

6-day UPPER-LOWER (FW)

Welcome to the 6-day Upper-Lower split, here i will explain everything that you will need to know!

First let me tell you, how i structured this training plan.

This is the ultimate 6-day version, that is desinged to push you to your limits. It consists of **3 upper** body days, and **3 lower** body days.

Now let me show you when to take rest days, and in which order you should run this training plan.

You should run this training plan in this order:

UPPER1->LOWER1->UPPER2->LOWER2->UPPER3->LOWER3

Rest day is pretty simple, you get one rest day per week, so use it when you need to. Usually people run 6 days in a row and then take Sunday off.

Help

-Always follow the order that the exercises are written in.

-Definitely use different weight for different rep ranges, you always have to adjust. For example, if you are doing a horizontal push for 5-8 reps, you should always choose a heavier weight, than if you did it for 8-12 reps!

-Below the name of every body part, you can see what type of exercise you are supposed to do, and in the parentheses are example exercises that you should use, you can pick any of these exercises that i included there, its up to you what you like, and what you have access to!

-Always track your progress as explained in the **Progress tracking guide**.

You are closer to your dream physique than 99% will ever be.

Own this new power.

Go to the gym. Make it a habit.

When challenges come, get the other half of the equation: (if you haven't already)

<https://bodybuildingsimplified.com/nutrition>

Let's get your eating habits right as well.

UPPER1

CHEST + BACK

horizontal push__3sets__8-12reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

vertical pull__3sets__8-12reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

CHEST + BACK

incline push__3sets__8-12reps__(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

horizontal pull__3sets__8-12reps__(barbell row, dumbbell row)

SHOULDERS + BICEPS

overhead press__3sets__8-12reps__(standing or sitting overhead press, dumbbells or a barbell)

normal curl__3sets__8-12reps__(barbell strict curl, ez-bar curl, dumbbell curl)

SHOULDERS + TRICEPS

lateral raise__2sets__15-20reps__(dumbbell lateral raise, cable lateral raise)

lateral head isolation__2sets__12-15reps__(triceps pushdown, diamond pushups, dips)

BICEPS + TRICEPS

brachialis & brachioradialis curl__2sets__12-15reps__(hammer curl, any curl with overhand grip)

overhead extension__2sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

UPPER2

SHOULDERS + BICEPS

overhead press__3sets__5-8reps__(standing or sitting overhead press, dumbbells or a barbell)

normal curl__3sets__8-12reps__(barbell strict curl, ez-bar curl, dumbbell curl)

BACK + CHEST

horizontal pull__3sets__5-8reps__(barbell row, dumbbell row)

horizontal push__3sets__5-8reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

BACK + CHEST

vertical pull__3sets__8-12reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

isolation__3sets__12-20reps__(dumbbell fly, cable fly)

SHOULDERS + TRICEPS

rear delt movement__2sets__15-20reps__(rear delt fly, reverse pec deck, face pull)

lateral head isolation__2sets__12-15reps__(triceps pushdown, diamond pushups, dips)

BICEPS + TRICEPS

peak focused curl__2sets__12-15reps__(concentration curl, preacher curl)

overhead extension__2sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

UPPER3

BACK + CHEST

vertical pull__3sets__8-12reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

incline push__3sets__5-8reps__(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

BACK + CHEST

horizontal pull__3sets__8-12reps__(barbell row, dumbbell row)

isolation__3sets__12-20reps__(dumbbell fly, cable fly)

SHOULDERS + BICEPS

overhead press__3sets__8-12reps__(standing or sitting overhead press, dumbbells or a barbell)

brachialis & brachioradialis curl__3sets__12-15reps__(hammer curl, any curl with overhand grip)

SHOULDERS + TRICEPS

lateral raise__2sets__15-20reps__(dumbbell lateral raise, cable lateral raise)

lateral head isolation__2sets__12-15reps__(triceps pushdown, diamond pushups, dips)

SHOULDERS + TRICEPS

rear delt movement__2sets__15-20reps__(rear delt fly, reverse pec deck, face pull)

overhead extension__2sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

LOWER1

(if you are doing a dumbbell-only workout, the rep range of the goblet squat should be increased to 12-15)

QUADS

squat__3sets__5-8reps__(back squat, front squat, goblet squat)

GLUTES + CALVES

lunges__3sets__15reps each leg__(lunges, glute kickbacks)

calf raise__3sets__15-30reps__(calf raise machine, standing on a plate/stairs)

QUADS + HAMSTRINGS

isolation__3sets__12-15reps__(leg extensions, leg press, hack squat, bulgarian split squat)

hamstring curl__3sets__12-15reps__(hamstring curls, nordic hamstring curls)

LOWER2

HAMSTRINGS

hip hinge movement__3sets__5-8reps__(romanian deadlift, stiff leg deadlift, good mornings)

GLUTES + CALVES

lunges__3sets__15reps each leg__(lunges, glute kickbacks)

calf raise__3sets__15-30reps__(calf raise machine, standing on a plate/stairs)

HAMSTRINGS + QUADS

hamstring curl__3sets__12-15reps__(hamstring curls, nordic hamstring curls)

isolation__3sets__12-15reps__(leg extensions, leg press, hack squat, bulgarian split squat)

LOWER3

GLUTES

hip thrust__3sets__8-12reps__(hip thrust, hip thrust machine)

QUADS + HAMSTRINGS + CALVES

isolation__3sets__12-15reps__(leg extensions, leg press, hack squat, bulgarian split squat)

hamstring curl__3sets__12-15reps__(hamstring curls, nordic hamstring curls)

calf raise__3sets__15-30reps__(calf raise machine, standing on a plate/stairs)