

FREE 6 DAY LEGS/PUSH/PULL WORKOUT

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Splits: 6 Day – Legs/Push/Pull

Rep Range: 4 Sets of 8 – 10 reps

Rest: 30 – 60 seconds

Equipment: Set of dumbbells (adjustable or standard), weight bench and exercise band(s)

Focus: Form OVER Weight - Slow & Controlled Reps - Full Range of Motion

Notes: Weight x Reps x Sets

DAY 1 - LEGS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Squats (6 Reps Max)				
Single Leg Extensions				
Single Leg Curls				
Inner Thighs Machine				
Outer Thighs Machine				
Calf Raise Machine				
Notes				

DAY 2 - PUSH

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Flat Bench Press				
Overhead Press				
Upper Cable Fly				
Arnold Press				
Tricep Cable Press Down				
Deadbug				
Notes				

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DAY 3 - PULL

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Deadlifts (6 Reps Max)				
Seated Cable Pulldowns				
Seated Cable Rows				
Reverse Pec Deck				
Bicep Curls				
Hanging Leg Raises				
Notes				

DAY 4 - LEGS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Leg Press				
Weighted Overhead Walking Lunges				
Romanian Deadlifts (RDLs)				
Machine Calf Raises				
Sled Pushes				
Notes				

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DAY 5 - PUSH

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Incline Dumbbell Bench Press				
Smith Military Press				
Decline bench Press				
Machine Lateral Raises				
Assisted Dips				
Cable Oblique Chops				
Notes				

DAY 6 - PULL

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Pulls Ups - Grip Variations				
Smith Upright Rows				
Rope Cable Face Pulls				
Rear Delt Cable Fly				
Cable Front Raises				
Rack Pulls				
Notes				

DISCLAIMER: In following the above plan, I agree to any and all the following (but not limited to) terms and conditions. Consult with your physician and/or healthcare provider prior to following this exercises program or changing your diet. I understand that there is a risk of injury associated with participating and following the above workout plan. I hereby assume full responsibility for any and all injuries, losses and damages that I incur while following and participating in the workout program provided by Sustainable Life Habits (SLH). I here by waive all claims against SLH, its instructors, or partners of individual or otherwise, for any and all injuries, claims or damages that may incur.