

6 WEEK FULL BODY WORKOUT PLAN FOR FAT LOSS & LEAN MASS

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This ultimate 6 week full body workout plan you can do in the gym to bolster muscles, [increase strength](#), and promote weight loss.

Whether you're a male or female, try this program for at least 12 weeks to see the improvement.

You can pair this exercise routine with [a low-calorie meal plan](#) to maximize your weight loss.

Related: I've already created a [bodyweight home workout routine for six weeks](#) for those who work out at home, so if you exercise with little to no equipment, that can be pretty useful for you.

The Pros and Cons of Total Body Workout

Every training split has its own pros and cons, whether it's push-pull-legs, [compound split](#), or full body.

Firstly, let's find out why you should follow a total body workout program, then I'll also share some downsides of it.

PROS

- **Time-Efficient:** The total body workout involves training almost every large muscle in each session. Following this plan, you can easily hit your entire body effectively by working three times only and ultimately save time.
- **Build muscle:** The full-body training may not give you an instant pump to a specific muscle, but it is as effective as a [split routine for developing strength and mass](#) throughout the body.^{1, 2}
- **Increase Strength:** A study has shown total body workout helps experienced lifters gain more strength compared to the split routine.³
- **Improve Cardiovascular Health:** A full-body exercise program burns more calories than a traditional split routine and helps promote aerobic and anaerobic fitness.

CONS

- **Challenging:** Training multiple muscles in one session can make you feel exhausted.
- **Slightly Complex than split routine:** The split routines are easy to follow as they involve exercises of only one or two muscle groups, while the total body workout program includes the exercises for every muscle group and requires a well-designed program.

Workout Routine Summary and Description

Routine Type	Full Body
Program Duration	6 Weeks (12 recommended)
Routine Goal	Bolster muscles, build lean mass, and shed fat
Training Level	Intermediate
Duration Per Session	60-75 minutes
Frequency	3-4 days per week
Target Gender	Male and Female
Equipment Required	Gym Equipment
Alternate Plan	12 Week Transformation Workout Plan
Workout PDF	At the bottom

Additional info about the program:

- **The interval between sets and exercises:** Take one to two minutes of rest between each set and two to three minutes between exercises.
- **The number of daily exercises:** You'll do 5 to 7 exercises to train your entire body each day.
- **How to perform workouts:** Complete all sets of an exercise before moving on to another. Doing them into circuits requires a greater deal of strength and stamina. So, it would be good to perform recommended sets of one exercise at a time.
- **Loads and reps:** Increase the load when you decrease the repetitions and lift the weights that are heavy enough to complete the suggested reps. Here's how much you should lift if you do four sets of 12, 10, 8, and 6 reps.
 - Set 1: Lift weight at 60% of your 1RM; perform 12 reps.
 - Set 2: Perform 8-10 reps at 80% of your 1RM
 - Set 3: Do 6-8 reps at 100% of your 1RM
 - Set 4: Do 4-6 reps at 100% of your 1RM
- **The number of sets:** If you're a beginner, you can do three sets of each exercise. And do all the sets mentioned in the program if you're an intermediate.
- **Consistency:** By repeating the same movement again and again, you'll be able to lift heavier and gain more muscles over time.
- **Modification:** You can include, exclude, or replace some exercises depending on your need. You can check out plenty of [compound exercises](#) to include in this program.
- **Frequency:** If you're a beginner, you can train [three times a week](#), and for intermediate, [four days a week](#) will be efficient to get incredible results.

6 Week Full Body Workout Plan

This program includes three days of resistance training for muscle building and three days of bodyweight low-impact cardio for maximum calorie burn.

Week 1

Monday

Exercise	Targeted Muscle	Reps
Dumbbell Front Lunges	Lower Body	3 x 10/leg
Front Lat Pulldown	Back	15, 12, 10, 8
Dumbbell Bench Press	Chest	15, 12, 10, 8
Dumbbell Lateral Raises	Shoulder	12, 10, 8, 6
High-to-Low Cable Chop	Core	2 x 10/side

Note: If you can't do pull-ups, you can do inverted rows or assisted pull-ups.

