



# **6 DAY GYM WORKOUT SCHEDULE PDF**

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		RIR 1 - 2		RIR 1	
	Exercise	Set 1	Set 2	Set 3	Set 4
Day 1: Chest	Chest Press	15-20	10-12	8-10	8-10
	Incline Press	15-20	10-12	8-10	8-10
	Chest Flyes	15-20	10-12	8-10	8-10
	Pullovers	15-20	10-12	8-10	8-10
Day 2: Back	Lat Pulldowns	15-20	10-12	8-10	8-10
	Seated Row	15-20	10-12	8-10	8-10
	Kelso Shrugs	15-20	10-12	8-10	8-10
Day 3: Arms	Triceps Extensions (Both arms, Equipment of Choice)	15-20	10-12	8-10	8-10
	Single Arm Triceps Extensions	15-20	10-12	8-10	8-10
	Hammer Curls	15-20	10-12	8-10	8-10
	Biceps Curls (Standing or Seated)	15-20	10-12	8-10	8-10
Day 4: Shoulders	Lateral Raises	15-20	10-12	8-10	8-10
	Thumbs-Up Front Raises	15-20	10-12	8-10	8-10
	Posterior Shoulder Flyes	15-20	10-12	8-10	8-10
	"Y" or "I" Raises	15-20	10-12	8-10	8-10
Day 5: Legs	Squats	15-20	10-12	8-10	8-10
	Leg Extensions	15-20	10-12	8-10	8-10
	Hip Adductions	15-20	10-12	8-10	8-10
	Romanian Deadlifts (RDLs) OR Single-Leg B-Stance RDLs	15-20	10-12	8-10	8-10
	Leg Curls	15-20	10-15	10-12	8-10
	Calf Raises	15-20	15-20	15-20	15-20
Day 6: Abs / LISS	Walking, RPE 4-5	>= 1 mile (2k) @ 0.5 MPH			
	Crunches	20-30	20-30	20-30	20-30
	Sit-ups with a Twist	10-20	10-20	10-20	10-20
Day 7	REST				

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## Application Notes:

- Warm up with a few light sets of the exercise you'll be doing before performing your working sets.
- Note RIR recommendations. Last 2 sets should be taken to mechanical failure.
- Three minutes is optimum rest time between your harder sets.
- Progressive overload always applies. Once the suggested rep range becomes easy, increase the resistance.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Select the equipment that allows you to get maximal load on the muscle. This does \*not\* mean "hardest". Pick the equipment that allows you to apply the most intense effort using good stable form.

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**Disclaimer:** The information provided in this 6-day gym workout schedule is intended for general informational and educational purposes only and does not constitute professional medical advice, diagnosis, or treatment. This intensive workout program is designed for individuals with varying levels of fitness and may not be suitable for everyone. Prior to beginning this or any exercise regimen, it is strongly advised that individuals consult with a healthcare provider or a qualified fitness professional to determine if the program is appropriate for their specific health conditions and fitness objectives. It is important to listen to your body and adjust the intensity, volume, and types of exercises according to your individual capabilities and needs. If at any point during the workout you experience pain, discomfort, or any other adverse symptoms, cease the activity immediately and seek medical evaluation and advice as necessary. Safety should always be the primary concern, and proper form and technique should be maintained to prevent injuries. Remember, rest and recovery are crucial components of any fitness program and are essential for achieving optimal results and maintaining overall health.