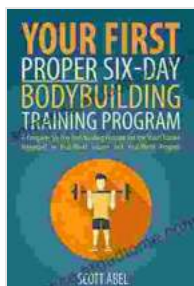


Complete Six Day Bodybuilding Program For The Smart Trainee Interested In Real Results

Are you serious about bodybuilding and want to achieve real results? If so, then you need a comprehensive training program that is based on sound scientific principles and incorporates the latest training techniques. This six-day bodybuilding program is designed to help you build muscle, strength, and power. It is also designed to help you lose fat and improve your overall health and fitness.



Your First Proper Six-Day Bodybuilding Training Program: A Complete Six-Day Bodybuilding Program for the Smart Trainee Interested in Real-World Volume and Real-World Progress by Scott Abel

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1095 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 77 pages
Lending	: Enabled



Day 1: Chest and Triceps

1. Barbell bench press: 3 sets of 8-12 reps
2. Incline dumbbell press: 3 sets of 8-12 reps

3. Triceps pushdown: 3 sets of 10-15 reps
4. Overhead triceps extension: 3 sets of 10-15 reps
5. Cable crossover: 3 sets of 12-15 reps

Day 2: Back and Biceps

1. Barbell row: 3 sets of 8-12 reps
2. Lat pulldown: 3 sets of 8-12 reps
3. Seated cable row: 3 sets of 10-15 reps
4. Hammer curl: 3 sets of 10-15 reps
5. Bicep curl: 3 sets of 12-15 reps

Day 3: Legs

1. Barbell squat: 3 sets of 8-12 reps
2. Leg press: 3 sets of 8-12 reps
3. Hamstring curl: 3 sets of 10-15 reps
4. Calf raise: 3 sets of 10-15 reps
5. Glute bridge: 3 sets of 12-15 reps

Day 4: Rest

Day 5: Shoulders and Traps

1. Overhead press: 3 sets of 8-12 reps
2. Lateral raise: 3 sets of 8-12 reps
3. Front raise: 3 sets of 10-15 reps

4. Dumbbell shrug: 3 sets of 10-15 reps
5. Rear delt fly: 3 sets of 12-15 reps

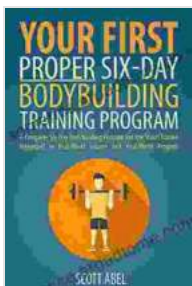
Day 6: Abs and Core

1. Plank: 3 sets of 30-60 seconds
2. Side plank: 3 sets of 30-60 seconds per side
3. Russian twist: 3 sets of 20-30 reps
4. Leg raise: 3 sets of 20-30 reps
5. Crunches: 3 sets of 20-30 reps

Day 7: Rest

This is a sample six-day bodybuilding program. You can adjust the program to fit your individual needs and goals. For example, if you are a beginner, you may want to start with a three-day per week program. As you get stronger, you can increase the frequency and intensity of your workouts.

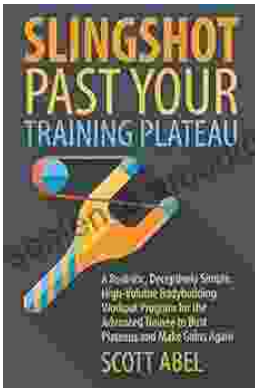
It is important to note that this program is not a magic bullet. It will take hard work and dedication to achieve your goals. However, if you follow the program consistently and make the necessary lifestyle changes, you will see results. So what are you waiting for? Get started today and see what you can achieve!



Your First Proper Six-Day Bodybuilding Training Program: A Complete Six-Day Bodybuilding Program for the Smart Trainee Interested in Real-World Volume and Real-World Progress by Scott Abel

★★★★☆ 4.3 out of 5

Language : English
File size : 1095 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 77 pages
Lending : Enabled



Unlock Your Muscular Potential: Discover the Revolutionary Realistic Deceptively Simple High Volume Bodybuilding Workout Program

Are you tired of bodybuilding programs that are overly complex, time-consuming, and ineffective? Introducing the Realistic Deceptively Simple High Volume Bodybuilding...



Dominate the Pool: Conquer Performance with the DS Performance Strength Conditioning Training Program for Swimming

As a swimmer, you know that achieving peak performance requires a comprehensive approach that encompasses both in-water training and targeted...