



# MUSCLE GROWTH 6 DAY GYM WORKOUT SCHEDULE

The first 6 day program is based on a PPL split, with two versions of each workout.

This program provides a frequency of twice per week for each major muscle group, as this has been found to improve muscle hypertrophy.

Some of the larger compound movements have slightly longer rest periods to allow recovery to push heavier loads.

The rest day is scheduled for Sunday, after two cycles through PPL. However, if you feel fatigued after the first three sessions, simply include a rest day before continuing.

If you have been training with a full-body program, or even with a bro split, get ready for some serious muscle gains with this schedule.

And for those top-heavy lifters, embrace the two leg days per week and reap the benefits for your overall strength and physique.

# GOOD LUCK!

## WORKOUT SCHEDULE:

<b>DAY 1</b>	PUSH SESSION 1
<b>DAY 2</b>	PUSH SESSION 1
<b>DAY 3</b>	LEGS SESSION 1
<b>DAY 4</b>	PUSH SESSION 2
<b>DAY 5</b>	PULL SESSION 2
<b>DAY 6</b>	LEGS SESSION 2
<b>DAY 7</b>	REST

# DAY 1

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Bench press	3x8-12	2-3 min
Incline dB press	3x8-12	2-3 min
Decline cable crossover	3x8-12	1 min
Lateral Raise	4x8-12	1 min
OH tricep extension	4-5x8-12	1 min

**Estimated Workout Duration:** 45-60 mins

## DAY 2

### WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Underhand lat pulldown	3x8-12	1 min
Wide grip pulldown	3x8-12	1 min
dB pullovers	3x8-12	1 min
Cable straight arm pushdowns	3x8-12	1 min
Reverse grip EZ bar curl	4-5x8-12	1 min

**Estimated Workout Duration:** 45-60 mins

## DAY 3

### WARM-UP:

- 5 mins general warm-up
- 10x leg swings forward/backward + sideways
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Barbell / smith squat	3x8-12	2-3 min
Narrow stance leg press	3x8-12	2-3 min
Bulgarian split squat	3x8-12	1 min
Leg extension	3x8-12	1 min
Standing calf raise	5x8-12	1 min

**Estimated Workout Duration:** 45-60 mins

# DAY 4

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
dB chest press	3x8-12	2-3 min
Military press	4x8-12	2-3 min
Low cable fly	3x8-12	1 min
Plate bus drivers	3x8-12	1 min
Rope cable triceps pushdown	4-5x8-12	1 min

**Estimated Workout Duration:** 45-60 mins

# DAY 5

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Bent row	3x8-12	2-3 min
Seated cable row	3x8-12	1 min
dB one arm row	3x8-12	1 min
Barbell shrugs	4-5x8-12	1 min
Hammer curls	4-5x8-12	1 min

**Estimated Workout Duration:** 45-60 mins

# DAY 6

## WARM-UP:

- 5 mins general warm-up
- 10x leg swings forward/backward + sideways
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Deadlift	3x8-12	2-3 min
Barbell glute bridge	3x8-12	1 min
Adductor machine	3x8-12	1 min
Leg curls	3x8-12	1 min
Seated calf raise	3x8-12	1 min

**Estimated Workout Duration:** 45-60 mins



# WEIGHT LOSS

## 6 DAY GYM

# WORKOUT SCHEDULE

The next program can be used by those who want to cut body fat while preserving - or even building - muscle mass.

This 6 day program is a slightly lower-volume bro split, with the six sessions being dedicated to different muscle groups.

As promised, this split has a sixth session focused on some of the neglected muscle groups, such as the neck and forearms.

Staying consistent with these workouts will help you grow muscles you didn't even know you had, all while trimming down body fat.

If you're not the biggest fan of cardio, hear us out before trying to lose weight solely with diet.

Research has shown the ability of aerobic exercise alone to decrease body weight without the need to restrict calories.

In addition, cardio is one of the best ways to keep the weight off once you've lost it, avoiding the cursed 'rebound effect'.

If you have been relying mainly on diet to lose body fat, definitely give this program a try.

While it can of course be used in conjunction with a slight calorie deficit to accelerate the process, this program will allow you to get shredded without hating life.

One final tip before you start: make sure you have some episodes of your favorite Netflix shows or podcasts downloaded, and the cardio will fly by!