Wednesday

Exercise	Targeted Muscle	Reps
Bent-over Barbell Row	Back	15, 12, 10
Barbell Romanian Deadlift	Hamstrings	10, 8, 6
Barbell Overhead Press	Shoulder	15, 12, 10
Pec Deck Machine Fly	Chest	15, 12, 10
Hanging Knee Raises	Core	15, 12, 10

Friday

Exercise	Targeted Muscle	Reps
Machine Leg Press	Legs	15, 12, 10
Seated Cable Row	Back	15, 12, 10
Incline Chest Press	Chest	15, 12, 10
Rear Delt Fly	Shoulder	12, 10, 8
Leg Curl	Hamstrings	15, 12, 10
Kneeling Cable Crunch	Abs	15, 12, 10

Tuesday, Thursday, and Saturday

Feel free to tweak as per your need.

Tuesday	Thursday	Saturday
15-min Treadmill	15-min Treadmill	10-min Treadmill
10-min Bicycling	5-min Battle/Jump Rope	5-min Bicycling
5-min Elliptical	5-min Bicycling	30-min Abs Work
15-min Abs Workout	20-min Bodyweight Cardio	5-min Cool-down

Week 2

Monday

Exercise	Targeted Muscle	Reps
Back Squat	Legs	12, 10, 8, 6
Overhead Press	Shoulder	15, 12, 10
Flat Bench Press	Chest	15, 12, 10
1-arm Dumbbell Row	Back	3 x 10/side
Barbell Drag Curl	Biceps	12 and 10
High-to-Low Cable Chop	Abs	2 x 10/side

Wednesday

Exercise	Targeted Muscle	Reps
V-Grip Front Pulldown	Back	15, 12, 10
Machine Leg Press	Legs	15, 12, 10
Pec Deck Fly	Chest	15, 12, 10
Landmine Oblique Twist	Abs & Oblique	2 x 10/side
Lateral Delt Raises	Shoulder	12, 10, 8
Barbell Skull Crusher	Triceps	12, 10, 8

Friday

Exercise	Targeted Muscle	Reps
Incline DB Bench Press	Chest	15, 12, 10
Seated Cable Row	Back	15, 12, 10
DB Step-up	Legs	2 x 10/leg
Cable Face pull	Shoulder and Back	12, 10, 8
Barbell Hip Thrust	Hams and Glute	12, 10, 8
Decline Crunches	Core	2 x 10

Tuesday, Thursday, and Saturday

Adjust it as per your need.

Tuesday	Thursday	Saturday
15-min Treadmill	15-min Treadmill	10-min Treadmill
10-min Bicycling	5-min Battle/Jump Rope	5-min Bicycling
5-min Elliptical	5-min Bicycling	30-min Abs Work
15-min Abs Workout	20-min Bodyweight Cardio	5-min Cool-down

Week 3

Monday

Exercise	Targeted Muscle	Reps
SM Back Squat	Leg	15, 12, 10
Flat Barbell Bench Press	Chest	15, 12, 10
Barbell T Rowing	Back	15, 12, 10
DB Lateral Raises	Shoulder	12, 10, 8
Chin-ups	Biceps	3 x failure
Leg Curl	Hamstrings	15, 12, 10

Wednesday

Exercise	Targeted Muscle	Reps
Dumbbell Lunges	Legs	3 x 10/leg
Front Lat Pulldown	Back	15, 12, 10
Overhead Press	Shoulder	15, 12, 10
High-to-Low Chest Fly	Chest	15, 12, 10
Diamond Push-ups	Triceps	12, 10, 8
Hanging Knee Raises	Abs	3 x 10

Friday

Exercise	Targeted Muscle	Reps
Rack Pull Deadlift	Integrated Full Body	8, 6, 4, 2
Cable Seated Rowing	Back	12, 10, 8
Incline DB Bench Press	Chest	12, 10, 8
Seated Rear Delt Raises	Shoulder	12, 10, 8
Leg Extension	Quadriceps	12, 10, 8
Shoulder Shrug	Shoulder	12 and 10

Tuesday, Thursday, and Saturday

Make some adjustments according to your need.

