

# 6 DAY WORKOUT ROUTINE

## 6 DAY WORKOUT SPLIT

### DAY 1: PUSH STRENGTH

- Barbell bench press- 5 sets of 5 reps with heavy weights
- Barbell military press- 5 sets of 5 reps with heavy weights
- Cable lateral raises- 3 sets of AMRAPs
- Cable tricep pushdown- 5 sets of 8 reps with heavy weights
- Close grip bench press- 3 sets of 12, 10, and 8 reps (pyramid training)

### DAY 2: PULL STRENGTH

- Deadlifts- 5 sets of 5 reps with heavy weights
- Barbell bent over row- 3 sets of 8 reps with heavy weights
- Barbell shrugs- 3 sets of 10 reps with heavy weights
- Barbell curl- 5 sets of 8 reps with heavy weights
- Preacher curl- 3 sets of 12, 10 and 8 reps (pyramid training)

### DAY 3: LEGS STRENGTH + ABS

- Barbell squat- 5 sets of 5 reps with heavy weights
- Leg Press- 5 sets of 8 reps with heavy weights
- Lunges- 3 sets of 10 reps with heavy weights
- Standing calf raise- 3 sets of 15-20 reps
- Leg raise- 3 sets of 15-20 reps
- Decline crunches- 3 sets of 15-20 reps

### DAY 4: PUSH HYPERTROPHY

- Barbell bench press (either incline or decline)- 3 sets of 15 reps
- Incline dumbbell bench press- 3 sets of 15 reps
- Arnold Press- 3 sets of 15 reps
- Cable lateral raises- 3 sets of AMRAPs
- Cable tricep pushdown- 3 sets of 15 reps
- Behind the neck cable tricep extension- 3 sets of 15 reps

### DAY 5: PULL HYPERTROPHY

- Wide grip lat pulldowns- 3 sets of 15 reps
- Cable row- 3 sets of 15 reps
- ez barbell curls- 3 sets of 15 reps
- seated incline dumbbell curls- 3 sets of 15 reps
- 28 method barbell curl-3 sets

### DAY 6: LEGS HYPERTROPHY + ABS

- Squats- 3 sets of 15 reps
- Leg extensions- 3 sets of 15 reps
- Lying leg curl- 3 sets of 15 reps
- Seated calf raises- 3 sets of AMRAPs
- Leg raise- 3 sets of 15-20 reps
- Decline crunches- 3 sets of 15-20 reps

### DAY 7: REST

# **AARON REED WORKOUT ROUTINE**

## **6 DAY WORKOUT**

### **MONDAY- CONDITIONING AND FUNCTIONAL TRAINING**

#### **AM Workout**

- Explosive conditioning sprints- 100 yards dash, 8 times

#### **PM Workout**

- Hang cleans- 3 sets of AMRAP
- Upright rows- 3 sets of 5 reps
- Barbell shrugs- 5 sets of 5 reps
- Serratus hanger- 2 sets of 10 reps
- Calf raises- 3 sets of 10-15 reps
- Leg raises- 3 sets of 10-12 reps
- Russian twists- 2 sets of 25 reps
- Posing- 45 minutes

### **TUESDAY- CHEST, ABS, AND CALVES**

- Push Ups- 4 sets of AMRAP
- Barbell bench press- 4 sets of 10-12 reps
- Parallel bar dips- 4 sets of AMRAP
- Cable crossovers- 4 sets of 12-15 reps
- Dumbbell flys- 4 sets of 12 reps
- Sit-ups- 2 sets of 25 reps
- Leg raises- 2 sets of 25 reps
- Standing calf raises- 3 sets of 10-15 reps
- Seated calf raises- 3 sets of 10-15 reps

