

SINGLE WORKOUT SPLIT BY KOUSHAL

THE 6-DAY MASS BUILDER SPLIT

WARM-UP: Always spend 5-10 minutes warming up with dynamic stretches and light cardio before your first working set.

DAY 1: CHEST

EXERCISE	SETS × REPS	REST
Barbell Bench Press	4 sets × 6–8 reps	2 mins
Incline Dumbbell Press	3 sets × 8–10 reps	90 secs
Cable Crossovers / Dumbbell Flyes	3 sets × 12–15 reps	90 secs
Push-ups	3 sets × to failure	—

DAY 2: BACK

EXERCISE	SETS × REPS	REST
Barbell Rows or Deadlifts	4 sets × 6–8 reps	2 mins
Lat Pulldowns (Wide Grip)	3 sets × 8–12 reps	90 secs
Seated Cable Rows	3 sets × 10–12 reps	90 secs
Face Pulls	3 sets × 12–15 reps	60 secs

DAY 3: LEGS (QUADS & CALVES)

EXERCISE	SETS × REPS	REST
Barbell Squats	4 sets × 6–8 reps	2 mins
Leg Press	3 sets × 10–12 reps	90 secs
Leg Extensions	3 sets × 12–15 reps	60 secs
Standing Calf Raises	4 sets × 15–20 reps	60 secs

DAY 4: SHOULDERS

EXERCISE	SETS × REPS	REST
Overhead Press (Barbell/DB)	4 sets × 6–8 reps	2 mins
Lateral Raises (Dumbbell/Cable)	4 sets × 12–15 reps	60 secs
Front Raises	3 sets × 10–12 reps	60 secs
Reverse Pec Deck (Rear Delts)	3 sets × 12–15 reps	60 secs

DAY 5: ARMS (BICEPS & TRICEPS)

EXERCISE	SETS × REPS	REST
Barbell Bicep Curls	3 sets × 8–12 reps	—
Triceps Cable Pushdowns	3 sets × 10–15 reps	—
Hammer Curls (Dumbbells)	3 sets × 10–12 reps	—
Overhead Triceps Extensions	3 sets × 10–12 reps	—

Tip: You can alternate between a bicep and tricep exercise to save time.

DAY 6: HAMSTRINGS, CORE & FOREARMS

EXERCISE	SETS × REPS	REST
Romanian Deadlifts (RDLs)	4 sets × 8–10 reps	2 mins
Lying Leg Curls	3 sets × 12–15 reps	90 secs
Hanging Leg / Knee Raises	3 sets × 10–15 reps	—
Cable Crunches	3 sets × 12–15 reps	—
Farmer's Walks	3 sets × 45–60 secs	Heavy DBs

DAY 7: COMPLETE REST

No lifting. Light walking or stretching is fine, but let your central nervous system recover.

3 RULES FOR MAKING THIS WORK

1. Lift to Near Failure

The rep ranges listed above (e.g., 8–12) mean you should pick a weight heavy enough that the last two reps are a serious struggle. If you can easily do 15 reps on a set meant for 10, the weight is too light.

2. Progressive Overload

Your muscles will stop growing if they get used to the weight. Every week, try to lift a slightly heavier weight or push out one more rep than you did the previous week.

3. Sleep 8+ Hours

Your muscles are damaged in the gym, but they are built in bed. If you shortchange your sleep, you shortchange your growth.