

# Best 6 Week Full Body Workout to Boost Strength and Build Muscles

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Check out [article](#) for more info

## Workout Routine Summary and Description

Routine Type	Full Body
Program Duration	6 Weeks
Routine Goal	Improve Strength, Endurance, and Gain
Training Level	Beginner to Intermediate
Duration Per Session	60-75 Minutes
Frequency	4 Days per Week
Suitable For	Male and Female
Place to Workout	Gym
Recommended Supplements	<a href="#">Whey Isolate Protein</a>
Alternate Plan	<a href="#">12 Week Transformation Workout Plan</a>
Workout PDF	At the bottom of the routine

### Additional info about the program:

- **The interval between sets and exercises:** Take one to two minutes of rest between each set and two to three minutes between exercises.
- **The number of exercises per day:** You'll do 6 to 8 exercises to train your entire body on every training day.
- **How to perform workouts:** Complete all sets of an exercise before moving on to another. Doing them into circuits requires a greater deal of strength and stamina. So it would be good to perform recommended sets of one exercise at a time.
- **Loads and reps:** Increase the load when you decrease the repetitions and lift the weights that are heavy enough to complete the suggested reps. Here's how much you should lift if you do four sets of 12, 10, 8, and 6 reps.
  - Set 1: Lift weight at 60% of your 1RM, perform 12 reps.
  - Set 2: Perform 8-10 reps at 80% of your 1RM

- Set 3: Do 6-8 reps at 100% of your 1RM
- Set 4: Do 4-6 reps at 100% of your 1RM
- **The number of sets:** If you're a beginner, you can do three sets of each exercise. And do all the sets mentioned in the program if you're an intermediate.
- **Consistency:** By repeating the same movement again and again, you'll be able to lift heavier and gain more muscles over time.
- **Modification:** You can include, exclude, or replace some exercises depending on your need. You can check out plenty of [compound exercises](#) to include in this program.
- **Frequency:** If you're a [beginner](#), you can train [three times a week](#), and for intermediate, [four days a week](#) will be efficient to get incredible results.

## 6 Week Full Body Workout Plan

### Week 1

#### Monday

Exercise	Targeted Muscle	Reps
<a href="#">Pull-Ups/Inverted Row</a>	<a href="#">Back</a>	6-12 x 3
<a href="#">Barbell Bench Press</a>	<a href="#">Chest</a>	12, 10, 8, 6
<a href="#">Barbell Back Squat</a>	Quadriceps	12, 10, 8, 6
<a href="#">Barbell Overhead Press</a>	<a href="#">Shoulder</a>	12, 10, 8
<a href="#">Face Pulls</a>	<a href="#">Shoulder and Back</a>	12, 10, 8
<a href="#">Barbell Biceps Curl</a>	<a href="#">Biceps</a>	12, 10, 8

**Note:** If you can't do pull-ups, you can do inverted rows or assisted pull-ups.

#### Tuesday

Exercise	Targeted Muscle	Reps
<a href="#">Bent-over Barbell Row</a>	Back	12, 10, 8, 6
<a href="#">Barbell Romanian Deadlift</a>	Hamstrings	8, 6, 4, 4
<a href="#">Incline Dumbbell Curl</a>	Biceps	12, 10, 8
<a href="#">Incline Dumbbell Bench Press</a>	Chest	12, 10, 8, 6
<a href="#">Rope Pushdown</a>	Triceps	12, 10, 8
<a href="#">Dumbbell Lateral Raises</a>	Medial Delt	12, 10, 8

#### Thursday

Exercise	Targeted Muscle	Reps
<a href="#">Standard Barbell Deadlift</a>	Integrated Total Body	6, 4, 2, 2
<a href="#">Weighted Glute Bridge</a>	Glute	12, 10, 8

<a href="#">Medium Grip Front Lat Pulldown</a>	Latissimus Dorsi	12, 10, 8, 6
<a href="#">Barbell Upright Row</a>	Shoulder and Back	12, 10, 8
Parallel Bar Dips/ <a href="#">Chair Dips</a>	Chest and Tricep	12, 10, 8
<a href="#">Pec Deck Fly</a> /Cable Fly	Chest	12, 10, 8

