

# The Best 6 Day Muscle Group Workout Schedule

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## Workout Plan Summary

Routine Type	Individual Muscle Group/Bro Split
Frequency	6 Days a Week
Daily Workout Duration	45-60 minutes
Goal	Build Strength and Lean Mass
Suitable Gender	Male and Female
Workout Level	Intermediate and Advanced

**Warm Up:** Warm-up is crucial before lifting weights. It increases your heart rate, blood flow, and oxygen supply, which helps boost performance during weight training. The warm-up also helps prepare you both mentally and physically for the training session. You can do five minutes of low-intensity aerobic exercises, such as jogging, cycling, or bodyweight cardio.

## 6 Day Muscle Group Workout Schedule

- Day 1 – Chest
- Day 2- Legs
- Day 3 – Back
- Day 4 – Shoulder
- Day 5 – Biceps and Core
- Day 6 – Triceps and Core
- Day 7 – OFF

### Day 1 – Chest

Exercises	Reps	% Of your 1RM	Rest
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<a href="#">Flat Bench Press</a>	16, 12, 10, 8	40%, 50%, 60%, 70%	2 min
<a href="#">Incline DB Bench Press</a>	12, 10, 8	50%, 60%, 70%	2 min
<a href="#">Seated Peck Fly</a>	12, 10, 8	50%, 60%, 70%	2 min
<a href="#">Parallel Bar Dips</a>	8-12 x 3	Bodyweight	2 min
<a href="#">Dumbbell Pullover</a>	10 x 3	50-60%	2 min

**Note:**

- Depending on your strength and fitness level, you can increase the number of exercises.
- It would be best to replace a few exercises in your subsequent weeks, For example, incline cable fly with pec deck fly, deficit weighted pushups with bar dips, and upward fly with the dumbbell pullover.

### Day 2- Legs

Exercises	Reps	% of 1RM	Rest
<a href="#">Barbell Back Squat</a>	16, 12, 10, 8	40%, 50%, 60%, 70%	2 min
<a href="#">Leg Press</a>	12 x 3	50-60%	2 min
<a href="#">Hamstring Curl</a>	12 x 3	50-60%	2 min
<a href="#">Weighted Glute Bridge</a>	10 x 3	50-60%	1-min
<a href="#">Calf Raises</a>	12 x 3	Suitable Weight	1-min

- You can replace or incorporate more exercises in the following weeks. The options are lunge, leg extension, [hack squat](#), step-up, [sumo squat](#), [hip thrust](#), and [Romanian deadlift](#).

### Day 3 – Back

Exercises	Reps	% of 1RM	Rest
<a href="#">Pullups</a>	AMRAP X 3	Bodyweight	2 min
<a href="#">Front Lat Pulldown</a>	15, 12, 10, 8	50%, 60%, 70%, 75%	2 min
<a href="#">Seated Cable Rowing</a>	15, 12, 10, 8	50%, 60%, 70%, 75%	2 min
<a href="#">Bent-over Barbell Row</a>	10-12 x 3	50-70%	2 min
<a href="#">Cable Facepull</a>	10-12 x 3	50-60%	2 min

The other exercises you can include are v-grip lat pulldown, [one-arm dumbbell row](#), T row, inverted row, and standing pullover.

## Day 4 – Triceps And Core

Exercises	Reps	% of 1RM	Rest
<a href="#">Triangle Pushups</a>	AMRAP X 3	Bodyweight	2 min
<a href="#">Skull Crusher</a>	10-12 x 3	50-60%	2 min
Rope/Bar <a href="#">Pushdown</a>	12 x 3	50-60%	1-min
<a href="#">One-arm Overhead Tricep Extension</a>	10 x 3	40-50%	2 min
<a href="#">Mountain Climber</a>	30-sec x 2	Bodyweight	30-sec
<a href="#">Hanging Knee Raises</a>	10 x 2	Bodyweight	30-sec
<a href="#">Front Plank</a>	1-2 min x 2	Bodyweight	30-sec

The other workout options are tricep kickback, [narrow grip bench press](#), [bench dips](#), [bar dips](#), cable forward extension, and incline dumbbell french press.

## Day 5 – Shoulder

Exercises	Reps	% of 1RM	Rest
<a href="#">Military Press</a>	12, 10, 8	50%, 60%, 75%	2 min
<a href="#">Dumbbell Front Raise</a>	10 x 3	50-60%	2 min
<a href="#">Dumbbell Lateral Raises</a>	10 x 4	50-60%	2 min
<a href="#">Rear Delt Raise</a>	10 x 3	50-60%	2 min
<a href="#">Reverse Pec Deck Fly</a>	10 x 3	50-60%	2 min
<a href="#">Dumbbell Shrugs</a>	10 x 3	60-70%	2 min

Alternate or include more exercises from the following:

- [Arnold Press](#)
- [Seated IYT Raises](#)
- [One-arm Cable Lateral Raise](#)
- [Upright Row](#)
- [Barbell Front Raises](#)

## Day 6 – Biceps And Core

Exercises	Reps	% of 1RM	Rest
<a href="#">Chinups</a>	AMRAP X 3	Bodyweight	2 min
<a href="#">Barbell Curl</a>	12, 10, 8	50%, 60%, 75%	2 min
<a href="#">Alternate Incline Curl</a>	10 x 3	50-60%	2 min
Cable Curl/Preacher Curl	10 x 3	50-60%	2 min
<a href="#">Hammer Curl</a>	10 x 3	50-60%	2 min
<a href="#">10-min Core Workout</a>	–	–	–

**The more exercise options are:**

- [Dumbbell Alternate Curl](#)
- [Concentration Curl](#)
- [EZ Bar Bicep Curl](#)
- Strict Curl
- [Prone Incline Bicep Curl](#)

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