

6 Day Workout Routine at Home to Build Muscles

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Check out [article](#) for more info

Summary

Type of training	Push, Pull, Legs (PPL) and Hybrid
Who can do this	Beginner to Intermediate
Target Gender	Male and Female
Equipment needed	No equipment, Bodyweight Only
Training Frequency	6 days a week
Suggested Program Duration	12 weeks
Workout Goal	Muscle Building and Weight Loss
Suitable time for the training	Any time of the day
Preceding Workout Plan	
Succeeding Workout Plan	10-week Home Workout Plan

Other information:

- If any exercise is challenging for you, replace it with a similar or your preferred exercise.
- Pick some exercises from the above list and replace them with existing exercises in the subsequent weeks.

Schedule

- Day 1 – Push Workout
- Day 2 – Pull and Core Exercises
- Day 3 – Legs Workout
- Day 4 – OFF

- Day 5 – Push Workout
- Day 6 – Pull and Core Workout
- Day 7 – Legs Workout

Day 1 – Push Workout

Exercise	Reps	Sets	Rest
Incline Pushup	8-12	3	1-min
Standard Pushup	8-10	2	2-min
Triangle Pushup	8-10	2	2-min
Pike Pushup	8-10	3	2-min
Chair Dips	10-12	3	1-min

Day 2 - Pull and Core Exercises

Exercise	Reps	Sets	Rest
Superman Pull	10-12	3	1-min
Inverted Row	10-12	3	1-min
Lying T raises	10-12	3	1-min
Incline Towel Row	10-12	3	1-min
10-min Abs Workout	–	–	–

Day 3 – Legs Workout

Exercise	Reps	Sets	Rest
Standard Squat	12-15	3	1-min
Lateral Lunges	8-12	3	1-min
Step-up	8-12	3	90-sec
Glute Bridge	10-12	3	1-min
Standing Calf Raise	10-12	3	1-min

Day 4 – OFF

Day 5 – Push Workout

Exercise	Reps	Sets	Rest
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Dive Bomber Pushup	8-10	3	90-sec
Archer Push-up	6-8/side	3	90-sec
Decline Pushups	8-10	3	90-sec
Plank Triceps Extension	8-12	3	90-sec
Bodyweight Lateral Raise	8-10	3	90-sec

Day 6 – Pull and Core Workout

Exercise	Reps	Sets	Rest
Superman Pull	10-12	3	90-sec
Parallel Towel Row	10-12	3	90-sec
Lying Y Raises	10-12	3	1-min
Inverted Row	8-10	2	90-sec
Bicep Leg Curl	8-10	3	1-min
15 minute HIIT Core	–	–	–

Day 7 -Legs Workout

Exercise	Reps	Sets	Rest
Cursty Lunges/Squat	8-12	3	90-sec
Back and Forth Lunges	8-10/side	3	90-sec
Squat Pulses Jump	8-12	3	90-sec
Single-Leg Bridge	8-10/side	3	1-min
Glute Kickback	10-12	3	1-min

Related: [Free 7 Day Home Workout Plan \(Download PDF\)](#)

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Optimum Nutrition Amino Energy	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder

ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Body Fortress Whey Protein Powder
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If the above workout plan helped you in any way, kindly support my work buying through these affiliate links.

You can add more exercises from the list below:

1. [Top 5 Rear Delt Bodyweight Exercises](#)
2. [13 Best Bodyweight Push Exercises](#)
3. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
4. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
5. [Knee push-ups for beginners \(with Video\)](#)
6. [8 Best Bodyweight Hamstring Exercises at Home](#)
7. [The 20 Best Bodyweight Exercises for Arms](#)
8. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
9. [Full Bodyweight Workouts For Beginners](#)
10. [Bodyweight Exercises For Back At Home](#)
11. [Bodyweight Exercises for Shoulder](#)

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