## Friday

Exercise	Targeted Muscle	Reps
<a href="#">Dumbbell IYT Raises</a>	Shoulder and Back	10, 8, 6
Machine Leg Press	Quads	12, 10, 8, 6
<a href="#">Seated Cable Row</a>	Back	12, 10, 8, 6
<a href="#">Dumbbell Concentration Curl</a>	Biceps	10, 8, 6
<a href="#">Narrow Grip Bench Press</a>	Triceps and Chest	12, 10, 8, 6
<a href="#">Standing Dumbbell Side Bend</a>	Oblique	12, 10, 8

## Week 2

### Monday

Exercise	Targeted Muscle	Reps
Flat Barbell Bench Press	Chest	12, 10, 8, 6
Barbell Back Squat	Quads	12, 10, 8, 6
<a href="#">Dumbbell Overhead Press</a>	Shoulder	12, 10, 8, 6
<a href="#">Dumbbell Bent-over Reverse Fly</a>	Rear Delt	12, 10, 8
<a href="#">Single-Arm Dumbbell Row</a>	Back	12, 10, 8
<a href="#">Barbell Drag Curl</a>	Biceps	12, 10, 8

### Tuesday

Exercise	Targeted Muscle	Reps
Pull-Ups/Inverted Row	Back	6-12 x 3
Wide Grip Front Pulldown	Back	12, 10, 8, 6
<a href="#">Dumbbell Pullover</a>	Chest	10, 8, 8
<a href="#">EZ Bar Standing Bicep Curl</a>	Biceps	12, 10, 8
Parallel Bar Dips	Chest and Triceps	6-12 x 3
<a href="#">Barbell Skull Crusher</a>	Triceps	12, 10, 8

### Thursday

Exercise	Targeted Muscle	Reps
<a href="#">The Sumo Deadlift</a>	Integrated Total Body	6, 4, 2, 2
<a href="#">Barbell Hip Thrust</a>	<a href="#">Hams and Glute</a>	12, 10, 8
Incline Dumbbell Bench Press	Chest	12, 10, 8
<a href="#">Dumbbell Front Raises</a>	Shoulder	12, 10, 8
<a href="#">Dumbbell Lateral Raises</a>	Shoulder	12, 10, 8
<a href="#">Front and Side Plank</a>	Core	1-2 min x 2

## Friday

Exercise	Targeted Muscle	Reps
Barbell Bent-over Row	Back	12, 10, 8, 6
Seated Cable Row	Back	12, 10, 8, 6
Face Pull	Shoulder and Back	12, 10, 8
Standing Dumbbell Curl	Biceps	12, 10, 8
Narrow Grip Bench Press	Chest and Triceps	12, 10, 8, 6
Tricep Rope Pushdown	Triceps	12, 10, 8

## Week 3

### Monday

Exercise	Targeted Muscle	Reps
Flat Barbell Bench Press	Chest	12, 10, 8, 6
Incline Dumbbell Bench Press	Chest	12, 10, 8
<a href="#">Bulgarian Split Squat</a>	Quad	12, 10, 8
<a href="#">Barbell T Rowing</a>	Back	12, 10, 8, 6
Seated Bent-over DB Reverse Fly	Rear Shoulder	12, 10, 8
<a href="#">Barbell Drag Curl</a>	Biceps	12, 10, 8

### Tuesday

Exercise	Targeted Muscle	Reps
Barbell Back Squat	Quad	12, 10, 8, 6
<a href="#">Hyperextension</a>	<a href="#">Lower Back</a>	12, 10, 8
Barbell Overhead Press	Shoulder	12, 10, 8, 6
Barbell Upright Row	Shoulder	12, 10, 8, 6
Single-arm Dumbbell Row	Back	12, 10, 8
Machine/Dumbbell Fly	Chest	12, 10, 8
<a href="#">Hanging Knee Raises</a>	Abs	12, 10, 8

