

# 6 WEEK WORKOUT PROGRAM TO BUILD MUSCLE

**Goal:** Build Muscle

**Days Per Week:** 3-6 days

**Training Level:** Beginner/Intermediate

**Equipment:** Bodyweight, Barbell,

**Program Duration:** 6 Weeks

**Dumbbells, Machines**

## Day 1: Pull (Back and Biceps)

Exercise	Sets	Reps
Bent Over Barbell Rows (Mass)	4	8-12
Wide Grip Lat Pull Down (Mass)	4	8-10
Lat Pushdowns (Isolated)	4	10-12
Barbell Biceps Curls (Mass)	4	6-8
Preacher Curls (Isolated)	3	8-12
Hammer Curls (Isolated)	4	8-12

## Day 2: Push (Chest, Triceps and Shoulders)

Exercise	Sets	Reps
Bench Press (Mass)	4	8-12
Chest Dips (Mass)	4	8-12
Overhead Triceps Extensions (Mass)	4	8-12
Triceps Pulldown (Isolated)	3	10-12
Sider Lateral to Front Raise (Isolated)	4	10
Shoulder Press (Mass)	3	8-12

## Day 3: Legs

Exercise	Sets	Reps
Squats (Mass)	4	8-12
Lunges (Mass)	4	8-12
Leg Curls (Isolated)	5	10-12
Quad Raises (Isolated)	5	12-15

## Day 4: Rest

## Day 5: Pull

Exercise	Sets	Reps
Deadlift (Mass)	3	6-10
Cable Rows (Mass)	4	8-10
Pull-ups (Burn out)	4	Until Failure
Dumbbell Curls (Mass)	4	8-10
Seated Incline Curls (Mass)	4	8-10
Spider Curls (Isolated)	4	8-12

## Day 6: Push

Exercise	Sets	Reps
Incline Bench Press (Mass)	4	8-10
Cable Crossover (Isolated)	4	10-12
Scull Crushers (Mass)	4	8-10
Cable Overhead Triceps Extensions (Mass)	4	8-10
Lateral Raises (Isolated)	4	10-12
Single Arm Linear Jammer (Mass)	4	8-10

## Day 7: Legs

Exercise	Sets	Reps
Machine Hack Squat (Mass)	3	8-10
Dumbbell Bulgarian Split Squat (Isolated)	4	10-12
Romanian Deadlift (Mass)	3	6-8
Bodyweight Squats (Burn out)	4	12-20