### WORKOUT SCHEDULE:

<b>DAY 1</b>	CHEST + CARDIO
<b>DAY 2</b>	BACK + CARDIO
<b>DAY 3</b>	LEGS + CARDIO
<b>DAY 4</b>	SHOULDERS + CARDIO
<b>DAY 5</b>	ARMS + CARDIO
<b>DAY 6</b>	NECK/FOREARMS/ABS + CARDIO
<b>DAY 7</b>	REST

# DAY 1

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Machine chest press	3-5x8-12	1 min
Machine chest press	3-5x8-12	1 min
Push ups	3-5xMAX	1 min
Cardio of choice	1x40 min moderate	-

**Estimated Workout Duration:** 60 mins

# DAY 2

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Supported row	3-5x8-12	1 min
Lat pulldown	3-5x8-12	1 min
Inverted row	3-5xMAX	1 min
Cardio of choice	1x40 min moderate	-

**Estimated Workout Duration:** 60 mins



## DAY 3

### WARM-UP:

- 5 mins general warm-up
- 10x leg swings forward/backward + sideways
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Leg press	3-5x8-12	1 min
Calf raise	3-5x8-12	1 min
Walking lunge	3-5x20	1 min
Cardio of choice	1x40 min moderate	-

**Estimated Workout Duration:** 60 mins

## DAY 4

### WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Machine shoulder press	3-5x8-12	1 min
Reverse fly machine	3-5x8-12	1 min
Lateral raise	3-5x8-12	1 min
Cardio of choice	1x40 min moderate	-

**Estimated Workout Duration:** 60 mins

## DAY 5

### WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
EZ bar curl	3-5x8-12	1 min
Close grip bench press	3-5x8-12	1 min
Cable curl SS Rope pushdown	3-5x8-12	1 min
Cardio of choice	1x40 min moderate	-

**Estimated Workout Duration:** 60 mins

## DAY 6

### WARM-UP:

- 5 mins general warm-up
- 10x head circles each way
- 10x wrist circles each way

EXERCISE	SETS X REPS	REST
Supine neck curl	3-5x8-12	1 min
Forearm curls/reverse curls	3-5x8-12	1 min
Decline crunches	3-5xMAX	1 min
Cardio of choice	1x40 min moderate	-

**Estimated Workout Duration:** 60 mins



# 6 DAY GYM WORKOUT SCHEDULE FOR BEGINNERS

Finally, we have a 6 day workout program for those new to the gym.

While starting training with a 6 day gym schedule sounds intense, hear us out.

This program actually involves resistance training three days per week, with every second day being reserved for aerobic conditioning work.

The cool thing about this beginner program is that it has three very unique weight training sessions. This will keep it fresh and get you results in different disciplines.

The first session involves training up your barbell skills for the big powerlifts, but with a higher rep range to practice technique before you start lifting super heavy.

After a day of cardio, the next strength training session is bodyweight mastery with some staple calisthenics exercises.

Finally, you'll have a more hypertrophy-focused session, using machines and cables to let you safely push your muscles to stimulate growth.

This program will allow you to get all the neural and muscular benefits, without risking overtraining.

Having a day in between each weights session will allow you to recover while also continuing your progress with your conditioning work.

This program is ideal for those who want to gain a little strength and muscle, while also increasing their fitness and maybe losing a few pounds of body fat.

After performing this program for 6-12 weeks (with some recovery periods throughout), you can progress to either of the two programs above.

### WORKOUT SCHEDULE:

<b>DAY 1</b>	WHOLE-BODY BARBELL STRENGTH SESSION
<b>DAY 2</b>	AEROBIC TRAINING
<b>DAY 3</b>	WHOLE-BODY BODYWEIGHT MUSCULAR ENDURANCE
<b>DAY 4</b>	AEROBIC TRAINING
<b>DAY 5</b>	WHOLE-BODY HYPERTROPHY SESSION
<b>DAY 6</b>	AEROBIC TRAINING
<b>DAY 7</b>	REST

# DAY 1

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 10x leg swings forward/backward + sideways
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Barbell squat	3x10-12	2-3 min
Barbell bench press	3x10-12	2-3 min
Deadlift/Barbell bent row	3x10-12	2-3 min
Military press	3x10-12	2-3 min

**Estimated Workout Duration:** 30 mins

# DAY 2

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 10x leg swings forward/backward + sideways

EXERCISE	SETS X REPS	REST
Cardio of choice	30-45 mins moderate	-

**Estimated Workout Duration:** 35-50 mins

## DAY 3

### WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 10x leg swings forward/backward + sideways

EXERCISE	SETS X REPS	REST
Bodyweight squat	3xMAX	1 min
Push-ups	3xMAX	1 min
Pull-ups/Inverted rows	3xMAX	1 min
Plank	3xMAX	1 min

**Estimated Workout Duration:** 30 mins

## DAY 4

### WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 10x leg swings forward/backward + sideways

EXERCISE	SETS X REPS	REST
Cardio of choice	30-45 mins moderate	-

**Estimated Workout Duration:** 35-50 mins

# DAY 5

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 10x leg swings forward/backward + sideways
- 2-3x warm-up sets of first exercise

EXERCISE	SETS X REPS	REST
Decline cable crossover	3x8-12	1 min
Seated cable row	3x8-12	1 min
Leg press	3x8-12	1 min
Machine crunch	3x8-12	1 min

**Estimated Workout Duration:** 30 mins

# DAY 6

## WARM-UP:

- 5 mins general warm-up
- 10x arm circles forward/backward
- 10x leg swings forward/backward + sideways

EXERCISE	SETS X REPS	REST
Cardio of choice	30-45 mins moderate	-

**Estimated Workout Duration:** 35-50 mins