

6-Day Full Body Workout Schedule for All Levels

Whether you're just starting your fitness journey or you're looking to level up your routine, this 6-day gym workout plan is designed to help you build muscle, lose fat, and gain strength. Each day focuses on a specific muscle group with carefully selected exercises tailored for Beginners, Intermediates, and Advanced lifters. With consistent effort and proper nutrition, this structured plan will help you achieve your fitness goals effectively and safely.

Day 1 - Chest

Muscle	Workout	Beginner	Intermediate	Advanced
Chest	Bench Press	10 x 3	8-10 x 4	6-8 x 5
Chest	Incline Dumbbell Press	10 x 3	8-10 x 4	6-8 x 5
Chest	Chest Fly	12 x 2	10 x 3	10 x 4
Chest	Push-ups	10 reps x 2	15 x 3	20 x 4

Day 2 - Legs

Muscle	Workout	Beginner	Intermediate	Advanced
Quads	Squats	10 x 3	8-10 x 4	6-8 x 5
Hamstring	Romanian Deadlift	10 x 3	8-10 x 4	8 x 5
Glutes	Hip Thrusts	12 x 2	10 x 3	10 x 4
Calves	Standing Calf Raise	15 x 2	15 x 3	20 x 4

Day 3 - Biceps & Triceps

Muscle	Workout	Beginner	Intermediate	Advanced
Biceps	Dumbbell Curl	12 x 2	10 x 3	8 x 4
Biceps	Hammer Curl	12 x 2	10 x 3	8 x 4
Triceps	Tricep Pushdown	12 x 2	10 x 3	8 x 4
Triceps	Overhead Dumbbell Ext	10 x 2	10 x 3	10 x 4

Day 4 - Back

Muscle	Workout	Beginner	Intermediate	Advanced
Back	Lat Pulldown	10 x 3	8 x 4	6 x 5
Back	Seated Row	10 x 3	10 x 4	8 x 5

Back	Dumbbell Row	12 x 2	10 x 3	8 x 4
Back	Deadlifts	8 x 2	6 x 3	5 x 4

Day 5 - Shoulders

Muscle	Workout	Beginner	Intermediate	Advanced
Shoulders	Overhead Press	10 x 3	8-10 x 4	6-8 x 5
Shoulders	Lateral Raise	12 x 2	12 x 3	10 x 4
Shoulders	Front Raise	12 x 2	12 x 3	10 x 4
Shoulders	Shrugs	15 x 2	15 x 3	15 x 4

Day 6 - Core & Cardio

Muscle	Workout	Beginner	Intermediate	Advanced
Core	Plank	30 sec x 2	45 sec x 3	1 min x 4
Core	Crunches	15 x 2	20 x 3	30 x 4
Core	Leg Raises	12 x 2	15 x 3	20 x 4
Cardio	Treadmill/Running	10 mins	20 mins	30 mins

Notes:

- **Rest:** Take 30-60 seconds between sets.
- **Progression:** Increase weight or reps weekly for steady improvement.
- **Day 7:** REST or active recovery (stretching, yoga, light walking).