



21-Days Workout Plan to Gain weight & Build muscle

Here's a comprehensive **21-day workout plan** designed to help you gain weight and build muscle. This plan focuses on strength training, progressive overload, and adequate rest for recovery.

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Weekly Schedule

- **Day 1:** Upper Body
- **Day 2:** Lower Body
- **Day 3:** Rest or Active Recovery
- **Day 4:** Full Body
- **Day 5:** Upper Body
- **Day 6:** Lower Body
- **Day 7:** Rest

Work out Details

Week 1

Day 1: Upper Body

- Bench Press: 4 sets of 8-10 reps
- Bent-over Rows: 4 sets of 8-10 reps
- Shoulder Press: 3 sets of 10-12 reps
- Pull-ups: 3 sets to failure
- Tricep Dips: 3 sets of 10-12 reps

Day 2: Lower Body

- Squats: 4 sets of 8-10 reps
- Deadlifts: 4 sets of 8-10 reps
- Lunges: 3 sets of 10-12 reps per leg
- Leg Press: 3 sets of 10-12 reps
- Calf Raises: 4 sets of 12-15 reps

Day 3: Rest or Active Recovery

- Light cardio (walking, cycling) for 20-30 minutes

Day 4: Full Body

- Clean and Press: 4 sets of 8-10 reps
- Pull-ups or Lat Pulldowns: 3 sets of 8-10 reps
- Push-ups: 3 sets to failure
- Plank: 3 sets of 30-60 seconds

Day 5: Upper Body (Repeat Day 1)

Day 6: Lower Body (Repeat Day 2)

Day 7: Rest

Week 2

Day 8: Upper Body

- Incline Dumbbell Press: 4 sets of 8-10 reps
- Barbell Rows: 4 sets of 8-10 reps
- Lateral Raises: 3 sets of 10-12 reps
- Face Pulls: 3 sets of 10-12 reps
- Skull Crushers: 3 sets of 10-12 reps

Day 9: Lower Body

- Front Squats: 4 sets of 8-10 reps
- Romanian Deadlifts: 4 sets of 8-10 reps
- Step-ups: 3 sets of 10-12 reps per leg
- Leg Curls: 3 sets of 10-12 reps
- Seated Calf Raises: 4 sets of 12-15 reps

Day 10: Rest or Active Recovery

Day 11: Full Body

- Barbell Squat to Press: 4 sets of 8-10 reps

- Push Press: 3 sets of 8-10 reps
- Chin-ups: 3 sets to failure
- Russian Twists: 3 sets of 15-20 reps

Day 12: Upper Body (Repeat Day 8)

Day 13: Lower Body (Repeat Day 9)

Day 14: Rest

Week 3

Day 15: Upper Body

- Decline Bench Press: 4 sets of 8-10 reps
- T-Bar Rows: 4 sets of 8-10 reps
- Arnold Press: 3 sets of 10-12 reps
- Cable Tricep Extensions: 3 sets of 10-12 reps
- Dumbbell Flyes: 3 sets of 10-12 reps

Day 16: Lower Body

- Bulgarian Split Squats: 4 sets of 8-10 reps per leg
- Sumo Deadlifts: 4 sets of 8-10 reps
- Glute Bridges: 3 sets of 10-12 reps
- Leg Extensions: 3 sets of 10-12 reps
- Standing Calf Raises: 4 sets of 12-15 reps

Day 17: Rest or Active Recovery

Day 18: Full Body

- Snatch: 4 sets of 8-10 reps
- Push-ups: 3 sets to failure
- Kettlebell Swings: 3 sets of 12-15 reps
- Plank with Shoulder Taps: 3 sets of 10-12 taps

Day 19: Upper Body (Repeat Day 15)

Day 20: Lower Body (Repeat Day 16)

Day 21: Rest

Additional Tips

- **Nutrition:** Ensure you are consuming a calorie surplus with a balanced diet rich in protein, carbohydrates, and healthy fats.
- **Hydration:** Drink plenty of water before, during, and after workouts.
- **Sleep:** Aim for 7-9 hours of quality sleep each night for optimal recovery.
- **Progressive Overload:** Gradually increase weights or reps each week to continue building muscle.