

# Best Daily Workout to Build Muscle at Home

## ■ Warm-Up (5–7 Minutes)

Jumping Jacks	1 min
High Knees	1 min
Arm Circles	30 sec each direction
Dynamic Lunges	1 min

## ■ Full-Body Home Muscle-Building Workout

Push-Ups	3 x 10–15 reps
Squats	4 x 15–20 reps
Dips	3 x 10–12 reps
Pull-Ups / Rows	3 x max or 12–15 reps
Lunges	3 x 10 each leg
Plank Variations	3 x 30–60 sec
Bicep Curls (optional)	3 x 12–15 reps
Shoulder Press (optional)	3 x 12–15 reps

## ■ Suggested Weekly Schedule

Day 1	Full Body Workout
Day 2	Full Body (variation)
Day 3	Core + Light Cardio
Day 4	Full Body Workout
Day 5	Legs + Core Focus
Day 6	Upper Body Focus
Day 7	Rest & Recovery