### Thursday

Exercise	Targeted Muscle	Reps
Barbell Deadlift	Integrated Full Body	8, 6, 4, 2
Weighted Glute Bridge	Glutes	12, 10, 8
Cable Seated Rowing	Back	12, 10, 8, 6
Parallel Bar Dips	Chest and Triceps	6-12 x 3
Barbell Upright Row	Shoulder	12, 10, 8
<a href="#">Dumbbell Hammer Curl</a>	Biceps	12, 10, 8

### Friday

Exercise	Targeted Muscle	Reps
Pull-Ups/Inverted Row	Back	6-12 x 3

Medium Grip Lat Pulldown	Back	12, 10, 8, 6
Incline Dumbbell Curl	Biceps	10, 8, 8
Barbell Skull Crusher	Triceps	12, 10, 8
Rope Pushdown	Triceps	12, 10, 8
Shoulder Shrug	Shoulder	12, 10, 8

## Week 4

### Monday

Exercise	Targeted Muscle	Reps
Flat Barbell Bench Press	Chest	12, 10, 8, 6
Incline Dumbbell Bench Press	Chest	12, 10, 8
Machine Leg Press	Quad	12, 10, 8
Barbell Overhead Press	Shoulder	12, 10, 8, 6
Face Pull	Shoulder and Back	12, 10, 8
EZ Bar Bicep Curl	Biceps	12, 10, 8

### Tuesday

Exercise	Targeted Muscle	Reps
Barbell Back Squat	Quad	12, 10, 8, 6
Dumbbell Lunges	Quad	
Pull-Ups/Inverted Row	Back	12, 10, 8, 6
Single-arm Dumbbell Row	Back	12, 10, 8, 6
Standing Dumbbell Side Bend	Core	12, 10, 8
Low to High Woodchop	Core	12, 10, 8
Narrow Pushups	Chest and Triceps	12, 10, 8

### Thursday

Exercise	Targeted Muscle	Reps
Barbell Deadlift	Integrated Total Body	6, 4, 2, 2
<a href="#">Lying Dumbbell Leg Curl</a>	Hams and Glute	12, 10, 8
Pec Dec Fly	Chest	12, 10, 8
Dumbbell Front Raises	Shoulder	12, 10, 8
Dumbbell Lateral Raises	Shoulder	12, 10, 8
<a href="#">Incline Dumbbell French Press</a>	Triceps	
Front and Side Plank	Core	1-2 min x 2

### Friday

Exercise	Targeted Muscle	Reps
Barbell Bent-over Row	Back	6-12 x 3
Medium Grip Front Pulldown	Back	12, 10, 8, 6
Dumbbell Pullover	Chest	10, 8, 8
Seated Dumbbell Curl	Biceps	12, 10, 8
Cable Curl	Chest and Triceps	6-12 x 3
Barbell Upright Row	Triceps	12, 10, 8

# Week 5

## Monday

Exercise	Targeted Muscle	Reps
Flat Barbell Bench Press	Chest	12, 10, 8, 6
Incline Dumbbell Bench Press	Chest	12, 10, 8
Machine Leg Press/Hack Squat	Quad	12, 10, 8
Single-arm Dumbbell Rowing	Back	12, 10, 8, 6
Face Pull	Shoulder and Back	12, 10, 8
EZ Bar Bicep Curl	Biceps	12, 10, 8

## Tuesday

Exercise	Targeted Muscle	Reps
Dumbbell IYT Raises	Shoulder and Back	10, 8, 6
Barbell Overhead Press	Shoulder	12, 10, 8, 6
Barbell Skull Crusher	Triceps	12, 10, 8, 6
Dumbbell Kickback	Triceps	10, 8, 6
Cable Seated Rowing	Back	12, 10, 8, 6
Dumbbell Hammer Curl	Biceps	12, 10, 8

## Thursday

Exercise	Targeted Muscle	Reps
Barbell Deadlift	Integrated Total Body	6, 4, 2, 2
Medium/V Grip Lat Pulldown	Back	12, 10, 8
Close Grip Bench Press	Chest and Triceps	12, 10, 8
Parallel Bar Dips	Chest and Triceps	12, 10, 8
Dumbbell Lateral Raises	Shoulder	12, 10, 8
Seated Rear Delt Fly	Shoulder	
Front and Side Plank	Core	1-2 min x 2

