

Mornings 6 Day split

Table 1

	Week 1	Week 2	Week 3	Week 4
Chest, Shoulder, TricepsA (Monday)				
Bench press 3 X 8-12 reps.				
Incline Dumbbell press 3 X 8-12 reps				
Dumbbell Shoulder press 3 X 8-12 reps				
Dips 3 X 8-12 reps				
Close grip bench press 3 X 8-12 reps				
Back, Biceps, Traps A (Tuesday)				
Barbell row 3 X 8-12 reps				
T- bar row 3 X 8-12 reps				
Seated cable row 3 X 8-12 reps				
Ezi barbell curl 3 X 8-12 reps				
Barbell shrugs 3 X 8-12 reps				
Legs, Abs A (Wednesday)				
Squat 3 X 8-12 reps				
Leg press 3 X 8-12 reps				
Single leg lunge 3 X 8-12 reps				
Seated calf raise 3 X 25reps				
100 crunches				
Chest, Shoulder, Tricep B (Thursday)				
Cable fly 3 X 8-12 reps				
Dumbbell fly 3 X 8-12 reps				
Lat raise 3 X 8-12 reps				
Bent over lat raise 3 X 8-12 reps				
Tricep pressdown 3 X 8-12 reps				
Back, Bicep, Traps B (Friday)				
Lat pulldown 3 X 8-12 reps				
Close grip pulldown 3 X 8-12 reps				
Cable bicep curl 3 X 8-12 reps				
Double cable curl 3 X 8-12 reps				
Dumbbell shrugs 3 X 8 -12 reps				
Legs, Abs B (Saturday)				
Front squat 3 X 8-12 reps				
Leg extension 3 X 8-12 reps				
Lying hamstring curl 3 X 8-12 reps				
Leg press calf raise 3 X 25 reps				
100 leg raises				

Mornings 6 Day split

	Week 5	Week 6	Week 7	Week 8
Chest, Shoulder, TricepsA (Monday)				
Bench press 3 X 8-12 reps.				
Incline Dumbbell press 3 X 8-12 reps				
Dumbbell Shoulder press 3 X 8-12 reps				
Dips 3 X 8-12 reps				
Close grip bench press 3 X 8-12 reps				
Back, Biceps, Traps A (Tuesday)				
Barbell row 3 X 8-12 reps				
T- bar row 3 X 8-12 reps				
Seated cable row 3 X 8-12 reps				
Ezi barbell curl 3 X 8-12 reps				
Barbell shrugs 3 X 8-12 reps				
Legs, Abs A (Wednesday)				
Squat 3 X 8-12 reps				
Leg press 3 X 8-12 reps				
Single leg lunge 3 X 8-12 reps				
Seated calf raise 3 X 25reps				
100 crunches				
Chest, Shoulder, Tricep B (Thursday)				
Cable fly 3 X 8-12 reps				
Dumbbell fly 3 X 8-12 reps				
Lat raise 3 X 8-12 reps				
Bent over lat raise 3 X 8-12 reps				
Tricep pressdown 3 X 8-12 reps				
Back, Bicep, Traps B (Friday)				
Lat pulldown 3 X 8-12 reps				
Close grip pulldown 3 X 8-12 reps				
Cable bicep curl 3 X 8-12 reps				
Double cable curl 3 X 8-12 reps				
Dumbbell shrugs 3 X 8 -12 reps				
Legs, Abs B (Saturday)				
Front squat 3 X 8-12 reps				
Leg extension 3 X 8-12 reps				
Lying hamstring curl 3 X 8-12 reps				
Leg press calf raise 3 X 25 reps				
100 leg raises				

Mornings 6 Day split

	Week 9	Week 10	Week 11	Week 12
Chest, Shoulder, TricepsA (Monday)				
Bench press 3 X 8-12 reps.				
Incline Dumbbell press 3 X 8-12 reps				
Dumbbell Shoulder press 3 X 8-12 reps				
Dips 3 X 8-12 reps				
Close grip bench press 3 X 8-12 reps				
Back, Biceps, Traps A (Tuesday)				
Barbell row 3 X 8-12 reps				
T- bar row 3 X 8-12 reps				
Seated cable row 3 X 8-12 reps				
Ezi barbell curl 3 X 8-12 reps				
Barbell shrugs 3 X 8-12 reps				
Legs, Abs A (Wednesday)				
Squat 3 X 8-12 reps				
Leg press 3 X 8-12 reps				
Single leg lunge 3 X 8-12 reps				
Seated calf raise 3 X 25reps				
100 crunches				
Chest, Shoulder, Tricep B (Thursday)				
Cable fly 3 X 8-12 reps				
Dumbbell fly 3 X 8-12 reps				
Lat raise 3 X 8-12 reps				
Bent over lat raise 3 X 8-12 reps				
Tricep pressdown 3 X 8-12 reps				
Back, Bicep, Traps B (Friday)				
Lat pulldown 3 X 8-12 reps				
Close grip pulldown 3 X 8-12 reps				
Cable bicep curl 3 X 8-12 reps				
Double cable curl 3 X 8-12 reps				
Dumbbell shrugs 3 X 8 -12 reps				
Legs, Abs B (Saturday)				
Front squat 3 X 8-12 reps				
Leg extension 3 X 8-12 reps				
Lying hamstring curl 3 X 8-12 reps				
Leg press calf raise 3 X 25 reps				
100 leg raises				