

My Workout Routine (6-Day Split)

Weekly structure:

- Chest/Back Day 1
- Shoulders/Arms Day 1
- Legs Day 1
- Chest/Back Day 2
- Shoulders/Arms Day 2
- Legs Day 2

Focus:

- Build strength in key compound lifts
- Grow muscle in chest, back, shoulders, arms, and legs
- Use low-moderate volume with hard, focused sets

Chest/Back Day 1

1. Barbell Bench Press

2 sets × 5–8 reps

2. Neutral-Grip Lat Pulldown

2 sets × 5–8 reps

3. Incline Smith Machine Bench Press

2 sets × 8–10 reps

4. Single-Arm Chest-Supported Row

2 sets × 8–10 reps

5. Smith Machine Barbell Trap Shrugs

2 sets × 8–12 reps

Shoulders/Arms Day 1

1. Close-Grip Bench Press

1 set × 5–8 reps

2. Dumbbell Shoulder Press

1 set × 5–8 reps

3. Machine Lateral Raises

2 sets × 8–10 reps

4. Alternating Dumbbell Twist Curls

2 sets × 8–10 reps

5. Single-Arm Tricep Extensions

2 sets × 8–10 reps

6. Preacher Curls

2 sets × 6–8 reps

7. Cable Rear Delt Extensions

2–3 sets × 8–10 reps

Legs Day 1

1. Barbell Squat

2 sets × 5–8 reps

2. Barbell Romanian Deadlifts (RDLs)

1 set × 8–10 reps

3. Straight-Leg Calf Extensions

3 sets × 8–10 reps

Pause in the stretch position on each rep

4. Hamstring Curls

2 sets × 6–8 reps

5. Leg Extensions

2 sets × 8–10 reps

6. Hip Adduction Machine

2 sets × 5–10 reps

Chest/Back Day 2

1. Incline Smith Machine Bench Press

2 sets × 8–10 reps

2. Single-Arm Chest-Supported Row

2 sets × 8–10 reps

3. Neutral-Grip Lat Pulldown

2 sets × 5–8 reps

4. Flat Machine Press

2 sets × 6–8 reps

5. T-Bar Kelso Shrugs

2 sets × 8–12 reps

Shoulders/Arms Day 2

1. Dumbbell Shoulder Press

2 sets × 5–8 reps

2. Dumbbell Lateral Raises

2 sets × 8–10 reps

3. Preacher Curls

2 sets × 6–8 reps

4. Single-Arm Tricep Extensions

2 sets × 8–10 reps

5. Alternating Dumbbell Twist Curls

2 sets × 8–10 reps

6. Cable Rear Delt Extensions

2–3 sets × 8–10 reps

Legs Day 2

1. Heel-Elevated Barbell Squat

2 sets × 5–8 reps

2. Leg Extensions

2 sets × 8–10 reps

3. Straight-Leg Calf Extensions

3 sets × 8–10 reps

Pause in the stretch position on each rep

4. Hamstring Curls

2 sets × 6–8 reps

5. Hip Adduction Machine

2 sets × 5–10 reps