6 DAY WORKOUT SPLIT

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LEGEND	
DS	DROP SET
SS.	SUPER SET
PR	PAUSE REPS
DB	DUMBBELL
BB	BARBELL
AMQRAP	AS MANY QUALITY REPS AS POSSIBLE

DAY 1: CHEST AND BICEPS

EXERCISE	*SETS, REPS, REST*
BENCH PRESS	**5x5 – 2 MIN REST**
INCLINE DB PRESS ***SS.*** ***INCLINE DB FLYS***	**3x12/12 – 1,5 MIN REST**
DECLINE DB FLYS ***SS.*** ***DIPS (CHEST VARIATION)***	**3X12/15 – 1 MIN REST**
CABLE CROSSOVER ***SS.*** ***PUSH UPS***	**3X15/FAILURE – 1 MIN REST**
EZ BAR CURL	**4X10 – 1 MIN REST**
HAMMER DB CURLS ***SS.*** ***ONE ARM SEATED CONCENTRATION CURLS***	**3X12/10 EACH ARM – 1 MIN REST**

DAY 2: LEGS AND TRICEPS

EXERCISE	*SETS, REPS, REST*
SQUATS	**5x5 – 2 MIN REST**
LEG PRESS *SS.* *QUADS EXTENSIONS*	**3X10/12 – 1,5 MIN REST**
LUNGES *SS.* *ONE LEG LAYING HAMSTRING CURL*	**3X12/10 EACH LEG – 1 MIN REST**
BB STIFFED LEGS DEADLIFT *SS.* *DB STIFFED LEGS DEADLIFT*	**3X12/12 – 1,5 MIN REST**
STANDING MACHINE CALVES RAISES	**4X15 (PR) + 5 PARTIALS – 45 SEC REST**
SEATED CALVES RAISES	**4X20 (SLOW ON THE NEGATIVE) – 30 SEC REST**
SKULLCRUSHERS *SS.* *SEATED ONE ARM OVER THE HEAD DUMBBELL EXTENSION*	**3X10/12 – 1 MIN REST**
TRIANGLE CABLE PUSH DOWN *SS.* *ONE ARM REVERSE GRIP CABLE PUSH DOWN*	**3X15/10 – 1 MIN REST**

DAY 3: BACK AND SHOULDERS

EXERCISES	*SETS, REPS, REST*
DEADLIFTS	**5x5 – 2 MIN REST**
T BAR ROWS *SS.* *ONE ARM DB ROW*	**3x1512 – 1,5 MIN REST**

BARBELL BENT OVER ROW SS. PULL UPS	**3X10/10 – 1 MIN REST**
LAT PULLDOWN	**4X (DS) 12 – 10 – 8 – 1,5 MIN REST**
MILITARY PRESS	**4X8 – 2 MIN REST**
DB LATERAL RAISES SS. DB FRONT RAISES	**3X12/12 – 1,5 MIN REST**
REAR DELT SEATED RAISES SS. LATERAL RAISE MACHINE	**3X15/12 – 1,5 MIN REST**
BARBELL SHRUGS	**4X15 (PR) – 1 MIN REST**

DAY 4: REST

DAY 5: CHEST AND BICEPS

EXERCISES	***STES, REPS, REST***
INCLINE BARBELL BENCH PRESS	**4x8 – 2 MIN REST**
FLAT DB PRESS SS. FLAT CLOSE GRIP DB PRESS	**3x12/12 – 1,5 MIN REST**
LOW CABLE CROSSOVER SS. PLATE PRESS ON INCLINE BENCH	**3X15/12 – 1,5 MIN REST**
PEC DEC	**4X12 (PR) – 1 MIN REST**
ALTERNATING DB CURLS	**4X12 (PR) – 1 MIN REST**
STRAIGHT BAR CABLE CURL SS.	**3X12/12 EACH ARM – 1 MIN REST**

