

# 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