



6 Week Workout

Introduction

My Name is Dave and I have created this plan to help those of you kick start your journey into health and fitness, to help you get back into the gym if you have had time away from the gym or those that just want a different plan to follow. You will be able to use this plan again and again and still make gains and smash your goals.

What to expect

- 6 weeks that are split into 3 mini plans, weeks 1 & 2, 3 & 4 and 5 & 6
- Each week will have 4 days of exercise. Push Exercises, Pull Exercises, Legs and Core.
- It will be very easy to follow and understand
- It will promote you to add weight or do more reps every week helping you progress.
- Most of all, it will make the gym fun. For you beginners, I hope you see that the gym is full of people who want you to be the best version of yourself and it isn't a place that's gives you anxiety.

How to:

Week 1, 3 and 5 are 3 sets of each exercise at the set rep scale. Weeks 2, 4 and 6 are 4 sets of the exercises at the set rep scale.

Please remember to warm up before each workout with some light cardio and dynamic stretches, and cool down afterward with some static stretches. Adjust the number of repetitions and sets based on your fitness level and gradually increase the intensity as you progress. Additionally, listen to your body and modify exercises if needed to avoid any discomfort or pain. Before starting any exercise plan consult your doctor.

Thank you for choosing DR Fitness and Nutrition

Dave

Week 1 & 2

Day 1 : Push

Barbell Flat Bench Press	Set	Reps	Weight
	1	12	
	2	12	
	3	12	
Week 2	4	12	
Incline Dumbbell Press	1	12	
	2	12	
	3	12	
Week 2	4	12	
Seated Machine Flys	1	12	
	2	12	
	3	12	
Week 2	4	12	
Dumbbell Seated Shoulder Press	1	12	
	2	12	
	3	12	
Week 2	4	12	
Rear Cable Flys	1	10	
	2	10	
	3	10	
Week 2	4	10	
Tricep Push Downs (Rope)	1	15	
	2	15	
	3	15	
Week 2	4	15	

Notes:

Day 2: Pull

Pull Ups or Lat Pull Down	Set	Reps	Weight
	1	12	
	2	12	
	3	12	
Week 2	4	12	
Seated Low Row	1	12	
	2	12	
	3	12	
Week 2	4	12	
Dumbbell Single Arm Row	1	10 Each Arm	
	2	10 Each Arm	
	3	10 Each Arm	
Week 2	4	10 Each Arm	
Face Pull with Rope	1	12	
	2	12	
	3	12	
Week 2	4	12	
Dumbbell Hammer Curls		1	10
	2	10	
	3	10	
Week 2	4	10	
EZ Bar Bicep Curls	1	10	
	2	10	
	3	10	
Week 2	4	10	

Notes:

Day 3: Legs

Back Squat	Set	Reps	Weight
	1	10	
	2	10	
	3	10	
Week 2	4	10	
Seated Leg Extensions	1	12	
	2	12	
	3	12	
Week 2	4	12	
Leg Curls	1	10	
	2	10	
	3	10	
Week 2	4	10	
Leg Press	1	12	
	2	12	
	3	12	
Week 2	4	12	
Seated Calf Raise	1	10	
	2	10	
	3	10	
Week 2	4	10	
Walking Lunges	1	10 steps each leg	
	2	10 steps each leg	
	3	10 steps each leg	
Week 2	4	10 steps each leg	

Notes:

Day 4: Core

Russian twists	Set	Reps	Weight
	1	10 Each Side	
	2	10 Each Side	
	3	10 Each Side	
Week 2	4	10 Each Side	

Flutter Kicks	1	20 each leg	
	2	20 each leg	
	3	20 each leg	
Week 2	4	20 each leg	

Plank	1	30 Seconds	N/A
	2	30 Seconds	N/A
	3	30 Seconds	N/A
Week 2	4	30 Seconds	N/A

Wood Chops with Kettlebell or Medicine Ball	1	12 Each Side	
	2	12 Each Side	
	3	12 Each Side	
Week 2	4	12 Each Side	

Abdominal Curls	1	10	N/A
	2	10	N/A
	3	10	N/A
Week 2	4	10	N/A

Notes:

Week 3 & 4

Day 1 : Push

Barbell Flat Bench Press (Increase weight from week 1 & 2)

	Set	Reps	Weight
	1	10	
	2	10	
	3	10	
Week 4	4	10	

Incline Dumbbell Press (Increase weight from week 1 & 2)

	1	10
	2	10
	3	10
Week 4	4	10

Dumbbell Flys

	1	12
	2	12
	3	12
Week 4	4	12

Standing barbell Shoulder Press

	1	12
	2	12
	3	12
Week 4	4	12

Rear Cable Flys (Increase weight from week 1 & 2)

