

FORMATTED WORKOUTS

YOUR FIRST
PROPER SIX-DAY
BODYBUILDING
TRAINING PROGRAM



SCOTT ABEL

6-Day Power & Muscle Development

Rules of Application and Tweaks

- This is a six-day program designed to boost strength density and muscle development. This means adding “mass with class.”
- The program uses a five-week sequence that is to be repeated three times, so 15 weeks in total, as follows: Weeks 1-2-3-4-5, start again at 1-2-3-4-5, and start again at 1-2-3-4-5.
- Within that five-week sequence, there will be major rep tweaks on Weeks Four and Five, which I will explain below.

Goals for Days 1, 2, and 3

- **Recovery.** For Days One, Two, and Three the goal with your working sets is to rest for (basically) complete recovery. Do not use the clock for this. Use your own subjective assessment of your readiness.
- **Working sets.** The goal for Days One, Two, and Three is to use a “weights constant” or “sets across” strategy. Select a weight where you can perform all five sets for five reps, without ever needing to lower the weight. Your sets should take effort and challenge you, but you should not go to failure, and you should never use forced reps, or negative reps, or anything like that.

Goals for Days 4, 5, and 6

- **Recovery.** Incomplete recovery is your goal for Days Four, Five and Six. You rest to just short of complete recovery while still maintaining strength and effort levels. (Again, this is based on your own subjective assessment.) Make the pace a bit faster on training Days Four, Five and Six – but just a bit, nothing extreme,
- **Working sets.** The goal for days Four, Five and Six is to train at a faster pace for all three working sets within the reps ranges indicated. So you can select different weights, set-to-set as long as you stay within the prescribed rep schemes.

The Reps “Twist” in Weeks Four and Five

- **Descending sets.** For Weeks Four and Five you will employ a descending sets (also known as “reverse pyramid”) strategy instead of a weights constant strategy. This affects Days One, Two, and Three for these weeks. For the first three days of the week on Weeks Four and Five, you will eliminate the weights constant tactic. You will go to just short of practical failure for all your sets, but in between

each set you will lower the weight, so that you can do more reps with each set.

- Descending sets look like this:

Set 1: 5 reps
Lower the weight

Set 2: 8-10 reps
Lower the weight

Set 3: 10-12 reps
Lower the weight

Set 4: 12-15 reps
Lower the weight

Set 5: 15-20 reps

- For most exercises, you will go basically to failure within those increased rep ranges. However, deadlifts are never, ever done to failure. Always leave at least two to three reps in the tank when performing deadlifts.
- For Days Four, Five, and Six on Weeks Four and Five the rep patterns can stay the same as always, for simplicity's sake. If you really want to, you can change the reps' range from 15 to 20, to 12 to 15 only, but not lower reps to fewer than 12 to 15. This will prevent you from over-training by using too much weight, too often.
- If you are doing any of the metabolic work, eliminate it during Weeks Four and Five, you eliminate all metabolic work and you also eliminate the exercise "b" series from Day Six.

Important Note:

If this is indeed your first true six-day program for building and developing your physique, then leave out all of the added metabolic work for the whole of the program. After doing all 15 weeks of this program without the metabolic work, do another program for a few months, then you can come back to this program six to eight months later and do the program again, this time with the metabolic work in there. This would be considered an advanced version of the program the next time you do it.

Overview of the Five-Week Cycle						
	Weeks	Day	Rep Scheme	Recovery	Metabolic Work?	
					First Time	Advanced
	Week 1	1	Weights Constant (5X5)	Complete Recovery	No	Yes
		2				
		3				
		4	Hypertrophy	<u>Incomplete Recovery</u>		
		5				
		6				
		7	Rest day			
	Week 2	1	Weights Constant (5X5)	Complete Recovery	No	Yes
		2				
		3				
		4	Hypertrophy	<u>Incomplete Recovery</u>		
		5				
		6				
		7	Rest day			
	Week 3	1	Weights Constant (5X5)	Complete Recovery	No	Yes
		2				
		3				
		4	Hypertrophy	<u>Incomplete Recovery</u>		
		5				
		6				
		7	Rest day			
Active Recovery	Week 4	1	Descending Sets	Complete Recovery	No	No
		2				
		3				
		4	Hypertrophy	<u>Incomplete Recovery</u>		
		5				
		6				
		7	Rest day			
	Week 5	1	Descending Sets	Complete Recovery	No	No
		2				
		3				
		4	Hypertrophy	<u>Incomplete Recovery</u>		
		5				
		6				
		7	Rest day			

Day 1. Push/Pull

Exercise	Sets	Reps
1) Flat DB Or Incline DB or BB Presses	3-4 warm ups, then 5	5
2) BB or DB Bent Over Rows or T-Bar Rows [☆]	5	5
3) Seated DB or Military Shoulder Press [☆]	5	5
<i>(Advanced Version)</i> Metabolic Work [☆☆]	200 total reps	

[☆] If you want, you can do light warm up sets for this exercise in between your work sets for the previous exercise. This just saves time; it isn't necessary.

