

# Your Ultimate Six-Week Workout Plan

This workout progress tracker is designed to help beginners get the most out of a simple, effective routine: full-body workouts three times a week. This approach ensures you hit all major muscle groups consistently while allowing for recovery between sessions. The tracker helps you stay focused by recording every rep, set, and weight, so you can see steady improvements on paper—even before you notice changes in the mirror. Tracking your progress this way keeps you motivated and ensures you're always pushing yourself just enough to build strength and muscle over time.

Before you begin, review the following tips to maximize the effectiveness of this routine:

- **Warm up** with at least 5 minutes of movement to prepare your body. Start with dynamic stretches like arm circles and leg swings, add light cardio such as jumping jacks or jogging in place, and finish with 1-2 light sets of your first exercise to activate the muscles you'll train.
- Focus on improving each week by doing just a little more. This could mean adding weight, performing an extra rep, or shortening your rest time. Even small progress, like one extra rep with the same weight, builds momentum over time.
- Take each set **1-2 reps short of failure** to push your muscles effectively. This means stopping just before your form breaks or you physically can't do another rep, ensuring your body is challenged enough to adapt and grow.
- Use the tracker to stay on track and motivated. Write down every weight, rep, and set, and look back at your progress to see how far you've come. It's a simple way to stay accountable and recognize your effort.
- Review your progress every few weeks. Look for improvements, celebrate small wins, and tweak your plan if needed to keep progressing—like changing rep ranges or adjusting rest days.

## Workout A: Exercise Details

### [Squats](#)

Sets: 3

Reps: 5-7

### [One-Arm Dumbbell Row](#)

Sets: 3 per side

Reps: 5-7

### [Incline Dumbbell Press](#)

Sets: 3

Reps: 8-10

### [Lying Leg Curl](#)

Sets: 3

Reps: 8-10

### [Seated Dumbbell Lateral Raise](#)

Sets: 2

Reps: 10-12

### [Single-Arm Cable Curl](#)

Sets: 2 per arm

Reps: 10-12

### [Leg Press Calf Raise](#)

Sets: 3

Reps: 12-15

### [Barbell Shrug](#)

Sets: 2

Reps: 10-12

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## Workout B: Exercise Details

### [Leg Press](#)

Sets: 3

Reps: 8-10

### [Overhand Pull-Up](#)

Sets: 3

Reps: 6-8

### [Overhead Barbell Press](#)

Sets: 3

Reps: 5-7

### [Romanian Barbell Deadlift](#)

Sets: 3

Reps: 8-10

### [Machine Fly](#)

Sets: 3

Reps: 10-12

### [Overhead Rope Extension](#)

Sets: 2

Reps: 8-10

### [Swiss Ball Crunch](#)

Sets: 2

Reps: 12-15

### [Face Pull](#)

Sets: 2

Reps: 10-12

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# Six-Week Progress Tracking Tables

## Instructions:

1. Track your weight and reps for each set in the tables.
2. Progress each week by increasing the weight or improving reps where possible.
3. Stick to the plan for six weeks to maximize results!

## Week 1 Progress Tracking

### Workout A:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Squats			
One-Arm Dumbbell Row			
Incline Dumbbell Press			
Lying Leg Curl			
Seated Dumbbell Lateral Raise			
Single-Arm Cable Curl			
Leg Press Calf Raise			
Barbell Shrug			

### Workout B:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Leg Press			
Overhand Pullup			
Overhead Barbell Press			
Romanian Barbell Deadlift			
Machine Fly			
Overhead Rope Extension			
Swiss Ball Crunch			
Face Pull			

## Week 2 Progress Tracking

### Workout A:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Squats			
One-Arm Dumbbell Row			
Incline Dumbbell Press			
Lying Leg Curl			
Seated Dumbbell Lateral Raise			
Single-Arm Cable Curl			
Leg Press Calf Raise			

Barbell Shrug			
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Workout B:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Leg Press			
Overhand Pullup			
Overhead Barbell Press			
Romanian Barbell Deadlift			
Machine Fly			
Overhead Rope Extension			
Swiss Ball Crunch			
Face Pull			

Week 3 Progress Tracking

Workout A:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Squats			
One-Arm Dumbbell Row			

Incline Dumbbell Press			
Lying Leg Curl			
Seated Dumbbell Lateral Raise			
Single-Arm Cable Curl			
Leg Press Calf Raise			
Barbell Shrug			

Workout B:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Leg Press			
Overhand Pullup			
Overhead Barbell Press			
Romanian Barbell Deadlift			
Machine Fly			
Overhead Rope Extension			
Swiss Ball Crunch			
Face Pull			

Week 4 Progress Tracking

Workout A:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Squats			
One-Arm Dumbbell Row			
Incline Dumbbell Press			
Lying Leg Curl			
Seated Dumbbell Lateral Raise			
Single-Arm Cable Curl			
Leg Press Calf Raise			
Barbell Shrug			

Workout B:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Leg Press			
Overhand Pullup			
Overhead Barbell Press			
Romanian Barbell Deadlift			
Machine Fly			
Overhead Rope Extension			



Swiss Ball Crunch			
Face Pull			

Week 5 Progress Tracking

Workout A:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Squats			
One-Arm Dumbbell Row			
Incline Dumbbell Press			
Lying Leg Curl			
Seated Dumbbell Lateral Raise			
Single-Arm Cable Curl			
Leg Press Calf Raise			
Barbell Shrug			

Workout B:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Leg Press			

Overhand Pullup			
Overhead Barbell Press			
Romanian Barbell Deadlift			
Machine Fly			
Overhead Rope Extension			
Swiss Ball Crunch			
Face Pull			

### Week 6 Progress Tracking

#### Workout A:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Squats			
One-Arm Dumbbell Row			
Incline Dumbbell Press			
Lying Leg Curl			
Seated Dumbbell Lateral Raise			
Single-Arm Cable Curl			
Leg Press Calf Raise			
Barbell Shrug			

#### Workout B:

Exercise	Set 1 (weight/reps)	Set 2 (weight/reps)	Set 3 (weight/reps)
Leg Press			
Overhand Pullup			
Overhead Barbell Press			
Romanian Barbell Deadlift			
Machine Fly			
Overhead Rope Extension			
Swiss Ball Crunch			
Face Pull			