## Friday

Exercise	Targeted Muscle	Reps
Pull-up	Back	6-12 x 3
Barbell T Rowing	Back	12, 10, 8, 6
<a href="#">Dumbbell Lunges</a>	Leg	10, 8, 8
Barbell Upright Row	Shoulder	12, 10, 8
Cable Curl	Biceps	12, 10, 8
Barbell Hip Thrust	Glute and Hamstring	12, 10, 8

# Week 6

## Monday

Exercise	Targeted Muscle	Reps
Flat Barbell Bench Press	Chest	12, 10, 8, 6
Incline Dumbbell Bench Press	Chest	12, 10, 8
Rope Pushdown	Triceps	12, 10, 8
Machine Leg Press	Leg	12, 10, 8, 6
Single-arm Dumbbell Rowing	Back	12, 10, 8
Preacher/Incline Curl	Biceps	12, 10, 8

## Tuesday

Exercise	Targeted Muscle	Reps
Barbell Overhead Press	Shoulder	10, 8, 6
<a href="#">Seated Dumbbell IYT Raises</a>	Shoulder and Back	10, 8, 6
Cable Face Pull	Shoulder and Back	12, 10, 8
Cable/Machine Chest Fly	Chest	12, 10, 8
<a href="#">Dumbbell Kickback</a>	Triceps	12, 10, 8
Concentration/Seated Cable Curl	Biceps	12, 10, 8
<a href="#">Kettlebell Good Morning</a>	Lower Back	10, 8, 6

## Thursday

Exercise	Targeted Muscle	Reps
Barbell Deadlift	Integrated Total Body	6, 4, 2, 2
Standing Lat Pulldown	Back	12, 10, 8
Parallel Bar Dips	Chest and Triceps	6-12 x 3
Dumbbell Lateral Raises	Shoulder	12, 10, 8
Seated Rear Delt Fly	Shoulder	12, 10, 8
Standing Side Bend	Oblique	10 x 2
Front and Side Plank	Core	1-2 min x 2

## Friday

Exercise	Targeted Muscle	Reps
Pull-up	Back	6-12 x 3
Barbell T Rowing	Back	12, 10, 8, 6
Dumbbell Step-up	Leg	10, 8, 8
Barbell Upright Row	Shoulder	12, 10, 8
Barbell Curl	Biceps	12, 10, 8
Bench Dips	Triceps	12, 10, 8
Push-up	Chest	10-15 x 3

# FAQs About Total Body Workout Routine

## Can You Transform Your Body In 6 Weeks?

You'll not see substantial gain in six weeks. But you'll start seeing the progress in your body if you stay consistent and disciplined in your training, diet, and sleep.

Muscle building also depends on various factors, including genetics; that's why someone's body responds quicker than the others. So, don't compare yourself with anyone.

Workout consistently, take care of your diet, get quality sleep, track your progress, and keep patience to get the desired results faster. Just work out for getting fitter, stronger, and bigger, and you'll see the stunning results in only six weeks.

## How Many Times A Week Should You Do Full-Body Workouts?

Depending on your fitness level, you can do the total body training two to four times a week.

## Full-Body Workout Or Split, Which One Is Better?

Both are better. A study suggested that the total body training increase more strength than split training while the split routine builds more mass than the total body workout in the experienced muscle builders (2).

Another study demonstrated that whole and split weight training routines produce similar results over the first five months of training in young women.<sup>3</sup>

Several studies like these two concluded no significant differences between total body and split routine in terms of building strength and mass.

So, you can try both of them and choose the one that yields the maximum results.



## Should You Perform Cardio On Your Rest Days?

Yes, you can perform a short cardio session, typically 20 to 30 minutes, on your rest days. But make sure not to overtrain yourself because allowing your trained muscles to rest is needed to gain muscles.

## Can You Lose Weight Using Full Body Workout Training?

Your weight loss primarily depends on calorie consumption. However, exercise has a positive impact on overall health, including fat loss, so including it in your lifestyle will be pretty helpful.

I've created separate [workout plans for weight loss](#); you can check them out. I hope it will help.

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