

6-DAY GYM WORKOUT SCHEDULE

DAY

WORKOUT ROUTINE

Mon:
Chest and
shoulders

1. Incline Dumbbell Press – 3 sets x 10 reps
2. Overhead Shoulder Press – 3 sets x 10 reps
3. Dumbbell Lateral Raises – 3 sets x 12 reps
4. Chest Fly – 3 sets x 10 reps
5. Arnold Press – 3 sets x 10 reps

Tues:
Core and
legs

1. Squats – 3 sets x 10 reps
2. Romanian Deadlifts – 3 sets x 10 reps
3. Lunges – 3 sets x 5 reps per leg
4. Hanging Leg Raises – 3 sets x 12 reps
5. Plank Hold – 3 rounds x 45 seconds

Wed:
Back and
biceps

1. Pull-ups – 3 sets x 8-12 reps
2. Bent-over Barbell Rows – 3 sets x 10 reps
3. Lat Pulldown – 3 sets x 10 reps
4. Dumbbell Bicep Curls – 3 sets x 12 reps
5. Hammer Curls – 3 sets x 12 reps

Thurs:
Rest

Rest and recovery. Light walking, yoga or stretches only.

Fri:
Core and
legs

1. Squats – 3 sets x 10 reps
2. Romanian Deadlifts – 3 sets x 10 reps
3. Lunges – 3 sets x 5 reps per leg
4. Hanging Leg Raises – 3 sets x 12 reps
5. Plank Hold – 3 rounds x 45 seconds

Sat:
Quadriceps
and chest

1. Barbell Back Squats – 3 sets x 10 reps
2. Leg Press – 3 sets x 12 reps
3. Dumbbell Bench Press – 3 sets x 10 reps
4. Bulgarian Split Squats – 3 sets x 8 reps per leg
5. Cable Chest Flys – 3 sets x 12 reps

Sun:
Shoulders
and Back

1. Pull-ups – 3 sets x 8-12 reps
2. Overhead Shoulder Press – 3 sets x 10 reps
3. Bent-over Barbell Rows – 3 sets x 10 reps
4. Lateral Raises – 3 sets x 12 reps
5. Face Pulls – 3 sets x 12 reps



JUSTFIT!