

6-Day Full Body Gym Workout Plan

Day 1

Exercises	Muscles Build	Reps
Pullups	Back	AMRAP x 3
Narrow Grip Pulldown	Back	12, 10, 8, 4
Barbell Back Squat	Leg	12, 10, 8, 4
Barbell Jammer	Full body	10, 8, 6
Flat Bench Press	Chest	10, 8, 6
Incline DB Bench Press	Chest	10, 8, 6
Shoulder Overhead Press	Shoulder	10, 8, 6
DB Front Raises	Shoulder	10, 8, 6

Day 2

Pull Exercises	Muscles Worked	Reps
Triangle Pushup	Triceps, Chest	AMRAP x 3 sets
Narrow Grip Bench Press	Triceps, Chest	10, 8, 6
Bent Arm Lateral Raise	Shoulder	
45-degree Incline Row	Shoulder	
Standing Cable Fly	Chest	10, 8, 6
Dumbbell Pullover	Chest, Back	10, 8, 6
Barbell Bent Over	Back	10, 8, 6
Hamstring Curl	Hamstring	8 x 2 sets

Day 3

Exercises	Muscles Worked	Reps
Deadlift	Lower body, Back	AMRAP x 3 sets
Single Arm DB Rowing	Back	10, 8, 6

Exercises	Muscles Worked	Reps
Barbell Curl	Biceps	10, 8, 6
Cable Curl	Biceps	10, 8, 6
Face pull	Back and Shoulder	AMRAP x 3 sets
Upright Row	Back and Shoulder	AMRAP x 3 sets
Shrug	Shoulder	10, 8, 6
Pushup	Chest, Triceps	10, 8, 6
Dips	Triceps, Chest	8 x 2 sets

Day 4

Exercises	Muscles Worked	Reps
Barbell Lunges	Lower Body	12, 10, 8
Leg Press	Lower Body	12, 10, 8
Hip Thrust	Lower Body	10, 8, 6
Incline Bench Press	Chest	12, 10, 8
Dumbbell Arnold Press	Shoulder	10, 8, 6
Dumbbell IYT	Back, Shoulder	AMRAP x 2 sets
Cable Rowing	Back	10, 8, 6
T Row	Back	10, 8, 6
Plank	Core	60+ seconds

Day 5

Exercises	Muscles Worked	Reps
Barbell Good Morning	Hamstrings, Glutes, Lower Back	10, 8, 6
Bulgarian Split Squat	Lower body	12, 10, 8
Pullups	Back	AMRAP x 3 sets

Exercises	Muscles Worked	Reps
Front Lat Pulldown	Back	12, 10, 8
Barbell Curl	Biceps	12, 10, 8
Chinups	Biceps	AMRAP x 3 sets
Wrist Curls	Forearms	12, 10, 8
Dips	Triceps	AMRAP x 3 sets
Triangle Pushup	Triceps	AMRAP x 2 sets
Side Plank	Core	30 seconds each side

Day 6

Exercises	Muscles Worked	Reps
DB Flat Bench Press	Chest	12, 10, 8
Dumbbell Fly	Chest	10, 8, 6
DB Front Raise	Shoulder	12, 10, 8
Bent Arm Lateral Raise	Shoulder	12, 10, 8
Upright Row	Shoulder, Upper Trap	10, 8, 6
Barbell Jammer	Full Body	12, 10, 8
Leg Extension	Quad	10, 8, 6
Leg Raises	Abdominal Muscle	10 x 2 sets
V ups	Abdominal Muscle	AMRAP x 2 Sets