Tuesday	Thursday	Saturday
15-min Treadmill	15-min Treadmill	10-min Treadmill
10-min Bicycling	5-min Battle/Jump Rope	5-min Bicycling
5-min Elliptical	5-min Bicycling	30-min Abs Work
15-min Abs Workout	20-min Bodyweight Cardio	5-min Cool-down

Week 4

Monday

Exercise	Targeted Muscle	Reps
Dumbbell Pop Squat	Legs	2 x 10
Machine Leg Press	Legs	15, 12, 10
Seated IYT Raises	Shoulder	10, 8, 6
V-grip Lat Pulldown	Back	12, 10, 8, 6
Seated Cable Row	Back	12, 10, 8
Pec Deck Fly	Chest	12, 10, 8

full body workout plan for 6 weeks

Wednesday

Exercise	Targeted Muscle	Reps
Flat Bench Press	Chest	15, 12, 10, 8
Dumbbell Pullover	Chest	12, 10, 8
Prone DB Leg Curl	Hamstrings	12, 10, 8
Hip Thrust	Glute	12, 10, 8
1-arm Dumbbell Row	Back	3 x 10/side
Shoulder Shrug	Shoulder	2 x 12

Friday

Exercise	Targeted Muscle	Reps
Rack Pull Deadlift	Integrated Total Body	10, 8, 6, 4
Dumbbell Lunges	Hams and Glute	3 x 10/leg
Overhead Press	Shoulder	15, 12, 10
Incline DB French Press	Triceps	2 x 15
Standing Barbell Curl	Biceps	2 x 15
Face pull	Upper Back	2 x 15

Tuesday, Thursday, and Saturday

Feel free to tweak depending on your fitness level.

Tuesday	Thursday	Saturday
15-min Treadmill	15-min Treadmill	10-min Treadmill
10-min Bicycling	5-min Battle/Jump Rope	5-min Bicycling

5-min Elliptical	5-min Bicycling	30-min Abs Work
15-min Abs Workout	20-min Bodyweight Cardio	5-min Cool-down

Week 5

Monday

Exercise	Targeted Muscle	Reps
Smith Machine Back Squat	Leg	12, 10, 8, 6
Front Lat Pulldown	Back	15, 12, 10, 8
Seated Cable Rowing	Back	15, 12, 10, 8
Seated IYT Raises	Shoulder	10, 8, 6, 4
Pec Deck Fly	Chest	12, 10, 8, 6

Wednesday

Exercise	Targeted Muscle	Reps
Dumbbell Lunges	Lower Body	3 x 10/leg
Flat Bench Press	Chest	12, 10, 8, 6
Triceps Pushdown	Triceps	10, 8, 6
Chin-ups	Biceps	3 x Failure
Hammer Curl	Biceps	15, 12, 10
DB Romanian Deadlift	Hamstrings	3 x Failure

Friday

Exercise	Targeted Muscle	Reps
Barbell Deadlift	Integrated Total Body	10, 8, 6, 4
Incline DB Bench Press	Chest	12, 10, 8
Lateral Delt Raises	Shoulder	12, 10, 8
One-arm Dumbbell Row	Back	2 x 10/side
Dumbbell Pullover	Chest	12, 10, 8
Leg Curl	Hamstrings	20, 15, 12

Tuesday, Thursday, and Saturday

Make some adjustments according to your need.

