

Bodybuilding Workout Plan for Vegans

*A workout guide
tailored to
vegan
bodybuilders*

**Workout for Glutes, Hamstrings and
Quadriceps**

HIIT Cardio Workout for Abs and Core

Workout for Back and Biceps

**Workout for Chest, Triceps and
Shoulders + an at Home Circuit**

Workout



HealthyVeganLife

BUILDING STRONG LEGS AND GLUTES

REPS

4-6

4-6

4-6

10-12

10-12

10-15

10-15

10-15

EXERCISE

BACK SQUAT

ROMANIAN DEADLIFT

GOOD MORNING

GOBLET SQUAT

HIP THRUST OR HYPEREXTENSION

HIP ABDUCTOR

HAMSTRING LEG CURL

CABLE KICKBACK/DONKEY

KICK

Rest for 30-60 seconds when needed

Perform 3-4 sets of each exercise. 2x a week for beginners. 3x+ for novice/advanced lifters.

The total duration of your workout should not exceed 45 minutes. Make sure to hydrate in between sets and eat carbs+protein before and after the workout.

CRUELTY-FREE HIIT CARDIO AND CORE

*Choose between Elliptical Trainer or Stairmaster for
this fat-torching workout:*

Duration: 20 minutes. 2-3x a week.

3-6 cycles:

30 seconds high intensity bursts followed by 60
seconds at a moderate pace

REPS

EXERCISE

10-15

SIT UPS

10-15

OBLIQUE TWISTS

30 SECS

PLANK

10-15

LEG RAISES

30 SECS

SIDE PLANK

10-15

BIRD-DOG

10-15

SCISSOR KICKS

10-15

DECLINE CRUNCHES

Perform 3-4 sets of each exercise. Take
30-60 seconds rest when needed. Make sure to
stretch when workout is completed.

CHEST, TRICEPS AND SHOULDERS

REPS

4-6

4-6

10-12

10-12

10-15

10-15

10-15

EXERCISE

FLAT BENCH PRESS

OVERHEAD PRESS

TRICEP DIPS

CABLE CHEST FLY

SHOULDER PRESS

ROPE TRICEP PUSH

DOWN

ROPE TRICEP PULL

DOWN

Perform 3-4 sets of each exercise. 2x a week for beginners. 3x+ for novice/advanced lifters.

Keep the intensity high and make sure that the workout does not exceed 45 minutes as short duration is more than enough for Vegans.

Rest for 30-60 seconds when needed. Hydrate during workout. Stretch and make sure to eat before and after workout.

BACK AND BICEPS

REPS	EXERCISE
4-6	ASSISTED PULL-UPS
4-6	BARBELL ROW
4-6	DEADLIFT
10-12	SINGLE ARM ROW
10-12	BICEP CURL
10-15	LAT PULL DOWN
10-15	SEATED CABLE ROW

This workout should be done at a high intensity.
The workout should not exceed 45 minutes.
Rest for 30-60 seconds when needed.
Stay hydrated.

This workout can be done 2x a week for beginners/3x for novice and advanced lifters.

Stretch before and after workout is completed.

QUADRICEPS AND GLUTES

REPS	EXERCISE
4-6	FRONT SQUAT
4-6	LEG PRESS
10-12 (EACH LEG)	REVERSE LUNGES
10-12	WEIGHTED STEP-UP
10-15	LEG EXTENSION
20-30	BANDED HIP BRIDGE
20-30	BANDED CLAMS

Perform 3-4 sets of each exercise. Take 30-60 second rests. Keep the intensity of the workout higher by focussing on contraction while working out for maximum results.

Remember to stay hydrated. Eat nutritious meals before and after workout. Stretch before and after workout is complete.

AT HOME ABS AND GLUTE CIRCUIT

REPS	EXERCISE
30 SECONDS PER LEG	DONKEY KICKS
30 SECONDS	BRIDGES
HOLD FOR 1 MIN	PLANK
30 SECONDS PER LEG	FIRE HYDRANT
30 SECONDS	SIT UPS
HOLD FOR 30 SEC	SIDE PLANK
30 SECONDS	BICYCLES
30 SECONDS	LEG RAISES

Repeat circuit 3x times for maximum results. Take 30-60 second rest when needed. This workout can be done at home.

Rest days are important for recovery. Take one day to use for stretching or doing low intensity exercise such as yoga.