



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



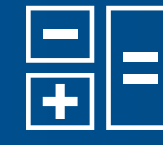
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6 DAY WORKOUT & GUIDE TO PUT ON MUSCLE MASS

Building lean muscle mass requires you to do a lot of things right. Kick start your efforts with this 6 day workout plan & guide to efficient muscle building.

Link to Workout: <https://www.muscleanstrength.com/workouts/6-day-workout-and-guide-to-building-muscle-mass>

Main Goal: Build Muscle

Training Level: Advanced

Program Duration: 8 Weeks

Days Per Week: 6 Days

Time Per Workout: 45 - 120 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Exercise Ball, Machines, Other

Target Gender: Male

Author: Steve Hess

Monday & Friday: Posterior Chain Day

Exercise	Sets	Reps
Barbell Deadlift	4	12, 10, 8, 6
1 Arm Dumbbell Row	3	15, 12, 10
Reverse Cable Fly	3	15, 12, 10
Bent Over Dumbbell Reverse Fly	3	12, 10, 8
Dumbbell Shrug	3	20, 15, 10
Hex Bar Power Shrug	3	12, 10, 8
Dumbbell Curl	3	15, 12, 10
Cable Hammer Curl	3	20, 20, 20
Dead Bug	3	12, 12, 12
Swiss Ball Crunch	3	20, 20, 20

Tuesday & Saturday: Anterior Chain Day

Exercise	Sets	Reps
Smith Bench Press with Bands	3	15, 12, 10
Smith Incline Bench Press with Bands	3	15, 12, 10
Dumbbell Press with Slight Incline	3	20, 15, 12
Shoulder Dislocates	3	15, 12, 10
Lateral Raise	3	15, 12, 10
Machine Lateral Raise	3	15, 12, 10
Tricep Rope Pushdown	3	12, 10, 8
Lying Incline Dumbbell Extension	3	15, 12, 10
Shoulder Tap Push Up	3	20, 20, 20
Swiss Ball Circles	3	15, 12, 10

Wednesday & Sunday: Leg Day

Exercise	Sets	Reps
Squats	3	20, 15, 12
Leg Press	3	20, 15, 12
Vertical Leg Press	3	15, 12, 10
Bulgarian Split Squat	3	15, 12, 10 Each
Leg Extensions	3	15, 12, 10
Seated Leg Curl	3	15, 12, 10
Lying Leg Curl	3	10, 10, 10
Barbell Glute Bridge	3	20, 15, 12
Standing Calf Raise	3	20, 20, 20
Seated Calf Raise	3	15, 12, 10