

# 6 MONTH WORKOUT PLAN TO GET RIPPED AND BUILD MUSCLE

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Check out [article](#) for more info

## Summary

- **Workout Frequency/week:** 5 days
- **Program Goal:** Get Ripped, Build Muscle and Transform Physique
- **Prefer Gender:** Male
- **Training Level:** Beginner to Intermediate
- **Exercise You'll do:** Cardio and Weight Training
- **Who Can Do:** Anyone who wants to become stronger, fitter, and healthier and achieve their best fitness.
- **You Shouldn't Do:** If you've injury or cardiovascular-related health issues, or if you're on medication of any kind, you should avoid it.

## Schedule

- **Month 1** – Cardio and Resistance Training on alternate days
- **Month 2** – Cardio and Strength Combined on the same day
- **Month 3** – Alternate Day Strength and Cardio Training
- **Month 4** – Same Day Weight Training and Cardio
- **Month 5** – Alternate Day Cardio and Weight Training
- **Month 6** -Strength and Cardio Workout Combined

## Month 1 – Cardio and Resistance Training on Alternate Days

### Monday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Cycling	5 minutes	2-min
Elliptical Cross Trainer	5 minutes	2-min
Abs Workout	15 minutes	–

### Tuesday – Weight Training

Exercise	Reps x Sets	Rest
Back Squat	15 x 3	2-min
Overhead Press	12 x 3	2-min
DB Lateral Raises	12 x 3	2-min
Dumbbell Pullover	12 x 3	2-min
Rope Pushdown	12 x 3	2-min

### Wednesday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Low Intense Cardio	20 minutes	2-min
Cycling	5 minutes	2-min

Elliptical Cross Trainer	5 minutes	–
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## Friday – Weight Training

Exercise	Reps x Sets	Rest
<a href="#">Block Pull</a>	15 x 3	2-min
Incline DB Press	12 x 3	2-min
Pec Deck Fly	12 x 3	2-min
Bent-over Row	12 x 3	2-min
<a href="#">Barbell Curl</a>	12 x 3	2-min

## Saturday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Battle Rope	5 minutes	2-min
Core Workout	20 minutes	2-min
Cycling	5 minutes	–

## Month 2 – Cardio and Strength Strength Combined

Suggested Reps and Rest

- **Reps range:** 8-14 (8-12 for compound movements and 10-14 for isolation exercises).
- **Interval time:** 2 minutes between sets and 3-5 minutes after cardio exercise.

## Week 1

Monday	Tuesday	Wednesday	Friday	Saturday
10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
Bench Press	Back Squat	Front Lat Pulldown	Military Press	Bench Dips
Incline DB Press	Front Lunges	Seated Rowing	DB Pullover	Cable Curl
Lateral Raises	Step-up	Bent-over Rowing	Rear Delt Fly	Hammer Curl
Rope Pushdown	Leg Curl	15-min Cardio	15-min Abs	5-min Elliptical
5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling

## Week 2

Monday	Tuesday	Wednesday	Friday	Saturday
10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
Incline Bench Press	Back Squat	Front Lat Pulldown	Arnold Press	Off Blocks DL
Peck Deck Fly	Leg Press	T-Bar Row	Plate Front Press	Rope Pushdown

Cable Lateral Raises	Step-up	One-arm DB Row	Rear Delt Fly	Incline Curl
Diamond Pushup	Romanian DL	15-min Cardio	15-min Abs	5-min Elliptical
5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling

## Week 3

Monday	Tuesday	Wednesday	Friday	Saturday
10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
<a href="#">Hammer Machine Press</a>	DB Sumo Squat	Deadlift	Military Press	Chinups
Peck Deck Fly	Farmer's Walk	Lat Pulldown	Lateral Raises	Bench Dips
Dumbbell Pullover	Step-up	Seated CB Row	Reverse Pec Deck	Preacher Curl
One-arm Tricep Ext.	Calf Raises	15-min Cardio	15-min Abs	5-min Elliptical
5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling

## Week 4

Monday	Tuesday	Wednesday	Friday	Saturday
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10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
Bench Press	Back Squat	Lat Pulldown	Military Press	Chinups
Incline DB Press	Lunges	Bent-over Row	Lateral Raises	French Press
H2L Cable Fly	Step-up	Seated CB Row	Reverse Pec Deck	Biceps Curl
Rope Pushdown	Leg Curl	15-min Cardio	15-min Abs	5-min Elliptical
5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling

