	Week 1							Week 2							Week 3							Week 4							Week 5							Week 6							Week 7						
	Set	1	2	3	4	5	6	Set	1	2	3	4	5	6	Set	1	2	3	4	5	6	Set	1	2	3	4	5	6	Set	1	2	3	4	5	6	Set	1	2	3	4	5	6	Set	1	2	3	4	5	6
Workout Plan - 6 Days on 1 Day Off	Wt.	Reps	Reps	Reps	Reps	Reps	Reps	Wt.	Reps	Reps	Reps	Reps	Reps	Reps	Wt.	Reps	Reps	Reps	Reps	Reps	Reps	Wt.	Reps	Reps	Reps	Reps	Reps	Reps	Wt.	Reps	Reps	Reps	Reps	Reps	Reps	Wt.	Reps	Reps	Reps	Reps	Reps	Reps	Wt.	Reps	Reps	Reps	Reps	Reps	Reps
Monday Pull																																																
3x8-12 Pulldowns/Pullups/Chinups																																																
3x8-12 Chest Supported Rows/Seated Cable Rows																																																
5x15-20 Face Pulls																																																
4x8-12 Hammer Curls																																																
4x8-12 Preacher Curls																																																
Tuesday Push																																																
4x5, 1x5+ Bench Press																																																
3x8-12 Overhead Press																																																
3x8-12 Incline Dumbbell Press																																																
3x8-12 Triceps Pushdowns SS 3x15-20 Lat Raises																																																
3x8-12 Overhead Tri Extends SS 3x15-20 Lat Raises																																																
Wednesday Legs																																																
2x5, 1x5+ Squat																																																
3x8-12 Romanian Deadlift																																																
3x8-12 Leg Press																																																
3x8-12 Leg Curls																																																
5x8-12 Calf Raises																																																
Thursday Pull																																																
4x5, 1x5+ Barbell rows																																																
3x8-12 Pulldowns/Pullups/Chinups																																																
3x8-12 Chest Supported Rows/Seated Cable Rows																																																
5x15-20 Face Pulls																																																
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3x8-12 Overhead Tri Extends SS 3x15-20 Lat Raises																																																
Saturday Legs																																																
2x5, 1x5+ Squat																																																
3x8-12 Romanian Deadlift																																																
3x8-12 Leg Press																																																
3x8-12 Leg Curls																																																
5x8-12 Calf Raises																																																
Sunday Rest																																																