

Detailed 7-Day Ectomorph Workout Plan

This ectomorph workout plan provides clear direction for every day of the week. Follow it consistently, and be diligent with food intake and sleep to support your training.

Day	Focus	Exercises (Sets × Reps)	Notes
Monday	Push	<ol style="list-style-type: none">1. Bench Press (5×6)2. Incline Dumbbell Press (4×8)3. Overhead Press (4×6)4. Lateral Raise (3×12)5. Triceps Pushdown (3×12)	Slow 3-second eccentric on press movements.
Tuesday	Pull	<ol style="list-style-type: none">1. Deadlift (4×4)2. Barbell Row (4×6)3. Lat Pulldown (3×10)4. Face Pull (3×15)5. Biceps Curl (3×12)	Brace your core hard on every row rep to protect your lower back.
Wednesday	Legs & Core	<ol style="list-style-type: none">1. Back Squat (5×6)2. Romanian Deadlift (3×8)3. Leg Press (3×10)4. Calf Raise (3×15)5. Hanging Leg Raise (3×10)	Pause 1s at the bottom of the squat; focus on full hip extension.
Thursday	Push	<ol style="list-style-type: none">1. Dumbbell Bench Press (4×8)2. Military Press (4×6)3. Chest Fly (3×12)4. Upright Row (3×10)5. Overhead Triceps Extension (3×12)	Superset fly + upright row for shoulder stability.
Friday	Pull	<ol style="list-style-type: none">1. Sumo Deadlift (4×4)2. T-Bar Row (4×8)3. Seated Cable Row	Use straps if grip is limiting your pull volume.

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		(3×10) 4. Rear Delt Fly (3×15) 5. Hammer Curl (3×12)	
Saturday	Legs & Core	1. Front Squat (4×6) 2. Hip Thrust (4×8) 3. Leg Curl (3×12) 4. Glute Bridge (3×12) 5. Plank (3×60s)	Focus on contracting glutes in thrusts; hold plank tight.
Sunday	Active Recovery	Light yoga, foam rolling, 20–30 min walk	Prioritize mobility and deep breathing to aid recovery.