

THE 6 WEEK HYPERTROPHY PROGRAM FOR MAXIMUM MASS GAINS

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Overview

I've included three different splits in this program to help you build an aesthetic physique.

During the first two weeks, you'll do upper/lower split; in the mid of the program, you'll do push/pull/legs; and in the last two weeks, you'll perform the compound split.

Suggested Program Duration	24 Weeks
Workout Goal	Promote Muscle Growth
Training Level	Intermediate
Duration/Session	60 Minutes
Frequency	5x Weekly
Target Gender	Male (Men)
Plan to Follow Next	8-week Muscle Building Workout Plan

How much should you lift? Start with lifting light, typically 30-45% of your one rep max, then increase the 5% weight in successive sets.

The interval between sets: Take one to three minutes of rest between sets. The rest time during [compound movements](#) would be more than [isolation exercises](#).

Warm-up before lifting: Warm-up helps increase performance, reduce the risk of injuries, and help you work out efficiently. You can lift light weights, run on the treadmill, or do cardio exercises to increase heart rate and oxygen supply and get your muscles ready to lift weights.

Schedule

- Week 1-2 (Upper/Lower Split)
- Week 3-4 (Push/Pull/Legs Split)
- Week 5-6 (Compound Split)

Week 1-2 (Upper/Lower Split)

Monday – Upper Body

Exercise	Target Muscle	Reps
Flat Bench Press	Chest	12, 10, 8, 6
Incline DB Bench press	Chest	12, 10, 8
Pec Deck Fly	Chest	12 x 3
Lateral Raises	Shoulder	10 x 4
Rope Pushdown	Triceps	12 x 3
Plank	Core	1-min x 2

Tuesday – Legs

Exercise	Target Muscles	Reps
Back Squat	Quadriceps	15, 12, 10, 8
Leg Press	Quadriceps	12 x 4
Machine Leg Curl	Hamstrings	15 x 4
Calf Raises	Calves	15 x 4

Wednesday – Upper Body

Exercise	Target Muscle	Reps
Lat Pulldown	Back	15, 12, 10, 8
Seated Row	Back	15, 12, 10, 8
T-Bar Row	Back	10 x 3
Face Pull	Trap, Rear Delt	12 x 3
Barbell Curl	Biceps	12 x 3
Hanging Knee Raises	Core	10 x 3

Thursday – Lower Body

Exercise	Target Muscles	Reps
Walking/Front Lunges	Quadriceps	10 x 3
Leg Extension	Quadriceps	15 x 4

Romanian Deadlift	Hamstrings	10 x 3
Step up	Lower Body	10 x 4
Sumo Cossack Squat	Lower Body	10 x 3

Friday

Exercise	Target Muscle	Reps
Chinups	Back, Biceps	10 x 3
Dips	Chest, Triceps	10 x 3
Military press	Shoulder	12 x 3
Pullover	Chest, Lats	12 x 3
Shrugs	Shoulder	12 x 3
Landmine Oblique Twist	Core	10 x 3

Week 3-4 (Push/Pull/Legs Split)

Monday – Push workout

Exercise	Target Muscle	Reps
Flat Bench Press	Chest	15, 12, 10, 8
Incline DB Bench press	Chest	15, 12, 10, 8
Deficit Pushups	Chest	10 x 3
Lateral Raises	Shoulder	12 x 4
Rope Pushdown	Triceps	10 x 2
One-arm Tricep Extension	Triceps	10 x 2

Tuesday – Pull workout

Exercise	Target Muscle	Reps
Pullups	Back and Biceps	10 x 3
Lat Pulldown	Back	12 x 4
Seated Cable Row	Back	12 x 3
Incline DB Curl	Biceps	10 x 3
Concentration Curl	Biceps	10 x 3

Wednesday – Legs workout

Exercise	Target Muscles	Reps
Back Squats	Quad	15, 12, 10, 8
Leg Press	Quad	12 x 3

