

# PPL 6 DAY GYM WORKOUT SCHEDULE

- Day 1: Chest, Shoulder, Triceps (Part 1)
- Day 2: Back, Biceps, Forearms
- Day-3: Legs and Core
- Day 4: Chest, Shoulder, Triceps (Part 2)
- Day 5: Back, Biceps, Forearms
- Day-6: Legs and Core

**Routine Created by Murshid Akram (Administrator of the Thefitnessphantom.com)**

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## Day 1: Chest, Shoulder, Triceps (Part 1)

Push Exercises	Muscles Build	Reps
Barbell Flat Bench Press	Chest	16, 12, 10,
Incline Dumbbell Press	Chest	16, 12, 8
Dumbbell Pullover	Chest	12, 10, 8
Barbell Overhead Press	Shoulder	14, 12, 10
DB Front Lateral Raises	Shoulder	12, 10, 10
Bent-Over Lateral Raises	Shoulder	12, 10, 10
Triangle Pushup	Triceps	10 x 2 sets
Incline Dumbbell Overhead Extension	Triceps	14, 12, 10
Triceps Rope Pushdown	Tricep	14, 12, 10
Weighted Pushup	Upper Body	AMRAP

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## Day 2: Back, Biceps, Forearms (Part 1)

Pull Exercises	Muscles Build	Reps
Pull-up	Back	AMRAP x 2 sets

<b>Pull Exercises</b>	<b>Muscles Build</b>	<b>Reps</b>
Wide Grip Lat Pulldown	Back	16, 14, 12
Barbell Bent-Over Row	Back	16, 14, 12
One Arm Dumbbell Rowing	Back	14, 12, 10
Chinups	Biceps	AMRAP x 2 sets
EZ Standing Bicep Curl	Biceps	16, 14, 12
DB Alternate Bicep curl	Biceps	14, 12, 10
Preacher Curl	Biceps	14, 12, 10
Palm up Dumbbell Wrist Curl	Wrist and Forearm	16, 14, 12

### Day 3 – Legs and Core (Part 1)

<b>Leg and Core Exercises</b>	<b>Muscles Worked</b>	<b>Reps</b>
Barbell Smith Machine Lunges	Quadriceps, Glutes, and Hamstring	16 and 12
Barbell Back Squat	Quad and Glutes	20, 15, 12
Leg Extension	Quad	16, 14, 12
Dumbbell Romanian Deadlift	Hamstring, Quad, Glutes	10, 8, 6
Lying DB Leg Curl or Machine Hamstring Curl	Hamstring	16, 14, 12
Weighted Glute Bridge	Glute	14, 12, 10
Calf Raises	Calves	16, 14, 12
Sits up	Core	30 seconds
Leg Raises	Core	10 Reps
Plank	Core	60+ seconds

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### Day 4: Chest, Shoulder, Triceps (Part 2)

<b>Push Exercises</b>	<b>Muscles Build</b>	<b>Reps</b>
Barbell Flat Bench Press	Chest	10, 8, 4
Incline Bench Press	Chest	10, 8, 4
Parallel Cable Fly	Chest	10, 8, 6
Dumbbell Squeeze Press	Chest	10, 8, 6
Dumbbell Overhead Press	Shoulder	10, 8, 6
Leaning Cable Lateral Raise	Shoulder	10, 8, 6
Barbell Upright Row	Shoulder	10, 8, 6
Shoulder Shrug	Shoulder Shrug	10, 8, 6
Parallel Dips	Triceps	AMRAP x 2 sets
Skull Crusher	Triceps	10, 8, 6
Pushdown	Triceps	10, 8, 6
Kickback	Triceps	12, 10, 8

### Day 5: Back, Biceps and Forearms (Part 2)

<b>Pull Exercises</b>	<b>Muscles Worked</b>	<b>Reps</b>
Pull-up	Back	AMRAP x 2 sets
Medium Grip Lat Pulldown	Back	10, 8, 6
Seated Cable Rowing	Back	10, 8, 6
T Rowing	Back	10, 8, 6
Face Pull	Back	10, 8, 6
Chinups	Biceps	AMRAP x 2 sets
Standing Barbell Curl	Biceps	10, 8, 6
Concentration Curl	Biceps	10, 8, 6

<b>Pull Exercises</b>	<b>Muscles Worked</b>	<b>Reps</b>
Cable Curl	Biceps	10, 8, 6
Hammer Curl	Biceps	10, 8, 6
Palms up Wrist Curl	Wrist and Forearm	8 x 2 sets
Palms Down Wrist Curl	Wrist and Forearm	8 x 2 sets

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### Day 6 – Legs and Core (Part 2)

<b>Leg and Core Exercises</b>	<b>Muscles Worked</b>	<b>Reps</b>
Deadlift	Lower Body and Back	AMRAP x
Barbell Back Squat	Quads	12 and 8
Barbell Sumo Squat	Side Thighs and Glutes	12 and 8
Leg Extension	Quads	10, 8, 6
Hamstring Curl	Hamstring	10, 8, 6
Barbell Hip Thrust	Glute, Hip	10, 8, 6
Calf Raises	Calves	12, 10, 8
Reverse Crunches	Core	30 seconds
Leg Raises	Core	10 Reps
Plank	Core	60+ seconds
Side Plank	Core	30 seconds each side

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