

Which one to pick?

If you have no idea which variation you should choose, you should always keep in mind, that you should pick the one that fits your schedule the most. And also pick according to your experience level, if you are relatively new to the gym, do not immediately jump to the 6-day variation.

2-day UPPER-LOWER

If you are very busy, but you still want to get the work done, this workout will give you a wide variety of exercises, that will hit every muscle that you need to, in just 2 days!

3-day UPPER-LOWER

This training plan, is more focused on the upper body, so if that is your priority, and you only got 3 days to go to the gym, then this is the pick for you!

4-day UPPER-LOWER

A well balanced 4-day routine, i recommend it to people who just exited the beginner stage!

5-day UPPER-LOWER

This routine has 3 upper body days and 2 lower body days, and the extra upper body day is more focused on your arms, so if you want to specifically focus on getting bigger arms, then pick this one!

6-day UPPER-LOWER

I recommend this routine to people who already have some experience with lifting, it brings the maximum amount of volume, so it is ideal if you want to take your training to the next level!