



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



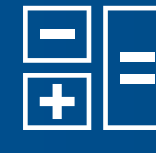
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6 DAY LOW VOLUME HIGH-INTENSITY WORKOUT SPLIT

This 6 day workout split builds muscle by lowering the total volume in each workout and increasing the intensity on every lift. Read on to learn more!

Link to Workout: <https://www.muscleandstrength.com/workouts/6-day-low-volume-high-intensity-workout-split>

[split](#)

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 6 Weeks

Days Per Week: 6 Days

Time Per Workout: 60 - 75 Mins

Equipment: Barbell, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: [Eric Roberts](#)

Monday: Chest & Triceps

Exercise	Sets	Reps
Smith Machine Incline Bench Press	2	6 - 8, 8 - 12
Machine Flat Press	2	6 - 8, 8 - 12
Pec Dec Fly	2	6 - 8, 8 - 12
Cable Fly	2	6 - 8, 8 - 12
1 Arm Tricep Pushdown	2	6 - 8, 8 - 12
V Bar Tricep Pushdown	2	6 - 8, 8 - 12
Dip Machine	2	6 - 8, 8 - 12

Tuesday: Back Thickness

Exercise	Sets	Reps
Activation Rows	1	Warm Up
Hammer Strength Low Row	2	6 - 8, 8 - 12
Incline Bench Dumbbell Rows	2	6 - 8, 8 - 12
High to Low Machine Row	2	6 - 8, 8 - 12
Rack Pulls	2	6 - 8, 8 - 12

Wednesday: Quads

Exercise	Sets	Reps
Leg Extensions	2	6 - 8, 8 - 12
Front Squat	2	6 - 8, 8 - 12
Hack Squat	2	6 - 8, 8 - 12
1 Leg Leg Press	2	6 - 8, 8 - 12 Each
Walking Lunge	2	6 - 8, 8 - 12 Each
Seated Calf Raise	2	6 - 8, 8 - 12
Donkey Calf Raise	2	6 - 8, 8 - 12

Thursday: Shoulders & Biceps

Exercise	Sets	Reps
Seated Machine Press	2	6 - 8, 8 - 12
Standing Barbell Press	2	6 - 8, 8 - 12
Cable Side Lateral Raise	2	6 - 8, 8 - 12
Bent Over Rear Delt Fly	2	6 - 8, 8 - 12
Machine Preacher Curl	2	6 - 8, 8 - 12
Barbell Drag Curl	2	6 - 8, 8 - 12
1 Arm Cable Curl	2	6 - 8, 8 - 12

Friday: Back Width

Exercise	Sets	Reps
Activation Rows	2	6 - 8, 8 - 12
1 Arm Hammer Strength Low Row	2	6 - 8, 8 - 12 Each
1 Arm Cable Row	2	6 - 8, 8 - 12 Each
Dumbbell Pullovers	2	6 - 8, 8 - 12
Underhand Lat Pull Downs	2	6 - 8, 8 - 12

Saturday: Hamstrings

Exercise	Sets	Reps
Lying Leg Curl Machine	2	6 - 8, 8 - 12
Barbell Stiff Leg Deadlift	2	6 - 8, 8 - 12
Seated Hamstring Curl	2	6 - 8, 8 - 12
Barbell Glute Bridge	2	6 - 8, 8 - 12
1 Leg Elevated Calf Raise	2	6 - 8, 8 - 12 Each
Standing Calf Raise Machine	2	6 - 8, 8 - 12