

6-DAY DOUBLE MUSCLE SPLIT

Complete Workout Plan • Summary • Training Split • Basic Nutrition Guidance

Workout Summary	
Category	Details
Main Goal	Muscle Hypertrophy & Muscle Growth
Workout Type	Resistance Training / Bodybuilding
Training Level	Intermediate to Advanced
Program Duration	8–12 Weeks
Training Frequency	6 Days/Week
Workout Duration	60–90 Minutes/Session
Equipment Required	Barbells, Dumbbells, Cable Machines, Smith Machine, Benches, Leg Press, Hack Squat, Leg Extension, Leg Curl, Pec Deck, Lat Pulldown & Other Gym Machines
Target Muscle Groups	Chest, Back, Shoulders, Biceps, Triceps, Quadriceps, Hamstrings, Glutes & Calves
Target Gender	Male & Female
Training Split	6-Day Double Muscle Split
Primary Focus	Hypertrophy, Progressive Overload, Training Volume, Exercise Variation & Balanced Muscle Development

WEEKLY WORKOUT SPLIT			
Day	Workout	Primary Muscles	Focus
Monday	Chest + Triceps	Chest, Triceps	Heavy/Moderate Pressing
Tuesday	Back + Biceps	Back, Biceps	Pulling & Back Thickness
Wednesday	Shoulders + Legs	Shoulders, Quads, Hamstrings, Calves	Strength + Volume
Thursday	Chest + Triceps	Chest, Triceps	Different Angles & Stimulus
Friday	Back + Biceps	Back, Biceps	Different Angles & Grip
Saturday	Shoulders + Legs	Shoulders, Quads, Hamstrings, Calves	Different Focus
Sunday	Rest	Full Body Recovery	Recovery

MONDAY – CHEST + TRICEPS	
Exercise	Sets × Reps
Chest	
Bench Press	3 × 12, 10, 8
Incline DB Press	3 × 12, 10, 8
Machine Chest Press	3 × 12, 10, 10
Cable Chest Fly	3 × 15, 15, 12
Push-ups – Finisher	2 × 20, 15
Triceps	
Cable Rope Pushdown	3 × 15, 12, 12
Skull Crushers	3 × 12, 10, 10
Single-arm Overhead Extension	2 × 15, 12
Dips	2 × 12, 10

TUESDAY – BACK + BICEPS	
Exercise	Sets × Reps
Back	
Lat Pulldown (Wide)	3 × 12, 10, 8
Single-arm Lat Pulldown	2 × 12, 12
Seated Cable Row	3 × 12, 10, 10
Chest-supported Row	3 × 12, 10, 8
Straight-arm Pulldown	2 × 15, 15
Biceps	
Barbell Curl	3 × 12, 10, 8
DB Alternating Curl	2 × 12, 10
Preacher Curl (Machine)	2 × 15, 12
Hammer Curl	2 × 12, 12

WEDNESDAY – SHOULDERS + LEGS	
Exercise	Sets × Reps
Shoulders	
Seated Shoulder Press	3 × 12, 10, 8
Lateral Raises	3 × 15, 15, 12
Rear Delt Fly (Machine)	2 × 15, 15
Front Raises	2 × 12, 12
Legs	
Leg Press	3 × 15, 12, 10
Hack Squat / Smith Squat	3 × 12, 10, 8
Leg Extension	3 × 15, 15, 12
Hamstring Curl	3 × 15, 12, 12
Standing Calf Raises	3 × 15, 12, 10

THURSDAY – CHEST + TRICEPS (Different Stimulus)	
Exercise	Sets × Reps
Chest	
Incline Smith Press	3 × 12, 10, 8
Decline Machine Press	3 × 12, 10, 10
Cable Crossover – Lower Chest	2 × 15, 15
Pec Deck Fly	2 × 15, 12
Push-ups	2 × 20, 20
Triceps	
Rope Overhead Extension	3 × 15, 12, 12
Close-grip Bench / Smith	3 × 12, 10, 8
Tricep Kickback	2 × 15, 12
Reverse Grip Pushdowns	2 × 15, 12

