

PUSH | PULL | LEGS

6 DAYS
/ WEEK


This 6-day workout plan follows a push/pull/legs split, perfectly suited for those dedicated to hitting the gym frequently. Over the week, you'll focus on push exercises (chest, shoulders, triceps), pull exercises (back, biceps), and leg workouts, twice each. This method is excellent for intermediate to advanced gym-goers aiming for targeted muscle growth, strength enhancement, and efficient fat burning. Always prioritize perfect form over lifting heavier, but remember, no slacking off - challenge yourself to maximize gains. Use YouTube as a resource to master the form of each exercise - it's packed with valuable instructional videos.

MONDAY

- 1


Dumbbell Incline Bench

4 sets of 6-8 reps


- 2


Dumbbell Overhead Press

3 sets of 8-12 reps


- 3


Cable Flies

3 sets of 12-15 reps


- 4


Lateral Raises

3 sets of 12-15 reps


- 5

Cable Tricep Extension

4 sets of 8-12 reps




TUESDAY

- 1


Barbell Row

3 sets of 6-8 reps


- 2


Lat Pulldown

3 sets of 8-12 reps


- 3


Landmine Row

3 sets of 12-15 reps


- 4


Farmer's Walk

3 sets of 60 seconds


- 5

EZ Bar Bicep Curl

3 sets of 8-12 reps




WEDNESDAY

- 1


Lying Leg Curl

3 sets of 12-15 reps


- 2


Bulgarian Split Squat

3 sets of 6-8 reps


- 3


Romanian Deadlift

3 sets of 6-8 reps


- 4


Leg Press

3 sets of 15-20 reps


- 5

Seated Calf Raises

3 sets of 12-20 reps




THURSDAY

- 1


Barbell Bench Press

3 sets of 6-8 reps


- 2

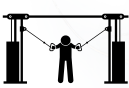
Dumbbell Incline Bench

3 sets of 8-12 reps


- 3


Cable Flies

2 sets of 12-15 reps


- 4


Lateral Raises

4 sets of 12-15 reps


- 5

Cable Tricep Extension

4 sets of 8-12 reps




FRIDAY

- 1


Pull Ups (Weighted)

3 sets of 6-8 reps


- 2


Cable Rows

3 sets of 8-12 reps


- 3


Underhand Lat Pulldown

3 sets of 8-12 reps


- 4


Chest Supp. Dumb. Row

3 sets of 8-12 reps


- 5

Dumbbell Bicep Curl

4 sets of 8-12 reps



SATURDAY

- 1

Lying Leg Curl

3 sets of 12-15 reps


- 2

Barbell Back Squat

3 sets of 6-8 reps


- 3

Romanian Deadlift

3 sets of 6-8 reps


- 4

Bulgarian Split Squat

3 sets of 15-20 reps


- 5

Standing Calf Raises

3 sets of 12-20 reps




ADD-ONS

- ABS

Knee Raises


3 sets of 8-20 reps



FINISHER

- Passive Dead Hang

3-4 sets max time



WHY?

Improves grip strength, decompresses the spine, and shoulder mobility/health.

HOW TO PROGRESS?

Keep your weights within the prescribed rep range for each exercise. When you nail all sets at the high-end rep count, it's time to increase the weight slightly. This steady progress is your path to becoming a Viking Beast. For instance, if you're doing 3 sets of barbell back squats for 6-8 reps and you smash 3 sets of 8 reps with 60kg, you've earned the right to level up to 62.5kg in your next workout. This approach keeps you challenging yourself within the 6-8 rep range, steadily building your strength like a true Viking warrior.