

The 6-Week Hybrid Workout Program

Scale Your Fitness

Created by: [Murshid Akram](#)

Check out [article](#) for more info

This program is not about achieving a specific fitness goal but all about trying different types of workouts and leveling up your overall fitness.

Anyone who has been working out for a while and wants to try a challenging workout can follow this hybrid training program, from male to female.

Program Summary

Routine Type	Hybrid Workout
Split Type	Hybrid Split
Program Duration	6 Weeks
Routine Goal	Improve Strength, Hypertrophy, Endurance, Balance, and Flexibility
Training Level	Intermediate to Advanced
Duration Per Session	60-90 Minutes
Sessions/week	4-5 Days
Targe Gender	Males and Females Both
Suitable Age Group	18-35 Years

The 6-Week Hybrid Workout Program

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This six-week hybrid workout routine involves various exercises, from powerlifting and plyometrics to bodybuilding and calisthenics.

Powerlifting is all about [lifting maximum load in a systematic way](#) and gaining strength; plyometric helps [enhance the jumping ability](#) and explosiveness and improve athleticism; bodybuilding helps bring out the best shape and improve aesthetics; and calisthenics [scales up your balance and flexibility](#).

The combination of the above workouts will improve your aesthetic and take your fitness to the next level.

Note: You can modify this workout program to suit your goals, fitness level, preferences, and schedule.

Week 1 – Powerlifting and Cardio

- Monday – Squat
- Tuesday – Cardio
- Wednesday – Bench
- Thursday – OFF
- Friday – Deadlift
- Saturday – Cardio
- Sunday – OFF

Monday – Squat

Warm-up:

- 5-min **Lower Body Foam Rolling**
- 5-minute Stationary Bike/Treadmill (Low intensity)
- Leg Press – 3 sets of 10-15 reps with a light load

Back Squat:

- **Round 1**– 2 sets of 6 reps (desired weight) 2-min rest.
- **Round 2** – 2 sets of 5 reps at 60-70% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 3 reps at 70-80% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of 2 reps 80-90%, 4-min rest.
- **Round 5** – 2 sets of 5 reps (desired weight), 3-min rest.

Accessory Lifts:

- **Front Lunge:** 2 sets x 10 reps on each leg
- **DB Romanian Deadlift:** 3 sets of 6-8 reps

Tuesday – Cardio

Start with a 5-minute treadmill jog, then follow the below workout.

- 15-sec Mountain Climbing
- 10 Pushups
- 10 Sit-ups
- 15-sec Bear Crawl
- 10 Reverse Crunches
- 20 **Spider Mountain Climbing** (10/side)
- 15-sec Flutter Kicks
- 15-sec Inchworm
- 10 Bodyweight Renegade Row (5/side)

- 10 **Prone Y Raises**
- 60-sec Forearm Front Plank
- 20-sec Side Plank (each side)
- Repeat as many times as possible.
- Do it at your own pace.

Wednesday – Bench

Warm-up:

- 3-5 minutes **Upper Body Foam Rolling**
- 5-minute Low-impact stationary bike/Treadmill
- 1-2 minute Band Pull-apart
- Pin Press 2 sets of 15-20 reps with an empty barbell

Bench Press

- **Round 1**– 2 sets of 6 reps (desired weight) 2-min rest.
- **Round 2** – 2 sets of 5 reps at 60-70% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 3 reps at 70-80% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of 2 reps 80-90%, 4-min rest.
- **Round 5** – 2 sets of 5 reps (desired weight), 3-min rest.

Accessory Lifts:

- Dumbbell Overhead Press: 3 sets of 10-12 reps
- Pec Deck Machine Fly: 3 sets of 10-12 reps

Friday – Deadlift

Warm-up:

- 3-5 minute Rowing Machine/Stationary Bike
- 3-5 minutes of Full-Body Foam Rolling
- Inchworm: 30-sec x 2

Conventional/Sumo Deadlift

- **Round 1**– 2 sets of 6 reps (desired weight) 2-min rest.
- **Round 2** – 2 sets of 5 reps at 60-70% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 3 reps at 70-80% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of 2 reps 80-90%, 4-min rest.
- **Round 5** – 2 sets of 5 reps (desired weight), 3-min rest.

Accessory Lifts:

- Chest Supported Dumbbell Row: 3 sets of 10-12 reps
- Reverse Hyperextension: 3 sets of 10-12 reps

Saturday – Cardio

Start with a 5-minute treadmill jog, then follow the below workout.

