

6 Day (Dumbbell) split: 3x2

Chest & Tri's, Back & Bi's, Legs & Shoulders

Duration of 60-90 minutes per day. The first muscle group denotes the focus for the given day. The Reps & Sets are only a suggestion; always go moderate / non-failure until you know your body. I typically do pyramid up that begins with a feeder set, warming up, and readying my joints. Also, note that the feeder set is not listed, as I may do multiple feeder sets until I feel warmed up / loosened up and ready to begin. The first listed muscle group is the focus for the given day; this is where you should be giving 100% effort, failing on the last rep. The second group should be an arduous effort, but not pushing to failure, try to focus on contractions, squeeze, and form. *If just starting to workout, you can still use this plan but modify it to exercise the first listed muscle group per day, or work both as listed but just exercise on Monday, Wednesday, and Friday. If the runs are above your current capability, do run/walk - something like 3 minutes run followed by 5 minutes walk, each week lessening the walk time and eventually increasing your run time.

+Monday

Warm-up: 1.5 mile jog

Chest:

Flat Dumbbell Bench Press: 12, 10, 10, 8

[SS] Flat Dumbbell Flys & Hex Press: 12-16, 10-16, 10-16

Dumbbell Pullover: 12, 12, 12

Pushups: 15, 15, 15

Triceps:

Dumbbell Tricep Kickback: 12, 12, 12

Dumbbell Skull Crusher (palm facing back): 12, 12, 12

One Arm Seated Dumbbell Extension: 12, 12, 12

Neck:

Weighted head-harness side raises: 18, 18, 18, 18

(18 one side, then 18 to the other side)

+Tuesday

Warm-up: 1.5 mile run

Back:

One Arm Dumbbell Row: 12, 10, 10, 8, 6

Bent Over Dumbbell Row w/shrug hold: 12, 10, 10, 8, 6

Dumbbell Good-mornings: 12, 10, 10

Biceps:

Incline Hammer Curl: 12, 10, 10, 8

Standing Dumbbell Curl (strict): 10, 10, 10

Spider curl: 10, 10, 10

Zottman Curl -or- Pinwheel Curl -or- Reverse Curl: 10, 10, 10

+Wednesday

Warm-up: 5 min run in place -or- Box/Bench hops

Legs:

Dumbbell Step-up: 12, 12, 12

Dumbbell Goblet Squat: 12, 10, 10, 8

Bulgarian Split Squat: 12, 12, 12, 12

Dumbbell Standing Calf Raise: 12, 12, 12, 12

Shoulders:

[SS]Bent Over Reverse Fly & Bent Over Wide Row: 15, 15, 12, 10

Dumbbell Side-Lateral Raise (Heavy, Lower Portion): 18, 18, 18, 18

Dumbbell Side-Lateral Raise (Lighter, Upper Portion, Constant tension, squeeze): 12, 10, 10

Dumbbell Front-Lateral Raise: 12, 10, 10

Dumbbell Shrug (single or both): 15, 15, 15

+Thursday

Warm-up: 1.5 mile jog

Triceps:

Dumbbell Tricep Kickback: 12, 12, 12

One Arm Seated Dumbbell Extension: 12, 12, 12

Dumbbell Skull Crushers: 12, 12, 12

Chest:

Decline Dumbbell Press: 12, 10, 10, 8

[SS] Decline Dumbbell Flys & Hex Press: 12-16, 10-16, 10-16

Dumbbell Pullover: 12, 12, 12

Pushups: 15, 15, 15

Neck:

Weighted head-harness front/back raises: 18, 18, 18, 18

(18 one side, then 18 to the other side)

+Friday

Warm-up: 3 mile jog

Biceps:

Spider Curl: 12, 10, 10, 8

Incline Dumbbell Curl: 12, 10, 10, 8

Standing Alternating Dumbbell Hammer Curl: 10, 10, 10

Reverse Curl: 10, 10, 10

Back:

One Arm Dumbbell Row: 12, 10, 10, 8, 8

Dumbbell Row w/ Shrug holds: 12, 10, 10, 8, 8

Dumbbell Pullover (pull from lats): 12, 10, 10

+Saturday

Warm-up: 1.5 mile jog

Shoulders:

[SS]Bent Over Reverse Fly & Bent Over Wide Row: 15, 15, 12, 10

Side-Laying Inclined-Bench Dumbbell Raise: 12, 10, 10, 8, 6

Side-Lateral Raise, partial swings upon failure: 12, 10, 10

Seated Dumbbell Arnold Press: 15, 12, 10

Dumbbell Shrug - single hand: 15, 15, 15

Legs: (if not running on Sunday)

Dumbbell Step-up: 12, 12, 12

Dumbbell Goblet Squat: 12, 10, 10, 8

Bulgarian Split Squat: 12, 12, 12, 12

Dumbbell Standing Calf Raise: 12, 12, 12, 12

+Sunday

Warm-up: Fartlek 30 minutes -or- Jog for 45 minutes

Yoga / Stretch day

Every Day!: Declined bench crunches, side plank with hip raise holds, pushup sets (if not chest day)

Daily Lists Ideas (pick a few):

Farmer Carry (w/shrug holds) , Woodchoppers (dumbbells or bands), Renegade Row w/pushup, Flutter Kicks / Hello Dollies, Russian Twists, Walking Bicep curls double pumps, Romanian Deadlift, Walking Tricep extension double pumps, Dive bombers, Wrist curls (dumbbell / bands / dowel-rope), Mountain Climbers, Supermans, Facepulls (bands), Low deck lizard crawl, Dumbbell Frankenstein, Face-Down flutter kicks

Notes:

-Fartlek training session

Warm up with a steady jog for 5 minutes.

Run hard, above race pace for ~2 minutes.

Jog slowly for 3-5 minute, or until composure regain.

Repeat 5 times.

-Run definition

Race pace, maximum achievable pace

High cardio HR (~80% of calculated max)

-Jog definition

Comfortable pace, low effort

Low cardio HR (fat burning range)