

DOUBLE 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. Track weights weekly and prioritize progressive overload.

DAY 1: CHEST + TRICEPS

EXERCISE	SETS × REPS	REST
Bench Press	4 sets × 6–8 reps	2 mins
Incline Dumbbell Press	3 sets × 8–10 reps	90 secs
Dips	3 sets × 10 reps	90 secs
Cable Fly	3 sets × 12 reps	90 secs
Close-Grip Bench Press	3 sets × 8 reps	90 secs
Rope Pushdown	3 sets × 12 reps	60 secs
Overhead Dumbbell Extension	2 sets × 15 reps	60 secs

DAY 2: BACK + BICEPS

EXERCISE	SETS × REPS	REST
Deadlift	3 sets × 5 reps	2-3 mins
Pull-ups / Lat Pulldown	4 sets × 8–10 reps	90 secs
Barbell Row	4 sets × 8 reps	90 secs
Seated Cable Row	3 sets × 12 reps	90 secs
Face Pulls	3 sets × 15 reps	60 secs
Barbell Curl	3 sets × 8 reps	90 secs
Hammer Curl	3 sets × 10 reps	60 secs
Incline Dumbbell Curl	2 sets × 12 reps	60 secs

DAY 3: LEGS + SHOULDERS

EXERCISE	SETS × REPS	REST
Squat	4 sets × 6–8 reps	2-3 mins
RDL (Romanian Deadlift)	3 sets × 8–10 reps	90 secs
Leg Press	3 sets × 10 reps	90 secs
Leg Curl	3 sets × 12 reps	60 secs
Calf Raise	4 sets × 15 reps	60 secs
OHP (Overhead Press)	4 sets × 6–8 reps	2 mins
Lateral Raise	4 sets × 12 reps	60 secs
Rear Delt Fly	3 sets × 15 reps	60 secs

DAY 4: CHEST + TRICEPS

EXERCISE	SETS × REPS	REST
Incline Barbell Press	4 sets × 6–8 reps	2 mins
Flat Dumbbell Press	3 sets × 10 reps	90 secs
Pec Deck Fly	3 sets × 12 reps	90 secs
Push-ups	2 sets × to failure	60 secs
Skull Crushers	3 sets × 10 reps	90 secs
Dips	3 sets × 12 reps	90 secs
Single-Arm Pushdown	2 sets × 15 reps	60 secs

DAY 5: BACK + BICEPS

EXERCISE	SETS × REPS	REST
T-Bar Row	4 sets × 8 reps	2 mins
Wide Grip Pulldown	4 sets × 10 reps	90 secs
Single-Arm Dumbbell Row	3 sets × 12 reps	90 secs
Straight-Arm Pulldown	3 sets × 15 reps	60 secs
Shrugs	3 sets × 12 reps	60 secs
Preacher Curl	3 sets × 10 reps	90 secs
Cable Curl	3 sets × 12 reps	60 secs
Concentration Curl	2 sets × 15 reps	60 secs

DAY 6: LEGS + SHOULDERS

EXERCISE	SETS × REPS	REST
Front Squat / Leg Press	4 sets × 8 reps	2 mins
Walking Lunges	3 sets × 10 reps/leg	90 secs
Leg Extension	3 sets × 15 reps	60 secs
Seated Leg Curl	3 sets × 12 reps	60 secs
Seated Calf Raise	4 sets × 15 reps	60 secs
Seated Dumbbell Press	4 sets × 8 reps	90 secs
Cable Lateral Raise	3 sets × 12 reps	60 secs
Upright Row	3 sets × 10 reps	60 secs
Reverse Pec Deck Fly	3 sets × 15 reps	60 secs

DAY 7: REST

EXERCISE	SETS x REPS	REST
Active Recovery / Stretching	Walk & Stretch	—

HOW TO MAKE IT WORK FOR MUSCLE GAIN:

- **Progressive Overload:** Add weight or reps every week. If you hit 8 reps on all sets, go up 2.5–5kg next time.
- **Calories & Nutrition:** Eat in a 300–500 calorie surplus. Focus on rich clean sources like paneer, dal, chicken, eggs, milk, and whey.
- **Form Over Ego:** Control the negative (eccentric phase) on each rep. Muscle grows from deep mechanical tension.
- **Sleep & Recovery:** Prioritize 7–9 hours of deep sleep. That is when your body builds the muscle.