

6-Day Gym Workout Schedule Plan

Day 1 - Chest and Triceps

Exercise	Sets x Reps	Rest between sets
Barbell Bench Press	3x12	3 min
Incline Barbell Press	4x12	3 min
Parallel Cable Fly	4x12	1-2 min
Pec Deck	3x12	1-2 min
Skull Crusher	4x12	2-3 min
Tricep Press Down	4x12	1-2 min
Rope Extension	3x12	1-2 min
Parallel Bar Dips	3x12	2-3 min

Day 2 - Back and Biceps

Exercise	Sets x Reps	Rest between sets
Pull Ups	3x12	2 min
Deadlifts	3x12	2-3 min
Bent Over Barbell Row	3x12	1 min
Face Pulls	3x15	2 min
Chin Ups	3x15	1 min
Concentration Curls	4x15	1 min
Hammer Curls	3x12	2-3 min

Day 3 - Legs and Shoulder

Exercise	Sets x Reps	Rest between sets
Barbell Squats	3x12	3 min
Dumbbell Lunges	3x12	1-2 min
Stiff Leg Deadlift	3x12	1-2 min
Leg Extension	3x12	1 min
Dumbbell Lateral Raises	3x12	2-3 min
Pike Push Ups	3x12	1 min
Arnold Press	3x12	1 min
Dumbbell Shrugs	3x12	2-3 min
Upright Rows	4x12	2-3 min

Day 4 – Rest

Day 5 - Chest and Triceps

Exercise	Sets x Reps	Rest between sets
Decline Dumbbell Press	4x12	3 min
Flat Flys	3x12	1 min
Dumbbell Squeeze Press	3x12	1 min
Cable Crossovers	3x12	1 min
Hip Thrusts	4x20	2 min
Dumbbell Kickbacks	3x12	2 min
Dumbbell Extension	3x12	2 min
Reverse Grip Pushdown	3x12	1 min

Day 6 - Back and Biceps

Exercise	Sets x Reps	Rest between sets
Wide Grip Pulldowns	4x12	1 min
Good Mornings	3x12	2 min
One Arm Dumbbell Row	3x12	1-2 min
Hyper Extensions	3x12	1 min
T Bar Row	3x12	1 min
Dumbbell Curls	3x12	2-3 min
Reverse Curls	4x12	2 min

Day 7 - Legs and Shoulder

Exercise	Sets x Reps	Rest between sets
Romanian Deadlift	3x12	2-3 min
Standing Calf Raises	3x15	1 min
Straight Leg Deadlift	3x12	1 min
Leg Curl	4x12	3 min
Box Squats	4x12	2 min
Dumbbell Shoulder Press	4x12	3 min
Shoulder Barbell Press	3x12	3 min
Cable Lateral Raise	3x12	1 min