Leg Exyension	Quad	12 x 3
Leg Curl	Ham	15 x 4
Calf Raises	Calves	15 x 4

Friday – Push workout

Exercise	Target Muscle	Reps
Incline DB Bench press	Chest	10 x 4
Decline Bench Press	Chest	10 x 4
Bar Dips	Chest	10 x 3
Lateral Raises	Shoulder	12 x 4
French Press	Triceps	10 x 2
Kickback	Triceps	10 x 2

Saturday – Pull workout

Exercise	Target Muscle	Reps
Deadlift	Back	8, 6, 5, 4
Lat Pullover	Back	12 x 3
Face Pull	Trap & Rear Delt	12 x 3
Shrugs	Shoulder	12 x 3
Chinups	Biceps	10 x 3
Concentration Curl	Biceps	10 x 2

Week 5-6 (Compound Split)

Monday – Chest, Triceps, and Calves

Exercises	Reps
Flat Bench Press	12 x 4
Incline Bench Press	12 x 4
Pec Deck Fly	12 x 3
Dips	10 x 3
Rope Pushdown	10 x 3
Standing Calf Raise	15 x 4

Tuesday – Back and Hamstrings

Exercises	Reps
Conventional Deadlift	5 x 5
Pullups	10 x 3
Lat Pullover	12 x 3
Seated Cable Rowing	12 x 4
One-arm DB Row	10 x 3
Leg Curl	12 x 4

Wednesday – Quadriceps and Shoulder

Exercises	Reps
Barbell Back Squat	15, 12, 10, 8
Stationary Lunges	10 x 3
Leg Extension	12 x 4
Arnold Press	10 x 3
Lateral Raises	12 x 3
Behind The Neck Shrugs	12 x 3

Friday – Chest, Biceps, Core

Exercises	Reps
Incline Bench Press	12 x 4
High to Low Cable Flyes	12 x 4
Pullover	10 x 3
EZ Barbell Curl	10 x 3
Incline DB Curl	10 x 3
Ab Workout	10-min

Saturday – Back, Rear Delt, and Glutes

Exercises	Reps
Front Lat Pulldown	12 x 4
Seated Cable Rowing	10 x 4
Bent-over Rowing	12 x 4
Rear Delt DB Raise	12 x 4
Face Pulls	10 x 3
Hip Thrust	12 x 4

Instructions and Tips to Follow This Program Effectively

1. Pre-Workout Meal

The foundation of a good workout session begins with a couple of hours of training. For example, what you consume before the workout matter a lot.

For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

2. Warm-Up

The warm-up is a crucial part of any weight training routine as it increases blood flow and heart rate helps prevent injuries and improves performance.

You can use [cardio machines](#) or perform [bodyweight aerobic exercises](#) (not stretching), such as squat jump, burpees, and jumping jacks for 5 minutes to get ready.

3. Post-workout Stretching

Research shows that the post-workout stretching helps reduce muscle soreness. So it's best to perform some [stretching exercises](#) after intense training.⁴

4. How much should you lift?

You can lift as heavy as possible as long as you perform the suggested reps and sets with the right form.

5. The optimal rest time between exercises

The rest time between sets can be sixty seconds to four minutes, depending on what type of exercises you do. For example, if you do [compound liftings](#) you need to take 3-4 minutes of break and if you do [isolation exercises](#), the rest time would be 1-3 minutes.

6. Train When You Feel the Most Active

You can train at any time of the day but make sure you feel physically and mentally active to give your hundred percent.

7. Progress Your Level

Progressive overload is crucial for strength and hypertrophy. That's why you should gradually increase reps, weight, sets, or workout duration over time to get the maximum results.

9. 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 foods 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).

10. Keep yourself hydrated

Keeping yourself hydrated during the workout is crucial for an effective workout session.

Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [30+ Best Smith Machine Exercises](#)
- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)