forearms
4	Dumbbell Bicep Curls	3	10-15	60-90 seconds	Biceps Brachii
5	Hammer Curls	3	10-15	60-90 seconds	Brachialis, Brachioradialis, Biceps
6	Reverse Pec Deck Flyes	3	12-15	60-90 seconds	Posterior Deltoid, Trapezius

Note This session is for pulling movements targeting your back and biceps. Focus on using your back muscles during the rows and pulldowns, avoiding excessive arm involvement.

DAY 4: LEGS + SHOULDERS (STRENGTH & HYPERTROPHY - REPEAT)

60-75 min

#	Exercise	Sets	Reps	Rest	Target Muscles
1	Barbell Squats	3	8-12	90-120 seconds	Quadriceps, Glutes, Hamstrings, Core
2	Romanian Deadlifts (RDLs)	3	8-12	90-120 seconds	Hamstrings, Glutes, Lower Back
3	Leg Press	3	10-15	60-90 seconds	Quadriceps, Glutes, Hamstrings
4	Standing Calf Raises	3	15-20	60 seconds	Gastrocnemius, Soleus
5	Barbell Overhead Press (Standing)	3	8-12	90-120 seconds	Anterior Deltoid, Medial Deltoid, Triceps, Core
6	Front Dumbbell Raises	3	10-15	60-90 seconds	Anterior Deltoid

Note This second leg and shoulder day introduces Romanian Deadlifts for hamstring and glute development and standing overhead press for core engagement. Focus on progressive overload by aiming to lift slightly more or perform more reps than last time.

DAY 5: CHEST + TRICEPS (STRENGTH & HYPERTROPHY - REPEAT)

60-75 min

#	Exercise	Sets	Reps	Rest	Target Muscles
1	Incline Barbell Press	3	8-12	90-120 seconds	Upper Pectoralis Major, Anterior Deltoid, Triceps
2	Flat Dumbbell Press	3	10-15	60-90 seconds	Pectoralis Major, Anterior Deltoid, Triceps
3	Cable Crossover (Low to High)	3	12-15	60-90 seconds	Pectoralis Major (Upper and Inner)
4	Close-Grip Bench Press	3	8-12	90-120 seconds	Triceps, Pectoralis Major, Anterior Deltoid
5	Dumbbell Triceps Kickbacks	3	10-15	60-90 seconds	Triceps
6	Hanging Leg Raises	3	10-15	60 seconds	Rectus Abdominis, Obliques

Note Another chest and triceps session, this time with variations like incline barbell press and close-grip bench to stimulate muscles differently. Maintain focus on proper form and controlled movements.

DAY 6: BACK + BICEPS (STRENGTH & HYPERTROPHY - REPEAT)

60-75 min

#	Exercise	Sets	Reps	Rest	Target Muscles
1	Barbell Rows (Bent-Over)	3	8-12	90-120 seconds	Latissimus Dorsi, Rhomboids, Trapezius, Biceps
2	Single-Arm Dumbbell Rows	3	10-15 per arm	60-90 seconds	Latissimus Dorsi, Rhomboids, Trapezius
3	Face Pulls	3	12-15	60-90 seconds	Posterior Deltoid, Rhomboids, Trapezius
4	Preacher Curls	3	10-15	60-90 seconds	Biceps Brachii
5	Cable Curls	3	12-15	60-90 seconds	Biceps Brachii
6	Side Plank	3	30-45 seconds per side	60 seconds	Obliques, Core Stabilizers

Note Your final workout day focuses on back and biceps, including barbell rows for overall back thickness and face pulls for neglected rear delts. Maintain intensity and focus on mind-muscle connection.

DAY 7: ACTIVE RECOVERY / REST

N/A

Rest & Recovery Day

Focus on recovery, stretching, and proper nutrition.

TRAINER NOTES

Welcome to your 7-day strength and bodybuilding program, Pradeep! This Push-Pull-Legs split, structured with Legs+Shoulders, Chest+Triceps, and Back+Biceps, is designed for muscle gain as a beginner. Listen to your body, and don't be afraid to adjust weights or take an extra rest day if needed. Consistency and dedication to both training and recovery will be key to reaching your goals. Remember to perform a 5-10 minute warm-up (light cardio and dynamic stretches) before each workout and a 5-10 minute cool-down (static stretches) afterward.