

Best Unilateral Workout Routine for a Balanced & Strong Body

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Full URL: <https://thefitnessphantom.com/unilateral-workout-routine>

ROUTINE A

Day 1: Chest & Calves

Day 2: Back & Hamstrings

Day 3: Quads & Shoulders

Day 4: Biceps & Triceps

Day 5: Chest & Abs

Day 6: Back & Shoulder

ROUTINE B

Monday: Full Body Workout

Wednesday: Full Body Workout

Friday: Full Body Workout

You can save one of these plans depending on whether you train three or six days weekly.

Program Summary

Exercises Type	Unilateral Strength Training
Routine 1	Two Body Parts a Day (6x Weekly)
Routine 2	3x Weekly Full Body Workout
Program Goal	Improve Strength Imbalance & Symmetry
Duration/Workout	45-60 minutes
Target Gender	Male and Female

Difficulty Level	Beginners to Intermediate
Program Duration	6-8 weeks

PERFORM MORE SETS OR REPS ON WEAKER SIDES.

6x Unilateral Workout Split (Two Muscles/Day)

This 6-day split involves training the chest, back, and shoulder twice and the other muscles once a week.

If you miss your workout, start from where you left.

Day 1 – Chest & Calves

Exercises	Sets	Reps/Side
Single-arm Cable Chest Press	3	10-12
One-arm Seated Machine Fly	3	10-12
1-arm Incline DB Press	3	10-12
Single-leg Standing Calf Raises	3	10-12
Single-leg Seated Calf Raises	3	15-20

Day 2 – Back & Hamstrings

Exercises	Sets	Reps/Side
Single-arm High Cable Row	3	10-12
One-arm Bent-over Row	3	10-12
One-arm Cable Row	3	10-12
Single-leg Hamstring Curl	3	10-12
1-leg Romanian Deadlift	3	15-20

Day 3 – Quads & Shoulders

Exercises	Sets	Reps/Side
Single-leg Extension	3	10-12

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Stationary Front Lunges	3	10-12
Unilateral Leg Press	3	10-12
1-arm Lateral Raises	3	10-12
1-arm Overhead Press	3	15-20

Day 4 – Biceps & Triceps

Exercises	Sets	Reps/Side
Single-arm Bayesian Curl	3	10-12
Concentration Curls	3	10-12
One-arm Hammer Curl	3	10-12
Single-arm Overhead Triceps Extension	3	10-12
One-arm Triceps Kickback	3	10-12
Single-arm Crossbody Triceps Extension	3	10-12

Day 5 – Chest & Abs

Exercises	Sets	Reps/Side
1-arm Hammer Strength Press	3	12-15
Single-arm Cable Fly	3	12-15
1-arm Upward Cable Fly	2	12-15
High to Low cable Chop	3	10-12
One-arm Crossbody Cable Crunch	3	15-20

Day 6 – Back & Shoulder

Exercises	Sets	Reps/Side
Alternating Lat Pulldown	3	12-15
Split Stance One-arm Cable Row	3	12-15
1-arm Leaning Lateral Raises	3	12-15
Standing Rear Delt Cable Fly	3	12-15
Bent-over Cable Rear Delt Raise	3	12-15

3x Weekly Full Body Unilateral Workout Routine

This [full-body workout](#) is a time-efficient way to work on your entire body by exercising three times a week only. I follow this program to work on my weaker areas and bring out my best shape.

Monday – Full Body Workout

Exercises	Sets	Reps/Side
Single-arm Cable Chest Press	3	12-15
Single-arm Cable Lat Pulldown	3	12-15
1-arm Cable/DB Lateral Raises	3	12-15
Unilateral Leg Extension	3	15-20
Unilateral Leg Curls	3	15-20
High to Low Cable Wood Chop	3	10-12

Wednesday – Full Body Workout

Exercises	Sets	Reps/Side
1-arm DB Overhead Press	3	10-12
Single-arm Cable Row	3	12-15
Single-arm Incline DB Chest Press	3	10-12
Bulgarian Split Squats	3	8-10
One-arm Overhead Triceps Extension	3	12-15
Dumbbell Concentration Curls	3	10-12

Friday – Full Body Workout

Exercises	Sets	Reps/Side
Single-arm Cable Fly	3	10-12
One-arm Bent-over Row	3	10-12
Standing Rear Delt Cable Fly	3	10-12
Single-leg Deadlift	3	6-10
One-leg Standing Calf Raises	3	15-20
Single-arm Bayesian Curl	3	10-12
One-arm Triceps Pushdown	3	12-15

Who Should Follow Unilateral Exercise Training?

This program is for general fitness enthusiasts, particularly gym goers, who want to focus more on their weak body parts, improve posture, and muscle symmetry, and correct strength imbalance.

Unilateral training also helps improve balance, minimize the risk of injuries by correcting strength imbalances, and enhance muscle coordination.

Even if you don't follow a dedicated unilateral exercise program, you can [pick some exercises](#) from the above routine and integrate them into your fitness development program to work on specific areas.

Note: If you are a sprinter, jumper, basketball player, etc, I recommend consulting with a professional for a customized training plan to work on achieving your specific fitness goal.

Can You Build Muscle with Unilateral Workout?

Yes, you can build muscle and improve definition with unilateral exercises.

Here's how unilateral exercises induce hypertrophy besides improving muscle imbalances:

Unilateral movements help train muscles with a greater range of motion, recruiting more muscle fibers. For example, single-arm

cable row stretches your lats effectively and helps build a wider back.

Focusing on one side at a time elicits decent muscle contraction and improves the mind-muscle connection. These are crucial factors in muscle gain.