- 50 Double Unders
- 10 Pushups
- 10 Squat Jumps
- 5 Pullups
- 15-sec Cross Body Mountain Climber
- 20 Alternating Heel Taps (10/side)
- 10 Push Presses
- 20 One-arm Kettlebell Swings (10 per hand)
- 15 Hanging Knee Raises
- 20 Spider Crunches (10/side)
- Repeat as many times as possible.

Week 2 – Hypertrophy and Plyometric

- Monday – Quad, Chest, and Triceps,
- Tuesday – Plyometric

- Wednesday – Back, Hamstring, and Biceps
- Thursday – Rest
- Friday – Shoulder, Glutes, and Core
- Saturday – Plyometric
- Sunday – Rest

Warm-up: Start your workout with 5-10 minutes of warm-up exercises. It will accelerate your heart rate and prepare your muscles for intense resistance exercises. You can do various exercises, such as treadmill jog, bodyweight cardio exercises, or lifting a light bar and dumbbell for warm-up.

Monday – Quad, Chest, and Triceps

Exercise	Sets	Reps
Front DB Squat + Pec Deck Fly (Superset)	3-4	10-12
Leg Extension + Flat Bench Press (Superset)	3-4	10-12
Incline Dumbbell Bench Press	2-3	10-12
Pullover + Bar/Rope Pushdown	2-3	10-12
One-arm Overhead Triceps Extension	2-3	15/arm

Tuesday – Plyometric

Round 1-2	Round 3-4
15-sec Ankle Hops	10 Alternating Lunge Jumps
10 Squat Thrusters	10 Vertical Jumps
10 Star Jumps	15-sec High Knees
15-sec Mountain Climbers	10 Pushup Jacks
5 Burpee with Tuck Jump	15-sec Flutter Kicks
10 Alternating Push Offs (5/leg)	10 Lunge with Knee Drive (5/leg)

Explore more [high jump plyometric exercises](#) and add them to your program.

Wednesday – Back, Hamstring, and Biceps

Exercise	Sets	Reps
Front Lat Pulldown	3-4	10-12
Seated Cable Row	3-4	10-12
Bent-over Barbell Row	2-3	10-12
DB RDL + EZ Bar Biceps Curl (Superset)	2-3	10-12
Leg Curl + Hammer Curl (Superset)	2-3	10-12

Friday – Shoulder, Glutes, and Core

Exercise	Sets	Reps
Arnold Press + Hanging Knee Raises	2-3	10-12
Lateral Delt Raises + Decline Crunches	2-3	10-12
Rear Delt Raises + Cable Crunches	2-3	10-12
Shrug + Cable Wood Chop	2-3	10-12
Hip Thrust + Reverse Cable Crunches	2-3	10-12

Saturday – Plyometric

Round 1-2	Round 3-4
15-sec Ankle Hops	15-sec Jumping Jacks
10 Squat Thrusters	10 Squat Jumps
10 Front Box Jump	15-sec Plank Jacks
15-sec Mountain Climbers	10 Kneeling Squat Jumps
10 Lateral Box Jumps	10 Scissor Jumps
10 Alternating Push Offs	10 Frog Squat Jumps

You can also check out this ultimate [list of plyometric exercises](#) to integrate into your hybrid workout schedule.

Week 3 – Functional Training and Calisthenics

- Monday – Functional Training
- Tuesday – Calisthenics
- Wednesday – OFF
- Thursday – Functional Training
- Friday – Calisthenics
- Saturday – OFF
- Sunday – Rest

Monday – Functional Training

Rounds 1 & 3	Rounds 2 & 4
500m Treadmill Run	10 Box Jumps
20 KB Swings (10/arm)	10 Pull-ups
15 Pushups	50 Double Unders
10 Back Squats	10 Bar Dips
10 Hanging Knee Raises	10 Burpees
10 Push Press	10 Pendlay Rows

Tuesday – Calisthenics

Rounds 1 & 3	Rounds 2 & 4
10 Inverted Rows	10 Chinups
10 Pushups	10 Curtsy Lunges (5/leg)
20 Superman Pull	10 Archer Pushups (5/side)
10 Single-leg Deadlift	20 Side Plank Hip Dips (10/side)
10 Glute Bridges	15-sec Bird Dog Plank (each side)

Thursday – Functional Training

Rounds 1 & 3	Rounds 2 & 4
500m Treadmill Run	10 Box Jumps
10 Pull-ups	10 Devil Presses

15 Pushups	50 Double Unders
10 Zercher Squats	10 Bar Dips
10 Hanging Knees to Elbows	10 Bent-over Rows
10 Dumbbell Lunges	10 Decline Crunches

