

Skinny Guys to Build Muscle

If you're naturally skinny (ectomorph), building muscle requires consistent training, proper nutrition, progressive overload, and recovery.

Workout Program Summary

Category	Details
Main Goal	Build Lean Muscle Mass, Increase Strength & Improve Overall Physique
Workout Type	Strength & Hypertrophy Training
Training Level	Beginner to Intermediate
Program Duration	8-12 Weeks
Training Frequency	4 Workout Days + 1 Active Recovery Day/Week
Workout Duration	60-75 Minutes
Equipment Required	Barbell, Dumbbells, Bench, Squat Rack, Pull-Up Bar, Cable Machine, Leg Press, Hamstring Curl Machine
Target Muscle Groups	Chest, Back, Shoulders, Legs, Glutes, Biceps, Triceps, Core, Calves
Target Gender	Male
Training Split	Upper/Lower Split (Push-Legs-Rest-Pull-Legs & Core)
Primary Focus	Muscle Hypertrophy, Strength Development, Progressive Overload & Recovery

Day 1 – Upper Body (Push)		
Exercise	Sets	Reps
Bench Press	4	8
Overhead Press	3	10
Incline Dumbbell Press	3	12
Tricep Dips	3	15

Day 2 – Lower Body (Legs)		
Exercise	Sets	Reps
Squats	4	8
Romanian Deadlifts	3	10
Leg Press	3	12
Calf Raises	3	20

Day 3 – Rest / Active Recovery		
Exercise	Sets	Reps
Walking	20–30 min	
Stretching	10–15 min	
Sleep	7–9 hrs	

Day 4 – Upper Body (Pull)		
Exercise	Sets	Reps
Deadlifts	4	6
Pull-Ups	3	10
Bent-over Rows	3	12
Bicep Curls	3	15

Day 5 – Legs & Core		
Exercise	Sets	Reps
Lunges	3	12
Front Squats	3	10
Hamstring Curls	3	15
Plank	3	60 sec

Best Exercises for Muscle Growth

Exercise	Primary Muscles
Squats	Quads, Hamstrings, Glutes
Deadlifts	Back, Glutes, Hamstrings
Bench Press	Chest, Shoulders, Triceps
Pull-Ups	Lats, Upper Back, Biceps
Overhead Press	Shoulders, Triceps
Barbell Rows	Back, Biceps

Recommended Training Frequency

Level	Days/Week	Split
Beginner	3-4	Full Body / Upper-Lower
Intermediate	4-5	Upper-Lower / PPL
Advanced	5-6	PPL

Muscle Gain Basics

- Focus on compound exercises.
- Add isolation exercises for muscle balance.
- Apply progressive overload by increasing weight, reps, or sets.
- Sleep 7-9 hours and take 1-2 rest days weekly.
- Consume 1.6-2.2 g protein/kg body weight.

Structure, Diet & Consistency

Train consistently, maintain a calorie surplus, prioritize protein-rich foods, stay hydrated, recover well, and remain patient. Sustainable progress always beats shortcuts.

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