

Bodybuilding Workout Plans

Beginner Level: Page 2-3

Intermediate Level: Page 4-5

Expert Level: Page 6-7

Beginner Bodybuilding Workout Plan:

Warm-Up (5-10 minutes):

- Jumping jacks: 1 minute
- Bodyweight squats: 1 minute
- Arm circles: 1 minute (30 seconds forward, 30 seconds backward)
- Push-ups: 1 minute (modified if needed)
- Plank: 1 minute

Workout: Perform each exercise for the specified number of repetitions (reps) or time. Rest for 30-60 seconds between exercises. Repeat the circuit 3-4 times.

Day 1: Full-Body Workout

Squats: 3 sets of 10-12 reps

- Targets: Quadriceps, hamstrings, glutes, and lower back.
- Instructions: Stand with your feet hip-width apart, lower your body by bending your knees and hips, then push back up using your leg muscles.

Push-Ups: 3 sets of 8-10 reps

- Targets: Chest, shoulders, triceps, and core.
- Instructions: Start in a plank position with your hands shoulder-width apart, lower your chest towards the ground by bending your elbows, then push back up to the starting position.

Bent-Over Rows (using dumbbells or a barbell): 3 sets of 10-12 reps

- Targets: Upper back, shoulders, and biceps.
- Instructions: Bend at the waist, keep your back straight, and pull the weights towards your hips, squeezing your shoulder blades together.

Day 2: Rest or Light Cardio

Day 3: Full-Body Workout

Deadlifts: 3 sets of 8-10 reps

- Targets: Lower back, hamstrings, glutes, and core.
- Instructions: Stand with your feet hip-width apart, bend at the hips and knees to pick up a barbell or dumbbells from the ground, then stand up straight, extending your hips and knees.

Pull-Ups (or assisted pull-ups): 3 sets of 6-8 reps

- Targets: Back, biceps, shoulders, and core.
- Instructions: Hang from a pull-up bar and pull your chest towards the bar by bending your elbows. Lower yourself back down with control.

Dumbbell Bench Press: 3 sets of 10-12 reps

- Targets: Chest, shoulders, triceps, and core.
- Instructions: Lie on a bench with dumbbells in each hand, press the weights upward, then lower them back down to chest level.

Day 4: Rest or Light Cardio

Day 5: Full-Body Workout

Leg Press (using a machine): 3 sets of 10-12 reps

- Targets: Quadriceps, hamstrings, glutes, and calves.
- Instructions: Sit in a leg press machine, press the weight upward, then lower it back down with control.

Dumbbell Lunges: 3 sets of 10-12 reps per leg

- Targets: Quadriceps, hamstrings, glutes, and calves.
- Instructions: Step forward with one leg and lower your body until both knees are bent at 90-degree angles. Alternate legs.

Push-Ups: 3 sets of 8-10 reps

- Same as Day 1.

Cool-Down (5-10 minutes):

- Stretching: Spend 5-10 minutes stretching major muscle groups, focusing on your legs, arms, chest, and back.
- Deep breathing: Practice deep, relaxed breathing to lower your heart rate and promote recovery.

Tips:

- Perform this workout 3-4 times per week, allowing at least one rest day in between.
- Increase the weight or resistance gradually as you progress.
- Prioritize proper form throughout all exercises to prevent injury.
- Stay hydrated during your workout.
- Listen to your body, and if an exercise causes pain or discomfort, modify or skip it.
- Consult with a fitness professional or doctor if you have any underlying health conditions or concerns.

This beginner bodybuilding workout plan offers a balanced approach to building muscle and strength. As you become more experienced, you can explore more advanced bodybuilding techniques and create a personalized workout plan to meet your specific goals.

Intermediate Bodybuilding Workout Plan (PPL Split):

Warm-Up (5-10 minutes):

- Jumping jacks: 1 minute
- Bodyweight squats: 1 minute
- Arm circles: 1 minute (30 seconds forward, 30 seconds backward)
- Push-ups: 1 minute (standard form)
- Plank: 1 minute

Day 1: Push (Chest, Shoulders, Triceps)

Bench Press: 4 sets of 8-10 reps

- Targets: Chest, shoulders, triceps, and core.
- Instructions: Lie on a bench and press the barbell or dumbbells upward, then lower them back to chest level.

Overhead Press (Military Press): 3 sets of 8-10 reps

- Targets: Shoulders, triceps, and upper chest.
- Instructions: Stand and press the barbell or dumbbells overhead, then lower them back to shoulder level.

Incline Dumbbell Flyes: 3 sets of 10-12 reps

- Targets: Upper chest and shoulders.
- Instructions: Lie on an incline bench and perform flyes with dumbbells.

Tricep Dips: 3 sets of 8-10 reps

- Targets: Triceps, chest, and shoulders.
- Instructions: Use parallel bars or sturdy furniture to perform dips.

Day 2: Pull (Back, Biceps)

Deadlifts: 4 sets of 5-8 reps

- Targets: Entire back, hamstrings, glutes, and core.
- Instructions: Lift a barbell or dumbbells from the ground while maintaining proper form.

Pull-Ups: 3 sets of 8-10 reps

- Targets: Back, biceps, shoulders, and core.
- Instructions: Hang from a pull-up bar and pull your chest towards the bar by bending your elbows.

Bent-Over Rows (using a barbell or dumbbells): 3 sets of 8-10 reps

- Targets: Upper back, shoulders, and biceps.
- Instructions: Bend at the waist, keep your back straight, and pull the weights towards your hips.

Barbell Bicep Curls: 3 sets of 10-12 reps

- Targets: Biceps and forearms.
- Instructions: Stand and curl the barbell with your palms facing forward.