Friday – Calisthenics

Rounds 1 & 3	Rounds 2 & 4
10 Squat Jumps	10 Chinups
10 Pike Pushups	12 Spiderman Crawl (6/side)
20 Long Leg March (10/leg)	10 Pistol Squats (5/leg)
10 Lateral Lunges (5/leg)	10 Dive Bomber Pushups
10 Single-Leg Tuck-up	15-sec Hollow Body Hold

Week 4 – Powerlifting and Cardio

- Monday – Squat
- Tuesday – Cardio
- Wednesday – Bench
- Thursday – OFF
- Friday – Deadlift
- Saturday – Cardio
- Sunday – OFF

Monday – Squat

Warm-up:

- 5-min Lower Body Foam Rolling
- 5-minute Stationary Bike/Treadmill (Low intensity)
- Leg Press – 3 sets of 10-15 reps with a light load

Back Squat:

- **Round 1**– 2 sets of 6 reps (desired weight) 2-min rest.
- **Round 2** – 2 sets of 5 reps at 60-70% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 3 reps at 70-80% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of 2 reps 80-90%, 4-min rest.
- **Round 5** – 2 sets of 5 reps (desired weight), 3-min rest.

Accessory Lifts:

- **Front Lunge:** 2 sets x 10 reps on each leg
- **DB Romanian Deadlift:** 3 sets of 6-8 reps

Tuesday – Cardio

Start with a 5-minute treadmill jog, then follow the below workout.

- 15-sec Mountain Climbing
- 10 Pushups
- 10 Sit-ups
- 15-sec Bear Crawl
- 10 Reverse Crunches
- 20 Spider Mountain Climbing (10/side)
- 15-sec Flutter Kicks
- 15-sec Inchworm
- 10 Bodyweight Renegade Row (5/side)
- 10 Prone Y Raises
- 60-sec Forearm Front Plank
- 20-sec Side Plank (each side)
- Repeat as many times as possible.
- Do it at your own pace.

Wednesday – Bench

Warm-up:

- 3-5 minutes Upper Body Foam Rolling
- 5-minute Low-impact stationary bike/Treadmill
- 1-2 minute Band Pull-apart
- Pin Press 2 sets of 15-20 reps with an empty barbell

Bench Press

- **Round 1**– 2 sets of 6 reps (desired weight) 2-min rest.
- **Round 2** – 2 sets of 5 reps at 60-70% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 3 reps at 70-80% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of 2 reps 80-90%, 4-min rest.
- **Round 5** – 2 sets of 5 reps (desired weight), 3-min rest.

Accessory Lifts:

- Dumbbell Overhead Press: 3 sets of 10-12 reps
- Pec Deck Machine Fly: 3 sets of 10-12 reps

Friday – Deadlift

Warm-up:

- 3-5 minute Rowing Machine/Stationary Bike
- 3-5 minutes of Full-Body Foam Rolling
- Inchworm: 30-sec x 2

Conventional/Sumo Deadlift

- **Round 1**– 2 sets of 6 reps (desired weight) 2-min rest.
- **Round 2** – 2 sets of 5 reps at 60-70% of your 1RM, 3-min rest.
- **Round 3** – 2 sets of 3 reps at 70-80% of your 1RM, 4-min rest.
- **Round 4** – 2 sets of 2 reps 80-90%, 4-min rest.
- **Round 5** – 2 sets of 5 reps (desired weight), 3-min rest.

Accessory Lifts:

- Chest Supported Dumbbell Row: 3 sets of 10-12 reps

- Reverse Hyperextension: 3 sets of 10-12 reps

Saturday – Cardio

Start with a 5-minute treadmill jog, then follow the below workout.

- 50 Double Unders
- 10 Pushups
- 10 Squat Jumps
- 5 Pullups
- 15-sec Cross Body Mountain Climber
- 20 Alternating Heel Taps (10/side)
- 10 Push Presses
- 20 One-arm Kettlebell Swings (10 per hand)
- 15 Hanging Knee Raises
- 20 Spider Crunches (10/side)
- Repeat as many times as possible.

