

THE 6 X 6 WORKOUT ROUTINE FOR STRENGTH & MASS

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Full URL: <https://thefitnessphantom.com/30-day-amrap-bodybuilding-program-with-pdf>

The 6 x 6 strength training involves performing 6 sets of 6 reps per session.

It will help you increase strength, grow muscle mass, and build a jacked body.

It is great for someone looking to gain strength while growing their muscle size.

It is also a time-efficient way to train more in less time than the standard 3-4 sets of 12-15 reps, making it a great approach for busy lifters.

This program involves performing four exercises per session, totaling 24 sets a day.

I'll share a total of 9 sessions that you can complete at your pace. For example, you can train on alternate days or follow [two days on one day off](#) approach, depending on how frequently you train.

Perform this quick warm-up before lifting heavy:

- **World's Greatest Stretch:** 5 reps on each side
- **Shoulder Pass Through:** 2 sets of 10 reps
- **Resistance Band Deadlift:** 2 sets of 10 reps
- **Banded Pull-Apart:** 2 sets of 10 reps (slow reps with a full range of motion)
- **Reverse Lunges to Front Kick:** 2 sets of 10 reps per leg
- **Low Lunge Arch:** 3 sets of 15-second hold
- I also recommend doing the first set with lighter weight, so your muscles and joints become flexible, and you get ready for heavier lifts.

Let's uncover the simple but effective 6 x 6 strength workout plan.

Training Day 1 – Lower Body & Push Workout

Exercises	Sets x Reps	Rest	Target Muscle
Back Squats	6 x 6	3-4 minutes	Quads & Glutes
Leg Press	6 x 6	2-3 minutes	Quads
Flat Bench Press	6 x 6	2-3 minutes	Chest
Overhead Press	6 x 6	2-3 minutes	Shoulders

Training Day 2 – Lower Body & Pull Workout

Exercises	Sets x Reps	Rest	Target Muscle
Pull-ups	6 x 6	3-4 minutes	Back
Bent-over Row	6 x 6	2-3 minutes	Back
DB Romanian Deadlift	6 x 6	2-3 minutes	Hamstrings
Hip Thrust	6 x 6	2-3 minutes	Glutes

Training Day 3 – Full Body

Exercises	Sets x Reps	Rest	Target Muscle
Close Grip Bench Press	6 x 6	2-3 minutes	Triceps
Barbell Biceps Curls	6 x 6	2-3 minutes	Biceps

Shoulder Shrugs	6 x 6	2-3 minutes	Trapezius
Smith Reverse Lunges	6 x 6/leg	1-2 mins/leg	Lower Body

Training Day 4 – Lower Body & Push Workout

Exercises	Sets x Reps	Rest	Target Muscle
Incline DB Bench Press	6 x 6	3-4 minutes	Chest
Push Press	6 x 6	2-3 minutes	Shoulders
Bar Dips (weighted if possible)	6 x 6	2-3 minutes	Upper Body
Calf Raises	6 x 6	2-3 minutes	Calves

Training Day 5 – Lower Body & Pull Workout

Exercises	Sets x Reps	Rest	Target Muscle
Lat Pulldown (Prone Grip)	6 x 6	3-4 minutes	Back
Close Grip T-bar Row	6 x 6	2-3 minutes	Back
Leg Curls	6 x 6	2-3 minutes	Hamstrings
Cable Pull Through	6 x 6	2-3 minutes	Glutes & Hams

Training Day 6 – Full Body

Exercises	Sets x Reps	Rest	Target Muscle
Weighted Push-ups	6 x 6	2-3 minutes	Chest & Triceps
Upright Rows	6 x 6	2-3 minutes	Shoulders
Barbell Step-ups	6 x 6/leg	2-3 minutes	Lower Body
Reverse Barbell Curls	6 x 6	1-2 mins/leg	Biceps & Forearms

