



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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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>

**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
<a href="#">Smith Machine Incline Bench Press</a>	2	6 - 8, 8 - 12
<a href="#">Machine Flat Press</a>	2	6 - 8, 8 - 12
<a href="#">Pec Dec Fly</a>	2	6 - 8, 8 - 12
<a href="#">Cable Fly</a>	2	6 - 8, 8 - 12
<a href="#">1 Arm Tricep Pushdown</a>	2	6 - 8, 8 - 12
<a href="#">V Bar Tricep Pushdown</a>	2	6 - 8, 8 - 12
<a href="#">Dip Machine</a>	2	6 - 8, 8 - 12

### Tuesday: Back Thickness

Exercise	Sets	Reps
<a href="#">Activation Rows</a>	1	Warm Up
<a href="#">Hammer Strength Low Row</a>	2	6 - 8, 8 - 12
<a href="#">Incline Bench Dumbbell Rows</a>	2	6 - 8, 8 - 12
<a href="#">High to Low Machine Row</a>	2	6 - 8, 8 - 12
<a href="#">Rack Pulls</a>	2	6 - 8, 8 - 12

### Wednesday: Quads

Exercise	Sets	Reps
<a href="#">Leg Extensions</a>	2	6 - 8, 8 - 12
<a href="#">Front Squat</a>	2	6 - 8, 8 - 12
<a href="#">Hack Squat</a>	2	6 - 8, 8 - 12
<a href="#">1 Leg Leg Press</a>	2	6 - 8, 8 - 12 Each
<a href="#">Walking Lunge</a>	2	6 - 8, 8 - 12 Each
<a href="#">Seated Calf Raise</a>	2	6 - 8, 8 - 12
<a href="#">Donkey Calf Raise</a>	2	6 - 8, 8 - 12

### Thursday: Shoulders & Biceps

Exercise	Sets	Reps
<a href="#">Seated Machine Press</a>	2	6 - 8, 8 - 12
<a href="#">Standing Barbell Press</a>	2	6 - 8, 8 - 12
<a href="#">Cable Side Lateral Raise</a>	2	6 - 8, 8 - 12
<a href="#">Bent Over Rear Delt Fly</a>	2	6 - 8, 8 - 12
<a href="#">Machine Preacher Curl</a>	2	6 - 8, 8 - 12
<a href="#">Barbell Drag Curl</a>	2	6 - 8, 8 - 12
<a href="#">1 Arm Cable Curl</a>	2	6 - 8, 8 - 12

### Friday: Back Width

Exercise	Sets	Reps
<a href="#">Activation Rows</a>	2	6 - 8, 8 - 12
<a href="#">1 Arm Hammer Strength Low Row</a>	2	6 - 8, 8 - 12 Each
<a href="#">1 Arm Cable Row</a>	2	6 - 8, 8 - 12 Each
<a href="#">Dumbbell Pullovers</a>	2	6 - 8, 8 - 12
<a href="#">Underhand Lat Pull Downs</a>	2	6 - 8, 8 - 12

### Saturday: Hamstrings

Exercise	Sets	Reps
<a href="#">Lying Leg Curl Machine</a>	2	6 - 8, 8 - 12
<a href="#">Barbell Stiff Leg Deadlift</a>	2	6 - 8, 8 - 12
<a href="#">Seated Hamstring Curl</a>	2	6 - 8, 8 - 12
<a href="#">Barbell Glute Bridge</a>	2	6 - 8, 8 - 12
<a href="#">1 Leg Elevated Calf Raise</a>	2	6 - 8, 8 - 12 Each
<a href="#">Standing Calf Raise Machine</a>	2	6 - 8, 8 - 12