

6-WEEK HYBRID WORKOUT PROGRAM TO SCALE YOUR FITNESS LEVEL

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Being a fitness enthusiast, staying fit, strong, and healthy is one of the primary goals of my life. That's why I try various kinds of workouts, from bodybuilding and powerlifting to calisthenics and CrossFit.

Doing a variety of workouts keeps me motivated and helps me enhance my overall fitness.

Recently, I've designed an ultimate 6-week hybrid workout program that includes strength, mobility, endurance, and flexibility exercises.

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

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

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
Target Gender	Males and Females Both
Suitable Age Group	18-35 Years

The 6-Week Hybrid Workout Program

Scale Your Fitness

This 6-week hybrid workout routine involves performing all kinds of exercises, from powerlifting and plyometric to CrossFit 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; Crossfit levels up overall strength and cardiovascular fitness, 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 Under
- 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 jogging, 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 – Crossfit and Calisthenics

- Monday – Crossfit
- Tuesday – Calisthenics
- Wednesday – OFF
- Thursday – Crossfit
- Friday – Calisthenics

- Saturday – OFF
- Sunday – Rest

Monday – Crossfit

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 – Crossfit

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 6 – Crossfit and Calisthenics

- Monday – Crossfit
- Tuesday – Calisthenics
- Wednesday – Crossfit
- Thursday – Calisthenics
- Friday – Crossfit
- Saturday – Calisthenics
- Sunday – Rest

Monday – Crossfit

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 – Crossfit

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, doing various kinds of workouts, such as powerlifting, plyometric, Crossfit, and calisthenics, requires decent lifting and athletic ability.

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

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

- [Crossfit Exercises List](#)
- [Calisthenics Exercises List](#)
- [Best Compound Exercises](#)
- [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.

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

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

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. 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.

4. 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. (If you do not have time extra time, skip this part).

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

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).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.

- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

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.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)

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