

Weekly Six-Pack Plan (6’3”, 187 lbs, 5 Workouts/Week)

Day	Workout	Breakfast	Lunch	Dinner	Notes
Mon	Push (Chest/Shoulders/Triceps) Bench 5x5, OHP 4x6–8, Incline DB 4x10, Weighted Dips 3x8–10, Hanging Leg Raises 3x12–15	5 eggs + Greek yogurt + berries + ch	8 oz chicken + quinoa + broccoli/zucchini	8 oz sirloin steak + Brussels sprouts + salad	Heavy push strength
Tue	Pull (Back/Biceps) Pull-ups 5xAMRAP, Barbell Rows 4x8–10, Seated Rows 3x12, DB Curls 3x12, Plank Holds 3x1 min	Same as Mon	8 oz salmon + jasmine rice + asparagus	2 lean beef patties (lettuce wrap) + green beans + avocado	Back & biceps focus
Wed	Legs & Core Squat 5x5, RDL 4x8, Lunges 3x12/leg, Leg Press 4x12, Ab Rollouts 3x12	Same	8 oz chicken thighs + baked potato + spinach salad	8 oz cod + cauliflower rice + peppers	Heavy legs + core
Thu	Conditioning & Core Interval ( 90s walk), Kettlebell Swings 4x20, Hanging Knee Tucks 3x12, Russian Twists 3x20, Side Plank 3x30s/side	Same	8 oz ground turkey + basmati rice + greens	8 oz ribeye steak + asparagus + mushrooms	Fat-burn + abs
Fri	Push/Pull Hybrid (Hypertrophy) Bench 4x10, DB Shoulder Press 3x12, Lat Pulldown 4x10, Face Pulls 3x15, Cable Crunches 3x15	Same	8 oz chicken breast + brown rice + green beans	8 oz sirloin steak + zucchini noodles + tomato sauce	Volume + pump
Sat	Rest / Active Recovery 30–40 min walk, mobility	Same	8 oz salmon + farro + broccoli	2 lean beef patties + sautéed peppers/onions	Light cardio/stretch
Sun	Rest / Recovery Yoga / foam rolling optional	Same	8 oz chicken + wild rice + spinach + avocado	8 oz cod + Brussels sprouts + mashed cauliflower	Full rest