

# 60-Minute Split Workout to Get Strong & Aesthetic

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If you're looking for an easy-to-follow and effective 60-minute split workout to build muscle, strength, or endurance, you've come to the right place.

In this article, I'll share 60-minute workout routines for three different goals: muscle building, strength gain, and endurance building. Depending on your fitness goal, you can try one of them.

You can also follow all three consecutively (muscle gain workout in the first week, strength building in the second week, and endurance training in the third week) to enhance your overall fitness.

- **Plan A:** 60-minute Hypertrophy Workout Plan (5 days a week)
- **Plan B:** 60-minute Strength Training (4x weekly)
- **Plan c:** Full Body 60-minute Endurance Training

# Plan A – Muscle Building (Hypertrophy)

If you want to [build muscle without spending too much time](#) in the gym, this routine is for you.

This program involves performing 60-minute muscle gain exercises 5 days a week, focusing on every muscle group twice a week. Following this routine consistently will help you [promote hypertrophy](#) over time.

## Instructions:

Do not use your mobile or speak with anyone if you want to complete all the outlined workouts in a given time.

Use moderate weights, usually about 60–70% of your one rep max. The heavier you lift the more time you need between sets to recover.

If you go heavy, I suggest lowering the number of reps and sets so you can complete your workout within 60 minutes.

For example, if you lift at 70–85% of your 1RM, then do only 3 sets of 6–8 reps with 2.5–3 minutes break between them.

Lower the number of sets or reps if you find it challenging to do them all.

## Monday – Chest and Shoulder

Exercises	Sets x Reps	Rest	Time
Pec Deck Fly	3 x 10-12	1-min	6-min
Incline Bench Press	4 x 8-12	2-min	12-min
Bent-over Cable Fly	4 x 10-12	2-min	12-min
Military Press	3 x 8-12	90-sec	8-min
Lateral Raises	3 x 10-12	90-sec	8-min
<a href="#">Seated Rear Delt Raise</a>	3 x 10-12	90-sec	8-min

## Tuesday – Back and Arms

Exercises	Sets x Reps	Rest	Time
Pull-ups	3 x 6-12	1-min	6-8 mins
Lat Pulldown	3 x 8-12	2-min	8-10 mins
Seated Machine Row	3 x 10-12	2-min	8-10 mins
Bent-over Row	3 x 6-8	90-sec	8-10 mins
Pushdown + Barbell Curl	3 x 8-12	30-sec	6-8 mins
Overhead Extension + <a href="#">Preacher Curl</a>	3 x 10-12	30-sec	6-8 mins

[Superset](#) bar triceps pushdown with barbell curl and overhead triceps extension with preacher biceps curl.

Superset involves performing two exercises in a row with little to no rest between them.

Both biceps and triceps are smaller muscle groups, so super-setting is a perfect approach to train them in a limited time.

## Wednesday – Legs and Abs

Exercises	Sets x Reps	Rest	Time
Leg Extension	4 x 12-15	1-min	6-8 mins
Back Squat/Leg Press	4 x 10-12	2-min	10-12 mins
Walking Lunges	3 x 10/leg	2-min	10-12 mins
Leg Curl	4 x 12-15	90-sec	8-10 mins
Cable Crunches + Knee Raises	3 x 10-20	30-sec	8-10 mins
High-to-low Cable Wood Chop	3 x 10/side	30-sec	6-8 mins

Superset [cable abdominal crunches](#) with hanging knee raises. After completing both exercises (after each set) take 30 seconds rest.

## Friday – Chest, Shoulder, and Arms

Exercises	Sets x Reps	Rest	Time
Flat DB Bench Press	3 x 8-12	2-min	8-10 mins
Straight Cable Fly	3 x 10-12	2-min	8-10 mins
<a href="#">1-arm Landmine Press</a>	3 x 10/arm	1-min	6-8 mins
1-arm Cable Lateral Raises	3 x 10/arm	1-min	6-8 mins
Reverse Pec Deck Fly	3 x 10-12	90-sec	6-8 mins
Chin-ups + Bar Dips	3 x Failure	30-sec	8-10 mins
<a href="#">1-arm Pushdown</a> + Reverse Curl	2 x 10-12	1-min	6-8 mins

Perform single-arm landmine press and cable lateral raises on each side, then take one minute of rest and complete all sets.

Superset chin-ups with bar dips and perform as many failure sets as possible in 8 minutes.

## Saturday – Legs, Back, and Abs

Exercises	Sets x Reps	Rest	Time
Deadlift	5 x 5	3-min	15-min
Reverse Lunges	3 x 10/leg	2-min	8-min
Hip Thrust	3 x 10-12	2-min	8-min
Chest Supported DB Row + Calf Raises	3 x 10-15	1-min	10-min
1-arm Cable Pulldown + <a href="#">Cable 1-leg Tuck Up</a>	3 x 10/side	1-min	12-min

# Plan B – Strength Training

This program is based on a [powerlifting approach](#) which mainly focuses on three big lifts: deadlift, bench press, and squat.

