

Home > Health

# Gym Workout Schedule for Men Pdf

by Jennifer Austin — March 4, 2022 in Health

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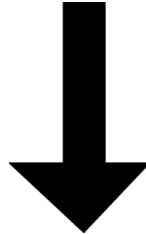
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## Download Your Workout Plan and Diet Chart Pdf



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### Medically Info's Workout Plan

<b>Monday</b> Chest & Triceps	Barbell Bench Press (4 set) (10,8,8,6 Reps) Incline Bench Press (3 set) (8,8,6 Reps) Decline Bench Press (3 set) (8,8,6 Reps) Dumbbell Flyes (2 sets) (10 reps) Dumbbell Pull over (2 sets) (8 reps)	Tricep Extension (4 sets) (10,8,8,6 Reps) Tricep Dip (3 Sets) (10 Reps) Tricep Bench Dip (3sets) 8 Reps
<b>Tuesday</b> Back & Biceps	Deadlift (5 sets) (10,8,8,6,4 reps) Chinup (2 sets) (8 reps) One Arm Dumbbell Row (3 sets) (8 reps) Seated Row (3 sets) (8 reps) Close Grip Lat Pull Down (3 sets) (10,10,8 reps)	Standing Barbell Curl (3 sets) (8,8,6 reps) Close Grip Preacher Curl (3 sets) (8,8,6 reps) Incline Dumbbell Curl (3 sets) (12 - 14 reps) Concentration Curl (2 sets) (10 reps)
<b>WEDNES DAY REST</b>		
<b>Thursday</b> Shoulder & Forearms	Machine Shoulder Press(3 sets) (10 reps) Dumbbell Reverse Fly (3 sets) (8,10 reps) Military Press (4 sets) (10 reps) Dumbbell Shrugs (2 sets) (10 reps) Upright Rows (2 sets) (10 reps)	Standing Wrist Curls (4 sets) (10 reps) Barbell Wrist Curl (4 sets) (10 reps)
<b>Friday</b> Legs	Squat (5 sets) (10,8,8,6,4 reps) Squat (3 sets) (12 reps) Leg Curl (3 sets) (12 reps)	Standing Calf Raise (4 sets) (12 reps) Seated Calf Raise (2 sets) (12 reps)
<b>SATURDAY &amp; SUNDAY REST</b>		

### Medically Info Meal Plan for Muscle Building

		<b>Meal 1</b> APPLE WITH OATS 5-6 EGGS WHITES (2 WHOLE EGGS )	
		<b>Meal 2</b> WHOLE WHEAT RAGEL PROTEIN DRINK 1SPON FLEX SEED OIL	
		<b>Meal 3</b> CHICKEN BREAST SALAD SWEET POTATO	
		<b>Meal 4</b> WHOLE GRAIN BREAD PEANUT BUTTER 5 EGG WHITES	



**If this pdf is not loading on time**



**[download this Workout Plan with Diet Chart from here](#)**

**Struggling to make a good physique and read multiple articles? We will help you to achieve your goal.**

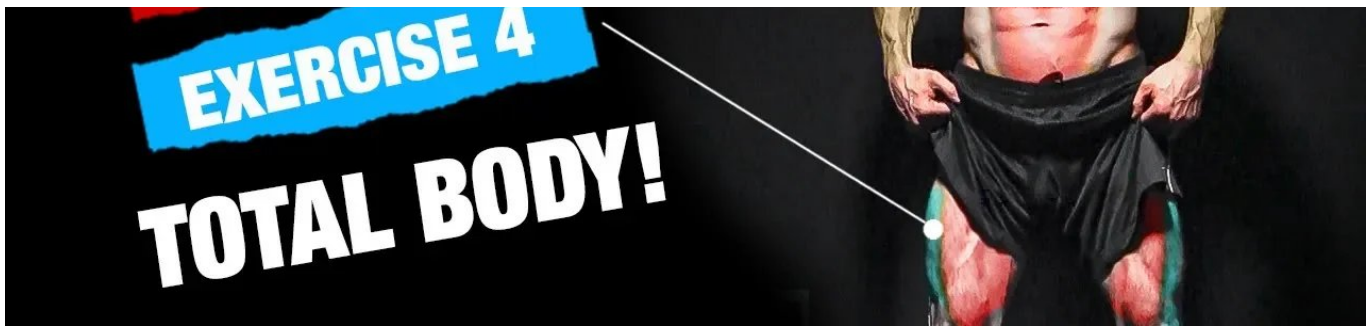
A good physique is a dream of every man, but very few of them succeed due to improper workout or diet. **By reading this 5-minute article** you will find your mistakes and where are you wrong. With this **gym workout schedule for men pdf**, you will able to **build your physique easily but with hard training.**)

Proper training is essential when you are looking to build a good physique. With this gym workout schedule for men pdf, you can achieve your workout goals easily. No matter what, whether your goal is fat loss or gain muscle it is important to add training volume for growth of new muscles.

But along with training it also requires a good diet and time, because it's not possible to gain muscles within 2 or 3 months. It requires proper dedication and motivation also plays a very important part while workouts.

**[Checkout this Video of Full Body Workout Routine](#)**





In general for building a good physique it requires at least 1-2 years with proper diets. Most beginners who have been lifting weights from 6 months cannot attain this goal. It requires advanced training that should not be attempted unless you have appropriate strength training experience.

**So here in this article, we will provide you several high-quality gym workout plan for men and women.**

## **Bodyweight Workout Plan Pdf**

The bodyweight workout plan is in the growing trends nowadays. As most of the people are focusing on increasing the bodyweight. So, the workout pdf which we are providing here will help you to achieve or goals of bodyweight gaining and it will also help you in achieving the fat loss goals.