## Month 3 – Alternate Day Strength and Cardio Training

### Monday – Weight Training

Exercise	Reps x Sets	Rest
Off Block Deadlift	15 x 3	2-min
Incline DB Press	12 x 3	2-min
Pec Deck Fly	12 x 3	2-min
Bent-over Row	12 x 3	2-min
Barbell Curl	12 x 3	2-min

## Tuesday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Elliptical Cross Trainer	5 minutes	2-min
<a href="#">Core Workout</a>	20 minutes	2-min
Cycling	5 minutes	–

## Wednesday – Weight Training

Exercise	Reps x Sets	Rest
Back Squat	15 x 3	2-min
Step up	12 x 3	2-min
<a href="#">Incline IYT Raises</a>	12 x 3	2-min
Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min

## Friday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Low Intense Cardio	20 minutes	2-min
Cycling	5 minutes	2-min
Elliptical Cross Trainer	5 minutes	–

## Saturday – Weight Training

Exercise	Reps x Sets	Rest
Bench Press	15 x 3	2-min
Incline Hammer Press	12 x 3	2-min
Leg Curl	12 x 3	2-min
Rope Pushdown	12 x 3	2-min
Barbell Curl	12 x 3	2-min

## Month 4 – Same Day Weight Training and Cardio

### Monday

Exercise	Reps/Duration	Rest
Treadmill	5 minutes	3-min
Elliptical Trainer	5 minutes	2-min
Chinups	AMRAP x 3	2-min
Partial Deadlift	8 x 3	2-min
One-arm DB Row	10 x 3	2-min
Cycling	5 minutes	–

### Tuesday

Exercise	Reps/Duration	Rest
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Farmer's Walk	30-sec x 3	1-min
Back Squat	12 x 3	2-min
Leg Press	12 x 3	2-min
Military Press	12 x 3	2-min
Bench Dips	12 x 3	2-min
Treadmill	10 minutes	–

## Wednesday

Exercise	Reps/Duration	Rest
Treadmill	10 minutes	3-min
Bench Press	12 x 3	2-min
Cable Lateral Raise	12 x 3	2-min
Pec Deck Reverse Fly	12 x 3	2-min
Core Training	15 minutes	–

## Friday

Exercise	Reps/Duration	Rest
Treadmill	5 minutes	5-min
Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
<a href="#">DB Pullover</a>	12 x 3	2-min

Biceps Curl	12 x 3	–
Bodyweight Cardio	20 minutes	–

## Saturday

Exercise	Reps/Duration	Rest
Bicycling	5 minutes	2-min
Lunges	12 x 3	2-min
Leg Curl	12 x 3	2-min
Partial Deadlift	10 x 3	2-min
Rope Pushdown	8 x 3	2-min
Treadmill	10 minutes	–

## Month 5 – Alternate Day Cardio and Weight Training

### Monday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Cycling	5 minutes	2-min
Elliptical Cross Trainer	5 minutes	2-min
Abs Workout	20 minutes	–

## Tuesday – Weight Training

Exercise	Reps/Duration	Rest
Bench Press	12 x 3	2-min
Incline Hammer Press	12 x 3	2-min
Pec Deck Fly	12 x 3	2-min
Dumbbell Pullover	12 x 3	2-min
Rope Pushdown	12 x 3	2-min
One-arm Tricep Extension	10 x 3	1-min

## Wednesday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Bodyweight Cardio	20 minutes	2-min
Cycling	5 minutes	2-min
Elliptical Cross Trainer	5 minutes	–

## Friday – Weight Training

Exercise	Reps/Duration	Rest
Farmer's Walk	30-sec x 3	1-min
Back Squat	12 x 3	2-min
Leg Press	12 x 3	2-min

Military Press	12 x 3	12 x 3
Lateral Raises	12 x 3	12 x 3
Bench Dips	12 x 3	2-min

## Saturday – Cardio

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Battle Rope	5 minutes	2-min
Core Workout	20 minutes	2-min
Cycling	5 minutes	–

## Month 6 – Strength and Cardio Workout Combined

### Suggested Reps and Rest

- **Reps range:** 8-14 (8-12 for compound movements and 10-14 for isolation exercises).
- **Interval time:** 2 minutes between sets and 3-5 minutes after cardio exercise.

