


# 6 DAY SPLIT WORKOUT PROGRAM



Monday PULL	Tuesday PUSH	Wednesday LEGS & ABS	Thursday CARDIO	Friday PULL	Saturday PUSH	Sunday OFF
WARM UP- 10 MIN STAIR MASTER. LEVEL 3	WARM UP- 10 MIN STAIR MASTER. LEVEL 3	WARM UP- 10 MIN STAIR MASTER LEVEL 3	WARM UP- TREADMILL 10 MIN LEVEL 3	WARM UP- 10 MIN STAIR MASTER. LEVEL 3	WARM UP- 10 MIN STAIR MASTER. LEVEL 3	
SUPERSETS: LAT PULLDOWNS+ BENT OVER ROWS (WITH A PLATE) 12 TO 15 REPS 4 SETS EACH	SUPERSETS: INCLINE DUMBBELL PRESS+ DUMBBELL FLYS 12 REPS 4 SETS EACH	SUPERSETS: JUMP SQUATS+ SIDE LEG RAISES+ STIFF LEG DEADLIFTS WITH PLATE 12 REPS EACH 4 SETS EACH	STAIR MASTER 5 MIN LEVEL 4	SUPERSETS: LAT PULLDOWNS+ BENT OVER ROWS (WITH A PLATE) 12 TO 15 REPS 4 SETS EACH	SUPERSETS: INCLINE DUMBBELL PRESS+ DUMBBELL FLYS 12 REPS 4 SETS EACH	
SUPERSETS: CABLE ROWS+ REAR DELT DUMBBEL FLYS 12 TO 15 REPS 4 SETS EACH	SUPERSETS: SEATED CHEST PRESS+ TRICEP KICKBACKS 12 TO 15 REPS 4 SETS EACH	SUPERSETS: WALKING LUNGES+ STILL LEG DEADLIFTS WITH DUMBBELLS 15 REPS 4 SETS	STAIR MASTER 3 MIN LEVEL 7 2 MIN LEVEL 4	SUPERSETS: CABLE ROWS+ REAR DELT DUMBBEL FLYS 12 TO 15 REPS 4 SETS EACH	SUPERSETS: SEATED CHEST PRESS+ TRICEP KICKBACKS 12 TO 15 REPS 4 SETS EACH	
SUPERSETS: CLOSE GRIP LAT PULLDOWNS+ SEATED ROWS 12 REPS 4 SETS EACH	SUPERSETS: SEATED MACHINE FLYS+ TRICEP DUMBBELL EXTENTIONS 4 SETS 12 REPS	LEG PRESS 4 WORKING SETS 2 DROP SETS 12 TO 20 REPS EACH	STAIR MASTER 1 MIN LEVEL 10 2 MIN LEVEL 2 2 MIN LEVEL 4	SUPERSETS: CLOSE GRIP LAT PULLDOWNS+ SEATED ROWS 12 REPS 4 SETS EACH	SUPERSETS: SEATED MACHINE FLYS+ TRICEP DUMBBELL EXTENTIONS 4 SETS 12 REPS	

SUPERSETS: HAMMER CURLS+ SEATED CURLS 4 SETS 15 REPS	SUPERSETS: SHOULDER PRESS+ SIDE LATERAL RAISES 4 SETS 12 REPS	HACK SQUATS 4 SETS 12 REPS DROP SET 2 SETS 10 REPS	STAIR MASTER 5 MIN LEVEL 3 OR 4	SUPERSETS: HAMMER CURLS+ SEATED CURLS 4 SETS 15 REPS	SUPERSETS: SHOULDER PRESS+ SIDE LATERAL RAISES 4 SETS 12 REPS	
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