

| Day 1 - Legs | recommended sets & reps | COMMENTS |
|--|-------------------------|----------|
| Squat wide stance | 3x8 | |
| Squat narrow stance | 3x8 | |
| Stiff legged dead lift | 4x8 | |
| Leg press wide foot placement | 3x8 | |
| Leg press narrow foot placement | 3x8 | |
| Leg curl high rep drop sets | 3xDrop set | |
| leg extension high rep drop sets | 3xDrop set | |

| Day 2 - Chest thickness, Biceps | recommended sets & reps | COMMENTS |
|---|-------------------------|----------|
| Flat barbell bench press | 3x8 | |
| Incline barbell bench press | 3x8 | |
| Dips | 3xDrop set | |
| Flat dumbbell press | 3x8 | |
| Incline dumbbell press | 3x8 | |
| Straight barbell curls | 3x12 | |
| Heavy hammer curls | 3x12 | |
| Cable curls | 3xDrop set | |

| Day 3 - Back thickness , Traps,HIIT | recommended sets & reps | COMMENTS |
|--|-------------------------|----------|
| Deadlift | 3x8 | |
| Bent over barbell rows | 3x8 | |
| Bent over v bar rows | 3x8 | |
| Two handed Cable rows | 3xDrop set | |
| Barbell shrug | 4x 8 | |
| Dumbbell shrug | 4x8 | |

| Day 4 - Shoulders,Triceps, Abs | recommended sets & reps | COMMENTS |
|--|-------------------------|----------|
| Military press | 3x8 | |
| Barbell up right rows | 3x8 | |
| Side raises | 3xDrop set | |
| Rear pec deck/bent over lateral raises | 3xDrop set | |
| skull crushers | 3x12 | |
| Cable tricep extension (infront of body) | 3x12 | |
| Over head cable tricep extension | 3x12 | |
| Kneeling cable crunches | 3x12 | |
| Standing cable crunches | 3x12 | |
| Weight leg raises | 3x12 | |

| Day 5 - Chest width, Calves,HIIT | recommended sets & reps | COMMENTS |
|--|-------------------------|----------|
| Incline dumbbell flys | 3x12 | |
| Flat dumbbell flys | 3x12 | |
| Incline cable flys | 3x12 | |
| Pec deck | 3x12 | |
| Calf raises (straight leg) | 3x[50 reps] | |
| Seated calf raises (bent leg for soleus) | 3xDrop set | |
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| Day 6 - Back width, Abs | recommended sets & reps | COMMENTS |
|---------------------------------------|-------------------------|----------|
| Wide grip pull ups | 3x12 | |
| Wide grip pull downs | 3x12 | |
| Close grip pull downs | 3x12 | |
| Machine pull downs | 3x12 | |
| Crunches | 3x30 | |
| Seated leg tucks | 3x30 | |
| Bent knee Leg raises | 3x30 | |
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6 DAY SPLIT - BALANCED