## Week 1

Monday	Tuesday	Wednesday	Friday	Saturday
10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
Bench Press	Back Squat	Front Lat Pulldown	Military Press	Bench Dips

Incline DB Press	Front Lunges	Seated Rowing	DB Pullover	Cable Curl
Lateral Raises	Step-up	Bent-over Rowing	Rear Delt Fly	Hammer Curl
Rope Pushdown	Leg Curl	15-min Cardio	15-min Abs	5-min Elliptical
5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling

## Week 2

Monday	Tuesday	Wednesday	Friday	Saturday
10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
Incline Bench Press	Back Squat	Front Lat Pulldown	Arnold Press	Off Blocks DL
Peck Deck Fly	Leg Press	T-Bar Row	Plate Front Press	Rope Pushdown
Cable Lateral Raises	Step-up	One-arm DB Row	Rear Delt Fly	Incline Curl
Diamond Pushup	Romanian DL	15-min Cardio	15-min Abs	5-min Elliptical
5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling

## Week 3

Monday	Tuesday	Wednesday	Friday	Saturday
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10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
Hammer Machine Press	DB Sumo Squat	Deadlift	Military Press	Chinups
Peck Deck Fly	Farmer's Walk	Lat Pulldown	Lateral Raises	Bench Dips
Dumbbell Pullover	Step-up	Seated CB Row	Reverse Pec Deck	Preacher Curl
One-arm Tricep Ext.	Calf Raises	15-min Cardio	15-min Abs	5-min Elliptical
5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling

### Week 4

Monday	Tuesday	Wednesday	Friday	Saturday
10-min Treadmill	5-min Treadmill	5-min Cycling	10-min Treadmill	10-min Treadmill
Bench Press	Back Squat	Lat Pulldown	Military Press	Chinups
Incline DB Press	Lunges	Bent-over Row	Lateral Raises	French Press
H2L Cable Fly	Step-up	Seated CB Row	Reverse Pec Deck	Biceps Curl
Rope Pushdown	Leg Curl	15-min Cardio	15-min Abs	5-min Elliptical

5-min Treadmill	15-min Core	10-min Treadmill	5-min Cycling	5-min Cycling
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## Instructions to Follow the Workout Plan Effectively

### 1. Pre-Workout Meal and Mood

The foundation of a good workout session begins a couple of hours before you hit the gym. For example, what you've consumed before the training and how active you are matter a lot.

For a good training session,

- You must feel fresh and active.
- You should have had your meal 30 minutes to 2 hours before the training, depending on what kind of food you had.

### 2. Get yourself ready physically and mentally

Once you hit the gym, get yourself dressed in gym attire and check what exercises you'll be doing. Then close your eyes for a moment and imagine you're performing those exercises. It will keep your mind on the training throughout the session.

### 3. Warming up your body

Warm-up is a crucial part of any weight training routine as it helps prevent injuries and improve performance. The goal is to increase blood flow and heart rate and get yourself ready for weight training. You can do some [low-intense cardio exercises](#) (not stretching), such as jogging, jumping jacks, or bicycling, for 5 minutes to get ready.

### 4. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

## 5. post-workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness. <sup>4</sup>

## 6. Post-workout Meal

You had a great workout session at the gym, but it is time to maximize your results through a post-workout meal. Having some good food and supplements after the training will enhance your result.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

## 7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

# Can You Get a Ripped Body in 6 Months?

Getting a ripped and muscular physique in six months can be possible by doing the right exercises, eating the right food, and making a few small adjustments to your lifestyle.

However, the results will vary from person to person. For some, six months is a suitable time for achieving the best physique, but for others, it may take up to a year, depending on how their body responds and how honestly they follow the process.

If you don't attain the results you wanted, it would be best to give another six months and stay true to yourself for at least one year, and you'll see the noticeable changes because good things take time to cultivate.

## Recommended Supplements:

Pre-Workout	During Workout	Post Workout
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<a href="#">Redcon1 Total War Pre-Workout</a>	<a href="#">BSN Amino X Muscle Recovery &amp; Endurance Powder</a>	<a href="#">Levels Grass Fed 100% Whey Protein, No Hormones</a>
<a href="#">Optimum Nutrition Amino Energy</a>	<a href="#">XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder</a>	<a href="#">Orgain Organic Vegan Protein Powder</a>
<a href="#">ZonePerfect Protein Bars</a>	<a href="#">KeyNutrients Electrolytes Powder</a>	<a href="#">Body Fortress Whey Protein Powder</a>

If the above workout plan helped you, kindly support my work buying through these affiliate links. You can also contribute through [PayPal](#).

## Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- 12 Best [Dumbbell Push](#) Exercises
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations For Solid Legs and Glutes](#)
- [Barbell Workouts For Mass Gain](#)

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