

## 6-Day Workout Plan Summary

### Day 1: Back

- **Pull-Ups:** Sets: 4, Reps: 8-12
- **Bent-Over Barbell Rows:** Sets: 4, Reps: 8-12
- **Lat Pulldown:** Sets: 3, Reps: 12-15
- **Seated Cable Rows:** Sets: 3, Reps: 12-15
- **Face Pulls:** Sets: 3, Reps: 12-15
- **Reverse Flyes (Dumbbell or Machine):** Sets: 3, Reps: 12-15

### Day 2: Chest

- **Barbell Bench Press:** Sets: 4, Reps: 8-12
- **Incline Barbell Bench Press:** Sets: 4, Reps: 8-12
- **Dumbbell Bench Press:** Sets: 3, Reps: 12-15
- **Cable Chest Flys:** Sets: 3, Reps: 12-15
- **Incline Cable Flys:** Sets: 3, Reps: 12-15
- **Push-Ups:** Sets: 3, Reps: 12-15

### Day 3: Legs

- **Back Squat:** Sets: 4, Reps: 8-12
- **Front Squat:** Sets: 4, Reps: 8-12
- **Leg Press:** Sets: 3, Reps: 12-15
- **Lunges (Walking or Stationary):** Sets: 3, Reps: 12-15 (per leg)
- **Step-Ups (Weighted or Bodyweight):** Sets: 3, Reps: 12-15 (per leg)
- **Calf Raises:** Sets: 4, Reps: 15-20

### Day 4: Shoulders

- **Barbell Overhead Press:** Sets: 4, Reps: 8-12
- **Dumbbell Shoulder Press:** Sets: 4, Reps: 8-12
- **Lateral Raises:** Sets: 3, Reps: 12-15
- **Face Pulls:** Sets: 3, Reps: 12-15
- **Reverse Flyes (Dumbbell or Machine):** Sets: 3, Reps: 12-15
- **Front Raises:** Sets: 3, Reps: 12-15

## Day 5: Arms

- **Barbell Bicep Curl:** Sets: 4, Reps: 8-12
- **Dumbbell Bicep Curl:** Sets: 4, Reps: 8-12
- **Hammer Curls:** Sets: 3, Reps: 12-15
- **Triceps Pushdown:** Sets: 4, Reps: 8-12
- **Overhead Dumbbell Extension:** Sets: 3, Reps: 12-15
- **Skull Crushers:** Sets: 3, Reps: 8-12
- **Preacher Curl:** Sets: 3, Reps: 12-15
- **Tricep Dips:** Sets: 3, Reps: 12-15

## Day 6: Core

- **Plank:** Sets: 3, Hold for 30-60 seconds
- **Russian Twists:** Sets: 3, Reps: 12-15
- **Leg Raises:** Sets: 3, Reps: 12-15
- **Bicycle Crunches:** Sets: 3, Reps: 12-15
- **Superman:** Sets: 3, Reps: 12-15