Tuesday	Thursday	Saturday
15-min Treadmill	15-min Treadmill	10-min Treadmill
10-min Bicycling	5-min Battle/Jump Rope	5-min Bicycling
5-min Elliptical	5-min Bicycling	30-min Abs Work

15-min Abs Workout	20-min Bodyweight Cardio	5-min Cool-down
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Week 6

Monday

Exercise	Targeted Muscle	Reps
Dumbbell Pop Squat	Legs	2 x 10
Machine Leg Press	Legs	15, 12, 10
Seated IYT Raises	Shoulder	10, 8, 6
V-grip Lat Pulldown	Back	12, 10, 8, 6
Seated Cable Row	Back	12, 10, 8
Pec Deck Fly	Chest	12, 10, 8

Wednesday

Exercise	Targeted Muscle	Reps
Dumbbell Step-up	Lower Body	3 x 10/leg
Flat Bench Press	Chest	15, 12, 10
High-to-Low Cable Fly	Back	12, 10, 8
Triceps Pushdown	Triceps	3 x Failure
Hammer Curl	Biceps	15, 12, 10
DB Romanian Deadlift	Hamstrings	3 x Failure

Friday

Exercise	Targeted Muscle	Reps
Military Press	Chest	12, 10, 8
Lateral Delt Raises	Shoulder	12, 10, 8
One-arm Dumbbell Row	Back	3 x 10/side
Dumbbell Pullover	Chest	12, 10, 8
Leg Curl	Hamstrings	20, 15, 12
Hip Thrust	Glute	12, 10, 8

Tuesday, Thursday, and Saturday

Feel free to tweak depending on your fitness level.

Tuesday	Thursday	Saturday
15-min Treadmill	15-min Treadmill	10-min Treadmill
10-min Bicycling	5-min Battle/Jump Rope	5-min Bicycling
5-min Elliptical	5-min Bicycling	30-min Abs Work
15-min Abs Workout	20-min Bodyweight Cardio	5-min Cool-down

FAQs about Total Body Workout Routine

Can You Transform Your Body in 6 Weeks?

You'll not see substantial results in six weeks. But you'll start seeing the progress in your body if you stay consistent and disciplined in your training, diet, and sleep.

Muscle building and weight loss depend on various factors, including genetics; that's why someone's body responds quicker than others. So, it's best not to compare yourself with anyone.

Work out consistently, take care of your diet, get quality sleep, track your progress, and keep patience to get the desired results faster. Just work out for getting fitter, stronger, and bigger, and you'll decent results over time.

How Many Times a Week Should You Do Full-Body Workouts?

Three days a week is an ideal frequency for total body strength training. You can perform low-impact cardio on alternate days to speed up weight loss.

Full-Body Workout or Split, Which One is Better?

Both are good. Research show that total body and split routine both produce similar results when it comes to strength and mass over the first five months of training in young women.⁴ So, you can try both and choose the one that yields the maximum results for you.

Can You Lose Weight Using Total Body Workout Program?

When it comes to weight loss, it requires a good diet program, consistent physical training, a natural sleeping pattern, and a little knowledge of how the body works. Whichever training split you follow, as long as you consume the fewer calories than your body needs, you'll lose weight (in most cases).

You can try these supplements to increase weight loss but do not expect that they will do some magic. Some work and some don't.

- [Keto Actives](#)
- [Moringa Actives](#)
- [Fat Burn Active](#)
- [Green Barley Plus](#)
- [Fast Burn Extreme](#)
- [Piperinox](#)

Related weight loss resources:

- [List of 53 Low-Calorie Foods That Can Fill You Up for Longer](#)
- [Top 10 Free Books on Intermittent Fasting](#)
- [12-Week Weight Loss Meal Plan](#)
- [List of 70 Best Bodyweight Cardio Exercises](#)
- [2 Hour Gym Routine that Combines Both Cardio and Strength Workout](#)

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References

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- [Split or full-body workout routine: which is best to increase muscle strength and hypertrophy?](#) – National Institute of Health Journal
- [A Comparison Between Total Body and Split Routine Resistance Training Programs in Trained Men](#) – Journal Strength of Conditioning Research
- [Comparison of whole and split weight training routines in young women](#) – Canadian Journal of Applied Physiology

Disclaimer

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