It involves deadlifting on Monday, benching on Wednesday, and squatting on Thursday with an additional session on Saturday for accessory lifts.

This program will help you lift more weight and promote your muscle gain over time.

Start with 5 minutes of warm-up. You can do [dynamic stretching](#) (such as the world's greatest stretch, inchworm, and chest stretch), stationary bicycling, or incline treadmill walking.

## Monday – Deadlift

Sets x Reps	Effort	Rest	Time
2 x 6	60% of 1RM	2-minute	4-minute
2 x 5	70% of 1RM	2-minute	4-minute
2 x 4	80% of 1RM	3-minute	8-minute
2 x 3	85% of 1RM	3-minute	8-minute
2 x 2	90% of 1RM	5-minute	10-minute

After completing a deadlift workout, you'll have about 15-20 minutes. And in that time, you can do the following accessory exercises:

- **Hip Thrust:** 3 sets of 12 reps (8 minutes)
- **Overhead Press:** 3 sets of 12 reps (8 minutes)
- **Ab Wheel Rollout (optional):** 3 sets of 10 reps (4 minutes)

## Wednesday – Bench Press

Sets x Reps	Effort	Rest	Time
2 x 8	50% of 1RM	90-second	3-minute
2 x 6	70% of 1RM	2-minute	4-minute
2 x 5	80% of 1RM	3-minute	8-minute
3 x 4	85% of 1RM	4-minute	15-minute

### Supportive Exercises:

- **Bar Dips:** 3 sets of 10–15 reps (6 minutes)
- **Bar Push down:** 3 sets of 10–15 reps (6 minutes)
- **Leg Extension:** 3 sets of 10–15 reps (6 minutes)

## Thursday – Squat

Sets x Reps	Effort	Rest	Time
2 x 6	50-60% of 1RM	90-second	4-minute
2 x 5	60-70% of 1RM	3-minute	8-minute
2 x 4	75-80% of 1RM	4-minute	10-minute
2 x 4	85-90% of 1RM	4-minute	10-minute

### Supportive Exercises:

- **Seated Leg Curl:** 3 sets of 15 reps (5 minutes)
- **Lunges:** 3 sets of 10 reps each leg (6–8 minutes)
- **Low Back Extension:** 3 sets of 10–15 reps (5–6 minutes)

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- **Cable Crunches (optional):** As many sets and reps as possible

## Saturday – Accessories Lifts

- **Bent-over Row:** 3 sets of 12 reps (8-10 minutes)
- **Incline DB Bench Press:** 3 sets of 12 reps (8-10 minutes)
- [Cable Pull Through](#): 3 sets of 12 reps (8-10 minutes)
- **Clean and Press:** 3 sets of 6-8 reps (8-10 minutes)
- **Hanging Knee Raises:** 4 sets of 15-20 reps (8-10 minutes)
- **Weighted Plank:** 3 sets of 1-minute hold 6-8 minutes)

## Plan C – Endurance Workout

This routine is based on [high-intensity weight training](#) which involves performing exercises one after another with little interval between them.

It will help you get fast and athletic while shaping your physique.

Perform six rounds of six exercises with 30-second intervals between exercises and 3 minutes of rest between rounds.

So, each will take around 10 minutes of your time and all six rounds will need one hour.



## Monday

- 20 **Single-arm Kettlebell Swings** (10 per arm)
- 10 **Squat Jacks**
- 10 **Dumbbell Push Presses**
- 20 **One-arm Dumbbell Row** (10 reps per side)
- 20 **Half Kneeling KB Low to High Chop** (10 reps on each side)
- 6-8 **Bodyweight Burpees**, Rest for 3 minutes
- Perform six rounds

## Wednesday

- 10 **Dumbbell Jumping Jacks**
- 20 **Single-arm Dumbbell Clean** (10/arm)
- 10 **Dumbbell Sit-ups**
- 6-8 **Dumbbell Squat Swings**
- 10-12 **Bent-over Barbell Row**
- 6-8 **Bodyweight Burpees**, Rest for 3 minutes
- Repeat six times

## Friday

- 10 **Dumbbell Thrusters**
- 12 **Reverse Lunges** (6 per leg)
- 5-6 [Dumbbell Surrenders](#)
- 15-20 **Cable Crunches**
- 15-20 **Seated Cable Row**
- 15-20 **Standing Cable Chest Fly**, 3 minutes rest
- Repeat six times

## Related Programs:

1. [6 Day Upper Lower Split for an Aesthetic Body](#)
2. [6 Day Muscle Group Workout Plan \(Bro-Split\)](#)

## Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)

## Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)

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

“The reader does not steal, and the thief does not read.”

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