[☆☆] Metabolic Work: The Push-Up Sequence

This is one of the few sequences where I recommend having a stopwatch or timer! The Push-Up Sequence goes like this:

- Do 15-20 push ups, then 10-15 seconds rest.
- Then do 10 more push ups, then 10-15 seconds more rest.
- Keep doing this until you get to 200 total.

(It's okay to start at 100 for the first two weeks, then go to 150, then to 200.)

Demo: <https://youtu.be/PG3GKyOGLaQ>

Remember to switch from 5 X 5 to descending sets (1 X 5, 1 X 6-8, 1 X 8-10, etc...) on the fourth and fifth week of each five-week cycle.

Day 2. Lower Body

Exercise	Sets	Reps
1) Any Squat variation	3-4 warm ups, then 5	5
2) RDL Deadlift	2-4 warm ups, then 3	5
3) Choose a “Pull” option from below [☆]	5	5

[☆] Exercise 3 “Pull” Options are:

- BB or DB shrugs of any kind
- One-Arm DB high pulls from floor
- One-Arm DB Swings from between the legs or on the outside of each leg.

Obviously if you choose any of the one arm options, then it's 5 reps *for each side*; but that said, you can take a few seconds between each side.

Remember to switch from 5 X 5 to descending sets (1 X 5, 1 X 6-8, 1 X 8-10, etc....) on the fourth and fifth week of each five-week cycle.

(Deadlifts are an exception. For them, switch to 3 X 8, and lower the weight.)

Day 3. Arms

Exercise	Sets	Reps
1a) Standing or Seated Alt. DB Curls	2-4 warm ups, then 5	5
1b) Close-Grip Bench Press, elbows wide (or see below) [☆]	2-4 warm ups, then 5	5
2a) Alt. Hammer Curls or Zottman Curls	5	5
2b) Lying Triceps Extensions or Triceps Pushdowns	5	5
(Advanced Version) Metabolic Work [☆☆]	3-5 min. non-stop, or 4 sets	

[☆] For exercise 1b) you can sub Close-Grip Bench Press for any tricep exercise requiring both arms, like lying DB or BB triceps extension, Overhead Rope Extension, Pushdowns, etc.

[☆☆] Metabolic Work: The Simultaneous Arm Blast.

With one arm, do Reverse Grip 1-Arm Cable Pressdowns, and *at the same time* with the other arm do Bicep Cable Curls. Do this to failure, turn around and switch arms, then repeat.

Do this for 3-4 minutes non-stop, or 4 sets of each side.

Demo 1: <http://youtu.be/as54x6fRAws> Demo 2: <https://youtu.be/5S4XqVhl3H4>

Remember to switch from 5 X 5 to descending sets (1 X 5, 1 X 6-8, 1 X 8-10, etc...) on the fourth and fifth week of each five-week cycle.

Day 4. Chest / Back

(Alternate each week whether you do Chest or Back first.)

Exercise	Sets	Reps
Chest		
1) Any machine or cable 2-arm chest exercise	3-4 warm ups, then 3	15-20
2) Any DB chest exercise, flyes or presses	3	15-20
3) Any machine or cables 2-arm chest exercise or push up variation	3	15-20
Back		
4) One Arm DB or Cable Rows, any version	1 warm ups, then 3	15-20
5) Any seated or inverted or recline row variation	3	15-20
6) Any Pulldown Variation	3	15-20
<i>(Advanced Version)</i> Metabolic Work [☆]	3-4	15

[☆] For those doing the Metabolic Work, if you start with Chest, do the Chest Finisher. If you start with Back, do the Back Finisher.

Metabolic Work: The Chest Finisher

Horizontal cable flys superset with Flat DB Floor Press

Do this for 3-4 sets, non-stop, of about 15 reps each.

Demo: http://youtu.be/0_TC9Uux5nc

Metabolic Work: The Back Finisher

Straight arm lying cable pullovers from floor superset with reverse grip push ups with push up bars.

Do this for 3-4 sets, non-stop, of about 15 reps each.