	1	10
	2	10
	3	10
Week 4	4	10

Triceps dips on bench

	1	15
	2	15
	3	15
Week 4	4	15

Notes:

Day 2: Pull

Pull Ups or Lat Pull Down (Increase weight from week 1 & 2)

	Set	Reps	Weight
	1	10	
	2	10	
	3	10	
Week 4	4	10	

Bent over barbell Row

	1	12
	2	12
	3	12
Week 4	4	12

Straight Arm Pull Down

	1	12
	2	12
	3	12
Week 4	4	12

Face Pull with Rope (Increase weight from week 1 & 2)

	1	12
	2	12
	3	12
Week 4	4	12

Cable Bicep Curls

	1	10
	2	10
	3	10
Week 4	4	10

EZ Bar Bicep Curls (Increase weight from week 1 & 2)

	1	10
	2	10
	3	10
Week 4	4	10

Notes:

Day 3: Legs

Back Squat (Increase weight from week 1 & 2)

	Set	Reps	Weight
	1	8	
	2	8	
	3	8	
Week 4	4	8	

Seated single Leg Extensions

	1	10 each leg
	2	10 each leg
	3	10 each leg
Week 4	4	10 each leg

Single Leg Curls

	1	10 each leg
	2	10 each leg
	3	10 each leg
Week 4	4	10 each leg

Leg Press (Increase weight from week 1 & 2)

	1	10
	2	10
	3	10
Week 4	4	10

Seated Calf Raise

(Increase weight from week 1 & 2)

	1	10
	2	10
	3	10
Week 4	4	10

Walking Lunges

	1	15 steps each leg
	2	15 steps each leg
	3	15 steps each leg
Week 4	4	15 steps each leg

Notes:

Day 4: Core

Flutter Kicks	1	30 each leg
	2	30 each leg
	3	30 each leg
	4	30 each leg
Week 4		

Plank	1	40 Seconds	N/A
	2	40 Seconds	N/A
	3	40 Seconds	N/A
	4	40 Seconds	N/A
Week 4			

Wood Chops with Kettlebell or Medicine Ball	1	15 Each Side
	2	15 Each Side
	3	15 Each Side
	4	15 Each Side
Week 4		

Abdominal Curls	1	12	N/A
	2	12	N/A
	3	12	N/A
	4	12	N/A
Week 4			

Notes:

Week 5&6

Day 1 : Push

Barbell Flat Bench Press & Dumbbell Flys (Super Set)

	Set	Reps	Weight
	1	10 each exercise	
	2	10 each exercise	
	3	10 each exercise	
Week 6	4	10 each exercise	

Incline Barbell Press

	1	10
	2	10
	3	10
Week 6	4	10

Chest Dips

	1	12
	2	12
	3	12
Week 6	4	12

Standing barbell Shoulder Press (Increase weight from week 3 & 4)

	1	10
	2	10
	3	10
Week 6	4	10

Rear Cable Flys (Increase weight from week 3 & 4)

	1	10
	2	10
	3	10
Week 6	4	10

Skull Crushers

	1	10
	2	10
	3	10
Week 6	4	10

Notes:

Day 2: Pull

Pull Ups or Lat Pull Down (Increase weight from week 3 & 4)

	Set	Reps	Weight
	1	8	
	2	8	
	3	8	
Week 6	4	8	

Bent over barbell Row (Increase weight from week 3 & 4)

	1	12
	2	12
	3	12
Week 6	4	12

Seated Cable Low Row

	1	10
	2	10
	3	10
Week 6	4	10

Standing Rear Cable Crossovers

	1	10
	2	10
	3	10
Week 6	4	10

Cable Bicep Curls & Dumbbell Hammer curls (Super Set)

	1	10
	2	10
	3	10
Week 6	4	10

Notes:

Day 3: Legs

Back Squat (Increase weight from week 3 & 4)

	Set	Reps	Weight
	4	6	
	5	6	
	6	6	
Week 4	4	6	

Split Squats

	1	10 each leg
	2	10 each leg
	3	10 each leg
Week 4	4	10 each leg

Single Leg Curls (Increase weight from week 3 & 4)

	1	10 each leg
	2	10 each leg
	3	10 each leg
Week 4	4	10 each leg

Glute Bridge

	1	10
	2	10
	3	10
Week 4	4	10

Seated Calf Raise

	1	10
	2	10
	3	10
Week 4	4	10

Walking Lunges

	1	20 steps each leg
	2	20 steps each leg
	3	20 steps each leg
Week 4	4	20 steps each leg

Notes:

Day 4: Core

Flutter Kicks	1	40 each leg
	2	40 each leg
	3	40 each leg
Week 4	4	40 each leg

Plank	1	40 Seconds	N/A
	2	40 Seconds	N/A
	3	40 Seconds	N/A
Week 4	4	40 Seconds	N/A

