

SIX-PACK STACK TRAINING PLAN

Monday - Workout A	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Barbell Squat	3 - 4 x 4 - 6				
Lying Leg Curl	2 - 3 x 8 - 10				
Leg Press	2 - 3 x 6 - 8				
Incline Bench Press	2 - 3 x 8 - 10				
Dumbbell Bent-Over Row	1 - 2 x 12 - 15				
Shoulder Press	2 - 3 x 8 - 10				
Lat Pulldown	1 - 2 x 12 - 15				
Crunches	2 - 3 x 8 - 10				

Wednesday - Workout B	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Bench Press	3 - 4 x 4 - 6				
Incline Dumbbell Press	2 - 3 x 6 - 8				
Lat Pulldown	2 - 3 x 6 - 8				
Shoulder Press	2 - 3 x 6 - 8				
Barbell Row	2 - 3 x 6 - 8				
Single Leg Split Squat	1 - 2 x 12 - 15				
Lying Leg Curl	1 - 2 x 12 - 15				
Barbell Shrug	1 - 2 x 8 - 10				
Bent-Over Lateral Raise	1 - 2 x 8 - 10				

Friday - Workout C	Sets / Reps	Set 1	Set 2	Set 3	Set 4
Close Grip Chin-Ups	3 - 4 x 4 - 6				
Dumbbell Bent-Over Row	2 - 3 x 6 - 8				
Leg Press	2 - 3 x 8 - 10				
Barbell Incline Bench Press	1 - 2 x 12 - 15				
Lying Leg Curl	2 - 3 x 6 - 8				
Lateral Raise	1 - 2 x 8 - 10				
Barbell Curl	2 - 3 x 8 - 10				
Triceps Dip	2 - 3 x 8 - 10				
Swiss Ball Crunches	2 - 3 x 8 - 10				

- Use the boxes to record the weight used and number of repetitions per set (e.g. 100kg x 5)
- Make sure to perform 2-3 sets of each exercise using a lighter weight and higher repetitions.
- Rest for 1-3 minutes between sets.
- Take longer rest times (2-3 minutes) when you're using heavy weights and low repetitions.
- Take a shorter rest time (1-2 minutes) when you're using lighter weights and high repetitions.



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