Day 3: Legs (Quads, Hamstrings, Glutes, Calves)

Squats: 4 sets of 8-10 reps

- Targets: Quadriceps, hamstrings, glutes, and lower back.
- Instructions: Stand with your feet hip-width apart, lower your body by bending your knees and hips, then push back up using your leg muscles.

Romanian Deadlifts: 3 sets of 8-10 reps

- Targets: Hamstrings, glutes, lower back, and calves.
- Instructions: Hold a barbell or dumbbells, hinge at the hips, and lower the weights while keeping your back straight.

Leg Press (using a machine): 3 sets of 10-12 reps

- Targets: Quadriceps, hamstrings, glutes, and calves.
- Instructions: Sit in a leg press machine, press the weight upward, then lower it back down with control.

Standing Calf Raises: 3 sets of 12-15 reps

- Targets: Calves.
- Instructions: Stand on a calf raise machine or an elevated surface, then raise your heels as high as possible.

Cool-Down (5-10 minutes):

- Stretching: Spend 5-10 minutes stretching major muscle groups, focusing on your legs, arms, chest, and back.
- Deep breathing: Practice deep, relaxed breathing to lower your heart rate and promote recovery.

Tips:

- Perform this PPL split workout routine 4-5 times per week, allowing at least one rest day between each cycle.
- Increase the weight or resistance gradually as you progress.
- Prioritize proper form throughout all exercises to prevent injury.
- Stay hydrated during your workout.
- Listen to your body, and if an exercise causes pain or discomfort, modify or skip it.
- Consult with a fitness professional or doctor if you have any underlying health conditions or concerns.

This intermediate bodybuilding workout plan offers a balanced approach to building muscle and strength using the Push/Pull/Legs split format. As you become more experienced, you can adjust the program to suit your specific goals and continue to progress in your bodybuilding journey.

Expert Bodybuilding Workout Plan (Intense PPL Split):

Warm-Up (5-10 minutes):

- Jumping jacks: 1 minute
- Bodyweight squats: 1 minute
- Arm circles: 1 minute (30 seconds forward, 30 seconds backward)
- Push-ups: 1 minute (standard form)
- Plank: 1 minute

Day 1: Push (Chest, Shoulders, Triceps)

Bench Press: 4 sets of 6-8 reps

- Targets: Chest, shoulders, triceps, and core.
- Instructions: Perform heavy bench presses, focusing on strength and control.

Overhead Press (Military Press): 4 sets of 6-8 reps

- Targets: Shoulders, triceps, and upper chest.
- Instructions: Lift heavy weights overhead, emphasizing strict form.

Incline Dumbbell Flyes: 3 sets of 8-10 reps

- Targets: Upper chest and shoulders.
- Instructions: Use a challenging weight and maintain strict control throughout each repetition.

Tricep Skull Crushers: 3 sets of 8-10 reps

- Targets: Triceps, chest, and shoulders.
- Instructions: Use an EZ-curl bar or dumbbells for this intense tricep exercise.

Day 2: Pull (Back, Biceps)

Deadlifts: 4 sets of 4-6 reps

- Targets: Entire back, hamstrings, glutes, and core.
- Instructions: Lift heavy weights with proper form, focusing on power and control.

Weighted Pull-Ups: 4 sets of 6-8 reps

- Targets: Back, biceps, shoulders, and core.
- Instructions: Attach a weight belt or use a weighted vest to increase the challenge.

Barbell Rows: 3 sets of 6-8 reps

- Targets: Upper back, shoulders, and biceps.
- Instructions: Perform heavy barbell rows with strict form.

Barbell Bicep Curls (21s): 3 sets of 21 reps

- Targets: Biceps and forearms.
- Instructions: Perform 7 reps of lower-range curls, 7 reps of upper-range curls, and 7 full-range curls in each set.

Day 3: Legs (Quads, Hamstrings, Glutes, Calves)

Squats: 4 sets of 6-8 reps

- Targets: Quadriceps, hamstrings, glutes, and lower back.
- Instructions: Perform heavy squats with proper depth and control.

Romanian Deadlifts: 4 sets of 6-8 reps

- Targets: Hamstrings, glutes, lower back, and calves.

- Instructions: Use a challenging weight while maintaining strict form.
- Leg Press (with added resistance bands): 3 sets of 8-10 reps
- Targets: Quadriceps, hamstrings, glutes, and calves.
 - Instructions: Attach resistance bands to the leg press machine for added tension.
- Standing Calf Raises (using a calf raise machine): 4 sets of 10-12 reps
- Targets: Calves.
 - Instructions: Use a calf raise machine with heavy weights.

Cool-Down (5-10 minutes):

- Stretching: Spend 5-10 minutes stretching major muscle groups, focusing on your legs, arms, chest, and back.
- Deep breathing: Practice deep, relaxed breathing to lower your heart rate and promote recovery.

Tips:

- Perform this advanced PPL split workout routine 5-6 times per week, allowing at least one rest day between each cycle.
- Focus on lifting heavy weights with strict form to maximize muscle growth.
- Consider using techniques like drop sets, supersets, and rest-pause sets to increase intensity.
- Stay hydrated and prioritize proper nutrition for recovery.
- Listen to your body, and if an exercise causes pain or discomfort, modify or skip it.
- Consult with a fitness professional or doctor if you have any underlying health conditions or concerns.

This advanced PPL split workout plan is designed to push your limits and challenge your strength and muscle-building capabilities. It's essential to prioritize recovery, nutrition, and proper form to safely and effectively achieve your bodybuilding goals.