Demo 1: <https://youtu.be/5pNrlqbRPCM> Demo 2: <https://youtu.be/UbsvyWt2I4E>

Day 5. Legs / Shoulders

(Alternate each week whether you do Shoulders or Legs first.)

Exercise	Sets	Reps
Shoulders		
1) Any shoulder exercise (except presses) [☆]	2-3 warm ups, then 3	15-20
2) Any shoulder exercise (except presses) [☆☆]	3	15-20
3) Any shoulder exercise (<i>machine</i> presses okay) [☆☆]	3	15-20
Legs		
4) Any Squat or Leg Press Variation not used in Day 2	1 warm ups, then 3	15-20
5) Alternating Lunges or Single Leg Bulgarian Split Squats	3	15-20
6) Any Other Leg Exercise, DB Sumo Squat, One Leg Press, Leg Extensions	3	15-20 EL
(Advanced Version) Metabolic Work [☆☆☆]		

[☆] For example: Front DB Raises, DB Side Raises, DB Seated Side Raises, Cable Raises, Rear Delt Machine, and so on. Choose three different exercises for Exercises 1), 2) and 3).

[☆☆] On days where you do shoulders first, you can save time by doing light warm up sets for legs in between sets of your shoulder exercises.

[☆☆☆] **Metabolic Work** for this day has **2 options**. Choose Option 2 if legs are a specific focus for you, but if not, just choose Option 1.

Option 1. Reach Lunge with Shoulders Sequence		Option 2. Leg Focus Sequence	
a. Alternating DB front reach lunge with side lateral raises	15 ES	a. BW Squat Jumps	10-15
b. Alternating DB Side Reach Lunge with upright rows	15 ES	b. BW Burpees	10-15
c. Alternating Posterior Reach Lunge with shoulder press	15 ES	c. BW Burpees with Squat Jump	10-15
Repeat the full sequence <u>three</u> times.		d. Front Alternating DB Reach Lunge with Press	10 ES
Demo 1: http://youtu.be/-6cfHzApG3I		Repeat the full sequence <u>twice</u> .	
Demo 2: https://youtu.be/MIBbSj_RDSc		Demo: https://youtu.be/ZeH4kJy74bE	

Day 6. Arms

For the fourth and fifth week of each five-week cycle (that is, the active recovery weeks, where you use descending sets instead of 5 X 5) do not do exercise B at all on this day!

Exercise	Sets	Reps
1a) Any one arm or two arms biceps exercise	2-4 warm ups,	15-20
1b) Any posterior chain lower body movement. (See rules below.) [☆]	then 3	
2a) Any one arms or two arms biceps exercise	3	15-20
2b) Same as 1b). (See rules below) [☆]		
3a) 1-Arm Hammer Curls, or 1-Arm Zottman Curls or 2 Arm Cable Curls	3	15-20
3b) Same as 1b) and 2b), but can have more options. (See below.)		
4a) Any one arm or two arm triceps exercise	3	15-20
4b) Any abs or core exercise [☆☆]		
5a) Any one arm or two arms triceps exercise	3	15-20
5b) Any abs or core exercise		
6a) Any one arm or two arms triceps exercise	3	15-20
6b) Any abs or core exercise		

[☆] For all exercise “b’s” on Day 6, you will only do one set of any given exercise (your choice) and in any order, and you do that set for time or sub-max efforts of 15-20 reps.

Options for exercise 1b and 2b are: lying leg curls, seated curls, one leg standing leg curls, anterior reaches or one arm one leg DB deadlifts, SB Leg Curls with High Bridge, TRX Leg Curls or Bicycle Leg Curls, Hip Bridges of any kind including TRX, Contralateral Birdog Holds, Superman Holds from floor or Bosu or Alternating Supermans from floor or Bosu

Options for 3b also include hyperextensions, reverse hyperextensions, SB Lying Lateral Straight Leg Leg Raises, Dog on Hydrant, Single Leg Hips/Glutes Bridges with resistance, TRX Back Extensions, SB alternating Step offs, Cable Pull Throughs, Glute/Hams Raises of any kind.

[☆☆] **Options for abs/core work** are endless, but here are some suggestions:

Any crunch variation, any sit up variation, any leg raise variation, any advanced plank hold, any chopper protocol, windshield wipers, MB or SB exchanges, Bicycle Abs, or bicycle abs off Bosu, Supine Stay Holds, Alternating Lying Contralateral Pike Ups, MB full sit up and crunch on SB, Duck Unders, chopper sit ups and all kinds of other options.