

6 DAY UPPER LOWER SPLIT FOR AN AESTHETIC BODY

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Program Summary and Description

Routine Type	Upper/Lower Body Split
Program Duration	12-16 Weeks
Routine Goal	Strength and Mass Building
Training Level	Intermediate
Duration Per Session	60-90 Minutes
Frequency	6 Days per Week
Target Gender	Male and Female
Suitable Age Group	18-35 Years
Preceding Plan	5 Day Gym Workout Schedule
Plan to Follow Next	7 Day Gym Workout Plan
Suggested Program for Beginners	4 Day Gym Workout Schedule

6 Day Upper Lower Split Workout Routine

- Day 1: Chest, Arms, and Core
- Day 2: Lower Body
- Day 3: Back and Shoulder
- Day 4: Chest, Arms, and Core
- Day 5: Lower Body
- Day 6: Back and Shoulder
- Day 7: OFF

I've divided the routine in two parts (three days each). This will allow you to target each muscle twice a week and help you achieve the best physique.

You can take rest after every three days or take a day off after completing six days of training, depending on your fitness level.

It's best to perform 5-10 minutes warm-up before lifting heavy. For example, you can run on the treadmill, perform [bodyweight cardio exercises](#), or lift light weights to increase your heart and get your muscles ready.

Increase 10-15% of load after every set.

The appropriate rest time between sets would be 3 minutes for [compound lifting](#) and 1-2 minutes for [isolation exercises](#).

Day 1 – Upper Body (Chest, Arms, Core)

Exercise	Targeted Muscle	Reps
Flat Bench Press	Chest	10-12 x 4
Incline DB Bench Press	Chest	10-12 x 3
Machine/Cable Fly	Chest	12 x 3
Bar Dips	Triceps	10 x 3
Rope Pushdown	Triceps	10-12 x 3
Chinups	Biceps	10 x 3
EZ Bar Curl	Biceps	10-12 x 3
H2L Cable Chop	Core	10 x 2/side
Hanging Knee Raises	Core	15 x 2
Plank	Core	60-sec

Day 2 – Lower Body

Exercise	Muscles Worked	Reps
Dumbbell Lunges	Quads	10 x 2
Barbell Back Squat	Quads	15, 12, 10, 8
Machine Leg Press	Quads	12 x 3
Leg Curl	Hamstring	12 x 3
Hip Thrust	Glutes	10 x 3
Calf Raises	Calves	15 x 3

Day 3 – Upper Body (Back and Shoulder)

Exercise	Targeted Muscles	Reps
Pullups	Lats	8-10 x 3
Lat Pulldown	Lats	10-12 x 4
Lat Pullover	Lats	10-12 x 3
Bent-over Row	Back	12 x 3
Arnold Press	Shoulder	10 x 3
Lateral Raises	Shoulder	12 x 3
Face Pull	Back and Shoulder	12 x 3

Day 4 – Upper Body (Chest, Arms, and Core)

Exercise	Muscles Worked	Reps
Incline Dumbbell Bench Press	Chest	12 x 4
Deficit Pushups	Chest	10 x 3
Dumbbell Pullover	Chest	10 x 3
One-arm Overhead Extension	Triceps	10 x 3
Bar Pushdown	Triceps	12 x 3
Incline DB Curl	Biceps	10 x 3
Hammer Curl	Biceps	10 x 3

Day 5 – Lower Body

Exercise	Muscles Worked	Reps
Hack Squat	Legs	15 x 4
Dumbbell RDL	Posterior Chain	10 x 3
Step-up	Legs and Glute	10 x 3
Sumo Cossack Squat	Inner Thigh	10 x 3
Leg Extension	Quad	15 x 3
Leg Curl	Hamstring	15 x 3

Day 6 – Upper Body (Back and Shoulder)

Exercise	Muscles Worked	Reps
Conventional Deadlift	Back and Legs	6-8 x 4
Lat Pulldown	Back	12 x 4
Seated Cable Row	Back	12 x 4

One-arm DB Row	Back	10 x 3
Lateral Raises	Shoulder	12 x 3
Rear Delt Fly	Shoulder	12 x 3
Shrug	Shoulder	10 x 3

Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

8. If You're a Beginner

It is best to focus on form instead of weight for the first couple of months. Once you gain strength and learn the right form, you can progress your workout. You can also start with the [one-hour program](#).

9. Post Workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good foods and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

10. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

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
--	--	---

If the above workout plan helped you, kindly support my work buying through these affiliate links. You can also contribute through [PayPal](#).

Alternate Routines:

1. [6 Day Muscle Group Workout Plan \(Bro-Split\)](#)
2. [The Ultimate Free Workout Plans PDF For All Fitness Freaks](#)
3. [PPL 6 Day Split for Strength and Hypertrophy](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations For Solid Legs and Glutes](#)
- [Barbell Workouts For Mass Gain](#)

I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)