Training Day 7 – Lower Body & Push Workout

Exercises	Sets x Reps	Rest	Target Muscle
Single-arm Landmine Press	6 x 6	1-2 minutes	Shoulder
High to Low Cable Fly	6 x 6	2-3 minutes	Chest
Bar Dips (weighted if possible)	6 x 6	2-3 minutes	Upper Body
Hack Squats	6 x 6	2-3 minutes	Legs

Training Day 8 – Lower Body & Pull Workout

Exercises	Sets x Reps	Rest	Target Muscle
Deadlift	6 x 6	3-4 minutes	Full Body
Neutral Grip Pulldown	6 x 6	2-3 minutes	Back
Single-arm DB Row	6 x 6/side	1-2 mins/side	Back
Leg Extensions	6 x 6	2-3 minutes	Quadriceps

Training Day 9 – Full Body

Exercises	Sets x Reps	Rest	Target Muscle
Weighted Push-ups	6 x 6	2-3 minutes	Chest & Tris
Upright Rows	6 x 6	2-3 minutes	Shoulders
Barbell Step-ups	6 x 6/leg	2-3 minutes	Lower Body
Barbell Wrist Curl	6 x 6	1-2 mins/leg	Forearms

Frequently Asked Questions

What is 6 sets of 6 reps workout plan?

It's a training protocol where you perform 6 sets of 6 repetitions for a given exercise, typically with a moderate to heavy weight. It's designed to balance strength and hypertrophy (muscle growth) by combining volume (reps and sets) with intensity (weight).

What are the benefits of 6x6?

It is great for overall fitness development. For example,

Strength Gains: The moderate rep range with heavier loads targets fast-twitch muscle fibers.

Muscle Growth: The higher volume stimulates hypertrophy.

Efficiency: It's a straightforward approach, often requiring fewer exercises

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per session.

Endurance: Builds muscular endurance alongside strength.

How much weight should you use?

Choose a weight about 60-70% of your one-rep max (1RM). You should be able to complete all 6 reps with good form, but the last 1-2 reps of each set should feel challenging. Adjust based on your experience and goals.

How long should you rest between sets?

Rest 90 seconds to 2 minutes for hypertrophy-focused goals or 2-4 minutes if prioritizing strength. Shorter rests increase metabolic stress, while longer rests allow better recovery for heavier lifts.

What exercises work best with 6×6?

Compound lifts, such as squats, deadlifts, bench press, overhead press, pull-ups, weighted dips, and barbell rows are ideal because they recruit multiple muscle groups simultaneously.

Isolation exercises (single-joint exercises) like biceps curls, triceps extensions, leg curls, and lateral raises can also work but may require lighter weights to avoid burnout.

How often should you do a 6×6 workout?

Train at your selected pace. You can lift on alternate days or follow a 2-day on 1-day off approach, depending on how frequently you train.

Is 6×6 suitable for beginners?

It can be, but beginners might find it intense. Start with lighter weights and fewer sets (e.g., 3 x 6) to master form before progressing to 6 x 6. I suggest consulting with a trainer if you're new.

Can you use 6×6 for fat loss?

Yes, paired with a calorie deficit. It burns calories and preserves muscle mass, but diet is the key driver for fat loss. Add cardio or higher reps if fat loss is the primary goal.

How to progress with 6×6?

Add 2.5-5 lbs. when all 6 sets feel manageable or shorten rest periods slightly. Track progress weekly.

Are there risks with 6×6?

Overtraining or injury can occur if weights are too heavy, compromising form, recovery (sleep, nutrition) is neglected, or you don't warm up properly. Scale back if you feel joint pain or excessive fatigue.

Does 6×6 work for women as well as men?

Absolutely. Training principles are gender neutral. Women might start with lighter weights relative to strength, but the benefits (strength, muscle tone) apply equally. Adjust based on individual goals.

What if I can't complete all 6 sets of 6 reps?

Lower the load and aim for full sets next time or take a 10-20 second breather mid-set to finish reps.

Alternate Programs:

- [30-Day AMRAP Bodybuilding Program \(Train at Your Own Pace\)](#)
- [The 500-Rep Workout: 30 Day Plan to Muscularity](#)