ONE ARM HIGH CABLE CURL	

DAY 6: LEGS AND TRICEPS

EXERCISES	*SETS, REPS, REST*
FRONT SQUATS	**5x5 – 2 MIN REST**
LEG PRESS (FEET CLOSE AND NARROW) *SS.* *STEP UPS*	**3x12/15 EACH LEG – 1,5 MIN REST**
WALKING BARBELL LUNGES *SS.* *BULGARIAN SPLIT SQUAT*	**3X12/10 EACH LEG – 1 MIN REST**
LAYING HAMMSTRING CURL	**3X12 (4 SEC NEGATIVE) – 1 MIN REST**
LEG PRESS CALVES PRESS	**PYRAMID SET FROM 15 TO 20 AND BACK TO 15 – 10 SEC REST BETWEEN SETS**
ONE LEG DB CALVES RAISES ON A PLATE	**4X15 EACH LEG – 20 SEC REST**
CABLE ROPE TRICEPS PUSH DOWN *SS.* *CABLE KICK BACK*	**3X12/15 (EACH ARM) – 1 MIN REST**
OVER THE HEAD CABLE ROPE EXTENSION *SS.* *REVERSE GRIP STRAIGHT BAR PUSH DOWN*	**3X12/12 (PR) – 1 MIN REST**

DAY 7: BACK AND SHOULDERS

EXERCISES	*SETS, REPS, REST*
WEIGHTED PULL UPS	**4X8 – 2 MIN REST**
ONE ARM SEATED CABLE ROW ***SS.*** ***TWO DB BENT OVER ROW***	**3x12 (EACH ARM)/15 – 1,5 MIN REST**
STRAIGHT ARMS STRAIGHT BAR PUSH DOWN ***SS.*** ***CLOSE GRIP LAT PULLDOWN***	**3X15/12 (PAUSE REPS) – 1,5 MIN REST**
WIDE GRIP STRAIGHT BAR SEATED CABLE ROW	**4X15 (4 SEC ON THE NEGATIVE) – 1 MIN REST**
SEATED DB PRESS	**4X10 (PAUSE REPS) – 1,5 MIN REST**
FRONT BARBEL RAISE ***SS.*** ***SEATED FRONT PLATE RAISE***	**3X12/12 – 1 MIN REST**
ONE ARM LATERAL DB RAISE ***SS.*** ***REVERSE FLYS ON INCLINE BENCH***	**3X12 (EACHARM)/15 – 1 MIN REST**
DB SHRUGS	**4X12 (PAUSE REPS) – 1 MIN REST**

ABS

ADD ONE OF THE FOLLOWING CIRCUITS AFTER YOUR WORKOUTS 3 TIMES A WEEK.
DO THE EXERCISES WITHOUT RESTING, ONCE YOU COMPLETE ALL THE EXERCISES OF THE CIRCUIT REST ONE MINUTE AND GET BACK TO IT AGAIN. COMPLETE A TOTAL OF 4 ROUNDS.

CIRCUIT 1

HANGING LEG RAISES 12
BICYCLE CRUNCH 30
REVERSE CRUNCH ON INCLINE BENCH 15
BOTTOMS UP 20

CIRCUIT 2

3/4 SIT UPS 20
WEIGHTED JACKKNIFES 20
CROSS BODY CRUNCH 20
HANGING KNEE RAISES 12

CIRCUIT 3

DRAGON FLAG 10
PLATE TWISTS 20
SEATED LEG PULL INS WITH DB 12
CABLE ROPE CRUNCH 12

CIRCUIT 4

CABLE ROPE CRUNCH 15
FLAT BENCH LYING BOTTOMS UP 15
LATERAL CRUNCHES ON DECLINE BENCH 12
HANGING KNEE RAISES 20

CIRCUIT 5

AB ROLLER 15
AIR BIKE 20
SCISSOR KICK 20
TOE TOUCHERS 20

CARDIO

IT DEPENDS ON WHETHER YOU'RE BULKING OR CUTTING. IF YOU'RE BULKING, I WOULD STILL DO 1 OR 2 CARDIO SESSIONS A WEEK (NOTHING TOO CRAZY, A 30 - 45 MIN WALK TWICE A WEEK IS ENOUGH) TO TAKE CARE OF YOUR CARDIOVASCULAR HEALTH.

BUT IF YOU'RE CUTTING HOWEVER, I WOULD DO 4 - 5 SESSIONS A WEEK COMBINING LISS AND HIIT: 30 - 45 MINS LISS SESSIONS AND 20 - 25 MINS HIIT SESSIONS.

CONTACT

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