

6-Day Push/ Pull/ Legs Workout Routine

Warm ups: 5-10 minutes before workout

Rest: 1-3 minutes between sets

Day 1: Push

Muscle worked: Chest, Shoulders, Triceps

Sets: 3-4

Reps: 8-12

Paused Bench Press

Pec Deck Or Cable Fly

Incline Bench

Seated Lateral Raises

One Arm Seated Db Press

Db Skull Crushers

Day 2: Pull

Muscle worked: Back, Biceps, Forearms

Sets: 3-4

Reps: 8-12

Weighted Pull-Ups

Reverse Cable Fly

Supported Db Row

Standing Hammer Curl

Cable Row

Incline Db Curl

Day 3: Legs

Muscle worked: Quads, Hamstrings, Calves, Gluteus

Sets: 3-4

Reps: 8-12

Front Squat

Leg Extension

Romanian Deadlift

Standing Calf Raises

One Legged Leg Curl

Barbell Hip Thrust

6-Day Push/ Pull/ Legs Workout Routine

Warm ups: 5-10 minutes before workout

Rest: 1-3 minutes between sets

Day 4: Push

Muscle worked: Chest, Shoulders, Triceps

Sets: 3-4

Reps: 8-12

Overhead Press

Dumbbell Fly

Incline Dumbbell Press

Dumbbell Shoulder Press

Flat Bench Press

Skull Crushers

Day 5: Pull

Muscle worked: Back, Biceps, Forearms

Sets: 3-4

Reps: 8-12

Barbell Row

Bent-Over Barbell Row

Lat Pulldown

Face Pull

Hammer Curls

Renegade Row

Day 6: Legs

Muscle worked: Quads, Hamstrings, Calves, Gluteus

Sets: 3-4

Reps: 8-12

Squat

Seated Calf Raises

Lunges

Barbell Front Squats

Lying Leg Curl

Romanian Deadlift