**Here is the link of the bodyweight gym schedule for pdf:[bodyweight workout plan pdf](#) .**

By clicking on the above link you will be able to download the bodyweight workout plan pdf and combining it with a good healthy diet will let you achieve your goals quicker.

**Check out the highest selling in budget protein supplement on amazon**

Also, check out our article on [soya chunks nutrition](#) which is a very good food to complete your protein requirement for the day.

## **6 day Gym Workout Schedule Pdf**

This workout is created for the people who go gym regularly and taking only a single day rest. The workout has 7-8 exercises each day and by performing these exercise you can achieve your targets easily.

Performing these workouts with a good diet will help you to gain muscles.

Day1 : chest	Day2 : Arms	Day3: Shoulder	Day 4 : legs	Day 5 : Back	Day 6 : Abs
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Here's the link of 6 day Gym Workout Schedule Pdf : [6 day Gym Workout Schedule pdf](#)

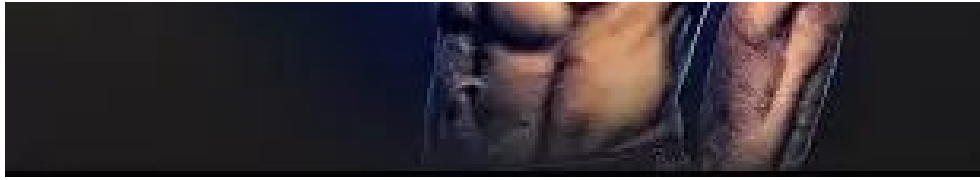
## Cutting Workout Schedule for Men

The cutting workout plan is specially designed for the women who are looking to cut that belly fat and love handles to make their bodies attractive. But this plan can also be followed by men. Follow cutting workout plan pdf with a good healthy diet to achieve your goals as along with the exercise diet play a major role in whether you are building mass or losing fat.

So here is the link of cutting workout plan pdf: [cutting workout plan pdf](#)

## Muscle Gain Workout Plan Pdf by Guru Mann





Are you a beginner or a skinny guy and looking to gain muscle fast, check [Guru Mann's muscle gain workout plan pdf](#).

Follow Guru Mann's muscle gain workout plan for 8 weeks and add muscle mass. The plan has explained how you can gain muscles with a workout combining it with the diet for both veg and nonveg trainees. The pdf has some important tips too which will help you attain your goals faster.

Also read out our article on [roasted chana benefits](#) (fried gram), which is very healthy food because of its protein content.

## **Full Body Gym Workout Plan for Men Pdf**

Many great bodybuilders like Arnold Schwarzenegger and Steve Reeves only train for 3 days a week. This type of workout schedule allows you to recover between training sessions.

This type of program is best for intermediates and for expert levels. As, with this type of workout schedule, an intermediate can notice the growth and advance level bodybuilders will be able to maintain their size.

So here is the link of Full body workout : [full body workout plan pdf](#).

## **Abs after 40 Gym Workout Pdf**






This workout is created for the people who think that I am aging and can't get abs.

So here in this abs after 40 workout plan, we have listed some workout so doing those exercises with some clean diets you can able to get 6 pack abs.

Here is the link of abs over 40 workout plan : [Abs after 40 workout pdf](#)

## No Equipment Workout Plan Pdf (Home Workout)



**No Equipment Workout Plan**

- Jumping Jacks – 60 Seconds
- Squats – 60 Seconds
- Burpees – 60 Seconds
- Push Ups – 60 Seconds
- Lunges – 60 Seconds
- Supermans – 60 Seconds
- Climbers – 60 Seconds
- Squats/Calf raise – 60 Seconds
- Clap Push ups – 30 Seconds
- Jump Ropes – 30 Seconds

In this pandemic situation where all the Gyms are closed everyone is looking for a full body home workout without equipment. So here we will provide you a list of workouts, performing which every day will help you to stay in shape.

Here is the pdf link of [No Equipment workout plan Pdf](#).

**Jumping Jacks** – 60 seconds

**Squats** – 60 seconds

**Burpees** – 60 seconds

**Push ups** – 60 seconds

**Lunges** – 60 seconds

**Supermans** – 60 seconds

**Climbers** – 60 seconds

**Squats/Calf Raise** – 60 seconds

**Clap push ups** -30 seconds

**Jump Ropes** – 30 Seconds

## **Gym Workout Plan for Beginners Pdf**



Are you a beginner and looking for a perfect weekly workout? You are at the right place. In this



Gym workout plan for beginners, we have mentioned a few basic levels of workout and by performing these exercises you will be able to achieve your fitness goals but with tough training. Consult with a nutritionist for a diet plan or there are many diet plans available for beginners on the internet. Just combine this workout with a proper meal plan.

**Here is the link to the [Gym Workout Plan for Beginners Pdf](#).**

Read our other article on [Physiology of menstruation](#) , [what muscles do lunges work](#) and [5 types of schizophrenia](#)

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### Jennifer Austin

Hello! My name is Jennifer Austin, and I am a professional healthcare writer at Medically Info. I have been writing content on health topics for a few years now and like to share my knowledge with the audience looking to read the well thorough articles and health guides.



## Comments 1



**what mindfulness is and isn't**  2 years ago

Hmm it looks like your site ate my first comment (it was super long) so I guess I'll just sum it up what I had written and say, I'm thoroughly enjoying your blog. I too am an aspiring blog writer but I'm still new to the whole thing. Do you have any recommendations for newbie blog writers? I'd definitely appreciate it.

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Medically Info covers all types of health, Mental wellness, and supplement related information. We are mainly focused to provide the solution to all health related issues

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