FRIDAY – BACK + BICEPS (Different Angles)	
Exercise	Sets × Reps
Back	
Neutral-grip Pulldown	3 × 12, 10, 8
T-bar Row	3 × 12, 10, 8
Unilateral Cable Row	2 × 12, 12
Machine Row – Wide Chest Supported	2 × 12, 10
Rope Pullovers	2 × 15, 15
Biceps	
EZ-bar Curl	3 × 12, 10, 8
Incline DB Curl	2 × 12, 10
Cable Curl	2 × 15, 12
Reverse Curl	2 × 12, 12

SATURDAY – SHOULDERS + LEGS (Different Focus)	
Exercise	Sets × Reps
Shoulders	
Standing OHP	3 × 12, 10, 8
Cable Lateral Raise	3 × 15, 15, 12
Reverse Pec Deck	2 × 15, 15
DB Upright Row	2 × 12, 10
Arnold Press – Optional	2 × 15, 12
Legs	
Barbell Squat / Smith Squat	3 × 12, 10, 8
Bulgarian Split Squat	2 × 12, 12
Leg Extension – Slow Reps	2 × 15, 15
RDL / DB Deadlift	3 × 12, 10, 10
Seated Calf Raises	2 × 15, 15

PRO TRAINING GUIDELINES	
Parameter	Guideline
Rest Between Sets	60–90 sec for most exercises; longer for heavy compound lifts if needed
Rep Range	Mostly 8–15 reps
Training Intensity	Finish most working sets with ~1–3 reps in reserve
Tempo	Controlled movement with a slower eccentric/negative phase
Progressive Overload	Gradually increase reps, weight, or improve technique over time
Warm-up	5–10 min general warm-up + exercise-specific warm-up sets
Technique	Prioritize controlled, full-range reps over lifting heavier weight
Recovery	Sunday rest + adequate sleep and nutrition
Deload	Consider a lighter week when performance, recovery or joint comfort consistently declines

BASIC NUTRITION GUIDANCE FOR MUSCLE GROWTH	
Nutrition Area	Basic Guideline
Calories	Start around maintenance or a small calorie surplus if muscle gain is the primary goal
Protein	Approximately 1.6–2.2 g/kg body weight/day
Carbohydrates	Main fuel source for intense training; include adequate carbs around workouts
Fats	Approximately 0.6–1.0 g/kg/day as a practical starting range
Vegetables & Fruits	Include a variety of vegetables and 1–3 servings of fruit daily
Water	Stay well hydrated; increase intake with heat and heavy sweating
Pre-workout Meal	Protein + carbohydrates, ideally 1–3 hours before training
Post-workout Meal	Protein + carbohydrates within the following few hours
Protein Distribution	Spread protein across 3–5 meals
Sleep	Aim for approximately 7–9 hours/night
Supplements	Optional; food and total protein/calorie intake should come first

SIMPLE MUSCLE-GAIN PLATE FORMULA	
Food Group	Examples
Protein	Eggs, chicken, fish, lean meat, paneer, curd, milk, tofu, soy, dal, whey
Carbohydrates	Rice, roti, oats, potatoes, sweet potato, poha, fruits
Healthy Fats	Nuts, seeds, peanut butter, olive oil, limited ghee
Vegetables	Green leafy vegetables, carrots, cucumber, beans, broccoli, mixed vegetables
Hydration	Water, buttermilk, electrolyte drinks when appropriate

EXAMPLE DAILY NUTRITION STRUCTURE	
Meal	Simple Option
Breakfast	Oats + milk/curd + eggs or paneer + fruit
Mid-morning	Fruit + curd / nuts
Lunch	Rice/roti + chicken/fish/paneer/dal + vegetables + salad
Pre-workout	Banana + curd/whey or another protein + carb combination
Post-workout	Whey/curd/milk + fruit or regular balanced meal
Dinner	Roti/rice + protein source + vegetables + salad
Before Bed – Optional	Milk/curd/paneer depending on daily protein needs

Note: Exact calories and macros should be adjusted according to body weight, goal, activity level, body composition and rate of progress.

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