Side Plank (Right Side)	1	40 Seconds	N/A
	2	40 Seconds	N/A
	3	40 Seconds	N/A
Week 4	4	40 Seconds	N/A

Side Plank (Left Side)	1	40 Seconds	N/A
	2	40 Seconds	N/A
	3	40 Seconds	N/A
Week 4	4	40 Seconds	N/A

Abdominal Curls	1	15	N/A
	2	15	N/A
	3	15	N/A
Week 4	4	15	N/A

Notes:

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Super set: Perform 2 exercises 1 straight after another before resting. E.g. 10 reps Bench press followed immediately by 10 press ups, then rest. Please be careful with weight as you will fatigue quicker!

How To:

Push

Barbell Flat Bench Press – Lying supine on a bench grip the barbell just wider than shoulder width, brace your core and take the bar off the rack, lower the bar to your chest (about where your nipples are) keeping your elbows tucked at 30 degrees, once the bar has gently touched your chest push the bar back up to the start position.

Incline Dumbbell/Barbell Press – Sit on a bench that is at a 30 degree angle, grip the dumbbells/Barbell and hold them at the top of your chest with your palms facing outwards, push the dumbbells/Barbells up to the ceiling and when your arms have fully extended return to the start position.

Seated Machine Flys – Sit with your back and head against the rest, grip the handles and with a slight bend in your elbow bring your hands together following the natural arch of the machine, once your hands touch return back to the start position controlling the movement the whole way.

Dumbbell Seated Shoulder Press – From a seated position, grab the dumbbells with your palms facing forward, hold them at shoulder height making sure your elbows and wrists are directly underneath. From this position press the weight straight up, try not to flare your elbows out to the side, once your arms are fully extended return to the start position.

Rear Cable Flys – Grab the handle with your arm furthest away from the machine, with your core tight and upright posture pull the handle across your body keeping your arms straight, bring your arm past the body so the handle is the furthest away from the start position as can be, return back to the start position.

Tricep Push Downs (Rope) – Grip the ropes with both hands, take a step back, with your elbows tucked into your side extended your arms so your hands are going towards the floor, once your arms are fully extended return to the start position.

Dumbbell Flys – Lie supine on a flat bench, hold dumbbells with a neutral grip and arms extended out with a slight bend at the elbow, Control the dumbbells down to create a T shape with your upper body, return to starting position.

Standing barbell Shoulder Press – Stood up straight facing the barbell grip it just wider than shoulder width, rest the bar on your upper chest, make sure your wrists are straight underneath, move your head backwards to clear a path for the barbell, push the barbell up in a straight line, once your arms are fully extended control the barbell back to the start position.

Triceps dips on bench – Sitting on a bench or elevated surface with your lower body extended to the floor in front of you. While placing your hands shoulder-width apart on the edge of the bench, slowly lower your body until your upper arm and forearm form a 90-degree angle.

Chest Dips – Position your body so that your feet are off the ground and arms are straight. Begin the chest dip by bending at the elbows and lowering your body down. Maintain a slight forward lean to emphasize the strain on your chest. Keep your core engaged and press your body back up to the starting position.

Skull Crushers – Lie on your back on a bench, grip the bar with an overhand grip or dumbbells with a neutral grip, extend your arms in front of you pushing your hands to the ceiling, brace your core and flex at the elbow bringing the barbell/dumbbells towards your forehead, extend your arms back to the start position.

Pull

Pull Ups – Grip the bar with an overhand grip wider than shoulder width, hanging with straight arms pull your shoulders back and down, pull your chest towards the bar aiming to get your chin over the bar, return back to the start position.

Lat Pull Down – In a seated position grip the bar with a overhand grip, keep your chest up and slightly leaning back pull your elbows towards the hips, the bar should lightly touch the chest and then return back to the start position.

Seated Low Row – In a seated position and your feet on the support plates grip the bar with a overhand or underhand grip, keep your elbows tucked in and lean back slightly, pull the bar towards your stomach, when the bar has lightly touched your stomach return back to the start position.

Dumbbell Single Arm Row – Place one hand and knee (same side) on a bench with the upper body parallel to the floor, hold a dumbbell in your free hand with a neutral grip, let the weight hang straight down, pull your elbow towards your hip keeping it tucked in to the body, once you have reached your full range of motion return back to the start position.

Face Pull with Rope – Set the rope on the cables to be at the same height as your nose, grip the rope with both hands with a neutral grip, take a step back pull the knuckle of the rope towards your nose, flair your elbows up, when you bring the knuckle as close to your face as you can return to the start position.