### **WEDNESDAY- BACK, HAMSTRINGS, SERRATUS, AND CALVES**

- Deadlifts- 4 sets of 5 reps
- Pull-ups- 3 sets of 10-12 reps
- T-bar rows- 4 sets of 6-8 reps
- Dumbbell rows- 3 sets of 5 reps
- Cable rows- 3 sets of 8-10 reps
- Lat pulldowns- 3 sets of 10 reps
- V-bar lat pulldowns- 3 sets of 12 reps
- Straight-arm pulldowns- 2 sets of AMRAP
- Standing one leg calf raises- 3 sets of 10-15 reps
- Seated calf raises- 3 sets of 10-15 reps

### **THURSDAY- REST/POSING**

### **FRIDAY- ARMS, ABS, AND CALVES**

#### **AM Workout**

- Explosive conditioning sprints- 100 yards dash, 8 times

#### **PM Workout**

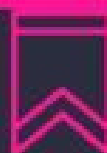
- Skull crushers- 3 sets of 12-15 reps
- One-arm overhead cable extensions- 3 sets of 10-12 reps
- Tricep pushdowns- 2 sets of 12 reps
- Alternating dumbbell curls- 4 sets of 8-10 reps
- Preacher curls- 4 sets of 8-12 reps
- Concentration curls- 2 sets of AMRAP
- Standing one leg calf raises- 3 sets of 10-15 reps
- Burnout donkey calf raises- 3 sets of 10-12 reps

### **SATURDAY- QUADRICEPS, AND CALVES**

- Leg extensions- 3 sets of 10-12 reps
- Barbell squats- 5 sets of 8-15 reps
- Leg press- 4 sets of 25 reps
- Hack squats- 3 sets of 12-15 reps
- One-leg squat- 2 sets of 12-15 reps
- Seated calf raises- 4 sets of 10-15 reps

### **SUNDAY- SHOULDERS, NECK AND ABS**

- Dumbbell overhead press- 4 sets of 8-10 reps
- Lateral raises- 4 sets of 20 reps
- Bent-over flys- 3 sets of 15-20 reps
- Reverse pec deck flys- 3 sets of 12 reps
- Sit-ups- 3 sets of 20-25 reps
- Leg raises- 3 sets of 20-25 reps



# Full Body Gym Workout Plan For Women

## 3 MONTH FULL BODY GYM WORKOUT PROGRAM FOR WOMEN

### Monday

- Barbell Squat: 4 sets x 10 reps
- Dumbbell Bench Press: 4 x 10
- Wide Grip Lat Pull Down: 4 x10
- Military Shoulder Press: 4 x 10
- Cable Tricep Pushdown: 4 x 10

### Tuesday

- **30 min Treadmill Running** (If you want deadlifts in your workouts, shorten the cardio session. Example: Deadlifts 4 x 10, 8, 6, 6 + 10-15 min Treadmill running)
- **15 – 20 min Ab Circuit:** Crunches, AB Roller, Decline Crunches, Leg Raises, Wood Choppers, Knee hugs, Tuck Crunch, Plank and Side Plank

### Wednesday

- Goblet Squat: 3 x 10
- Barbell Glute Bridge: 3 x 10
- Incline Dumbbell Bench Press: 4 x 10
- Dumbbell Row: 4 x 10
- Arnold Dumbbell Press: 4 x 10
- Preacher Curl: 4 x 10

### Thursday

- **30 min Spinning** (or you can do Deadlift 4 x 10, 8, 6, 6 + 10-15 min spinning)
- **15 – 20 min Ab Circuit:** Crunches, AB Roller, Decline Crunches, Leg Raises, Wood Choppers, Knee hugs, Tuck Crunch, Plank and Side Plank

### Friday

- Sumo Squat: 4 x 10
- Bulgarian: Split Squat 3 x 10 (Light weight)
- Barbell Bench Press: 4 x 10
- Barbell Row: 4 x 10
- Dumbbell Shoulder Press: 4 x 10
- Cable Standing Triceps Extension: 4 x 10

**Saturday: Rest Day**

**Sunday: Rest Day**