Week 5 – Hypertrophy and Plyometric

- Monday – Quad, Chest, and Triceps,
- Tuesday – Plyometric
- Wednesday – Back, Hamstring, and Biceps
- Thursday – Rest
- Friday – Shoulder, Glutes, and Core
- Saturday – Plyometric
- Sunday – Rest

Monday – Quad, Chest, and Triceps

Exercise	Sets	Reps
Front DB Squat + Pec Deck Fly (Superset)	3-4	10-12
Leg Extension + Flat Bench Press (Superset)	3-4	10-12
Incline Dumbbell Bench Press	2-3	10-12

Pullover + Bar/Rope Pushdown	2-3	10-12
One-arm Overhead Triceps Extension	2-3	15/arm

Tuesday – Plyometric

Round 1-2	Round 3-4
15-sec Ankle Hops	10 Alternating Lunge Jumps
10 Squat Thrusters	10 Vertical Jumps
10 Star Jumps	15-sec High Knees
15-sec Mountain Climbers	10 Pushup Jacks
5 Burpee with Tuck Jump	15-sec Flutter Kicks
10 Alternating Push Offs (5/leg)	10 Lunge with Knee Drive (5/leg)

Wednesday – Back, Hamstring, and Biceps

Exercise	Sets	Reps
Front Lat Pulldown	3-4	10-12
Seated Cable Row	3-4	10-12
Bent-over Barbell Row	2-3	10-12
DB RDL + EZ Bar Biceps Curl (Superset)	2-3	10-12
Leg Curl + Hammer Curl (Superset)	2-3	10-12

Friday – Shoulder, Glutes, and Core

Exercise	Sets	Reps
Arnold Press + Hanging Knee Raises	2-3	10-12
Lateral Delt Raises + Decline Crunches	2-3	10-12
Rear Delt Raises + Cable Crunches	2-3	10-12
Shrug + Cable Wood Chop	2-3	10-12
Hip Thrust + Reverse Cable Crunches	2-3	10-12

Saturday – Plyometric

Round 1-2	Round 3-4
15-sec Ankle Hops	15-sec Jumping Jacks
10 Squat Thrusters	10 Squat Jumps
10 Front Box Jump	15-sec Plank Jacks

15-sec Mountain Climbers	10 Kneeling Squat Jumps
10 Lateral Box Jumps	10 Scissor Jumps
10 Alternating Push-Offs	10 Frog Squat Jumps

Week 3 – Functional Training and Calisthenics

- Monday – Functional Training
- Tuesday – Calisthenics
- Wednesday – Functional Training
- Thursday – Calisthenics
- Friday – Functional Training
- Saturday – Calisthenics
- Sunday – Rest

Monday – Functional Training

Rounds 1 & 3	Rounds 2 & 4
500m Treadmill Run	10 Box Jumps
20 KB Swings (10/arm)	10 Pull-ups
15 Pushups	50 Double Unders
10 Back Squats	10 Bar Dips
10 Hanging Knee Raises	10 Burpees
10 Push Press	10 Pendlay Rows

Tuesday – Calisthenics

Rounds 1 & 3	Rounds 2 & 4
10 Inverted Rows	10 Chinups
10 Pushups	10 Curtsy Lunges (5/leg)
20 Superman Pull	10 Archer Pushups (5/side)

10 Single-leg Deadlift	20 Side Plank Hip Dips (10/side)
10 Glute Bridges	15-sec Bird Dog Plank (each side)
Rounds 1 & 3	Rounds 2 & 4
500m Treadmill Run	10 Box Jumps
10 Pull-ups	10 Devil Presses
15 Pushups	50 Double Unders
10 Zercher Squats	10 Bar Dips
10 Hanging Knees to Elbows	10 Bent-over Rows
10 Dumbbell Lunges	10 Decline Crunches

Friday – Calisthenics

Rounds 1 & 3	Rounds 2 & 4
10 Squat Jumps	10 Chinups
10 Pike Pushups	12 Spiderman Crawl (6/side)
20 Long Leg March (10/leg)	10 Pistol Squats (5/leg)
10 Lateral Lunges (5/leg)	10 Dive Bomber Pushups
10 Single-Leg Tuck-up	15-sec Hollow Body Hold

Is Hybrid Workout Effective?

Yes! From strength, muscle mass, and mobility to endurance, agility, and flexibility, a well-crafted hybrid workout program will help you level up your fitness and improve your body composition.

However, various workouts, such as powerlifting, plyometrics, and calisthenics, require decent lifting and athletic ability.

You can try this program for six weeks to test your fitness level.

Download The Hybrid Workout Routine PDF

[The-Ultimate-Hybrid-Workout-Plan](#)

You can modify this workout program to fit your goals, fitness level, preferences, and schedule. Below are some great resources for you:

- [Calisthenics Exercises List](#)
- [Best Compound Exercises](#)
- [Functional Exercises List](#)
- [Cardio Exercises List](#)

Disclaimer: This program is not for newbies or people with any health condition, including but not limited to cardiovascular diseases, pregnancy, shortness of breath, etc. Do it at your own risk.

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