Dumbbell Hammer Curls – Stand up straight with a dumbbell in each hand in a neutral grip, keep your elbows tucked into your side bring your hands up so your forearm is parallel to the floor and return to the start position.

EZ Bar Bicep Curls – Grip an EZ bar with your hands the same width as your shoulders, make sure your triceps and elbows are supported, extended your arms so they are straight, bring your hands towards your shoulders and return to the start position.

Standing Rear Cable Crossovers – Stand upright with feet shoulder width apart, slight bend in the knee, grip the left handle with your right hand and right handle with your left hand, make sure your shoulder blades are back and down and your arms out in front of you at shoulder height and a slight bend in the elbow, horizontally extend the shoulder joint to form a T shape with the upper body, return back to the start position while keeping your traps and engaged and torso upright

Bent over barbell Row – Grip the barbell with an overhand grip, hands slightly wider than shoulder width, bend at the hip so your chest is nearly parallel to the floor, slightly bend your knees and pull the weight towards your lower chest keeping your elbows as close to your body as possible, return back to the start position.

Straight Arm Pull Down – Grab a straight bar with an overhand grip, take a step back, slightly bend at the hips and with your arms straight bring the bar towards your body following the natural arch the movement, return to the start position.

Cable Bicep Curls – Grab the bar with an underhand grip, keep your elbows tucked into your ribs, keep your chest up and your shoulders down and back, flex your elbow joint bringing your hands up, return back to the start position

Legs

Back Squat – Make sure your feet are shoulder width apart with your toes facing slightly outwards, rest the barbell on the top of your back (not on the neck), bend at the knees and lower your hips towards the floor, keep your heels flat on the floor and don't let your knees cave inwards, once you are at the bottom of the movement push up through your heel and mid foot back to the start position.

Seated Leg Extensions – Make sure your back is flat to the rest and the roller is just above your ankles, extend your leg fully and return back to the start position. Try to not let the weights touch between reps.

Leg Curls – Lie in a prone position with roller just behind ankles, Flex the knee joint and bring your heels to your glutes, return to the start position.

Leg Press – Make sure your back is flat against the seat with your feet are fully on the plate slightly wider than shoulder width and toes pointing out slightly, push through the heel and mid foot to fully extend your legs (DO NOT FULLY LOCK YOUR KNEES OUT), Lower the plate under control and push back through your heel and mid foot to fully extended your legs.

Seated Calf Raise – In a seated position make sure your knees are tucked tightly under the pads, with your toes pointed forwards raise your heels contracting your calves, slowly return to the start position.

Walking Lunges – Keep your torso straight and step forward with an exaggerated step, your back knee should touch the floor, your back foot then pushes away from the floor and bring it in line with your front foot, so you are stood upright again, repeat with the other leg.

Split Squats – Stand 2-4 feet in front of a bench (depending on your height), facing away. Have one leg resting on the bench behind you, laces down, with your feet in line with your hips, sink your body down until the knee of your back leg almost touches the floor, The front knee should be at a right angle. Push up through your front foot to return to the start position.

Glute Bridge – Lie Face up on the floor with your knees bent and feet flat on the floor, arms by your side, lift your hips off the floor, by squeezing your glutes, until your knees hips and shoulders form a straight line, lower back down to the floor under control.

Core

Russian twists – Sit on the floor with your feet flat on the floor so your knees are bent, lean back slightly and while remaining in this position twist at the core to touch one side next to you then twist to touch the other side.

Flutter Kicks – Lie on your back with your legs straight and together, Hands need to be down by your side or placed under your hips for support, lift both feet off the floor a little bit then lift one a little bit higher then lower and repeat with the other leg.

Plank – Lie in the prone position with your forearms on the floor instead of your hands, your elbows should be directly underneath your shoulders and toes stay on the ground. Keep a straight line from your head to your ankles by keeping your core tight. Hold this position for the period needed.

Wood Chops with Kettlebell or Medicine Ball – In a kneeling position bring one leg up so your feet are flat on the floor, the KB or MB starts on the other side, pick the KB or MB up and in one motion take it from your knee to the opposite shoulder. Switch sides and start again.

Abdominal Curls – Lie in a supine position and place hands on the chest, keep your core engaged and lower back flat to the floor, curl up instead of sitting up, keep your feet flat on the floor throughout.

Side Planks – Lie on your right side with your legs straight and feet stacked on top of each other. Place your right elbow under your right shoulder with your forearm pointing away from you and your hand balled into a fist. The pinky side of your hand should be in contact with the ground. With your neck neutral, breathe out and brace your core. Lift your hips off the mat so that you're supporting your weight on your elbow and the side of your right foot. Your body should be in a straight line from your ankles to your head. Hold this position for the duration of the exercise. Repeat on your left side.