

# 6-DAY COUPLES WORKOUT TO BUILD STRONG AND DEFINED BODY

THEFITNESPHANTOM.COM

## DAY 1 - CHEST & SHOULDER

Incline Bench Press (4 x 8-12)  
Seated Machine Fly (4 x 12-16)  
Overhead Press (4 x 8-12)  
Lateral Raises (3 x 10-12)  
Reverse Pec Fly (3 x 10-15)  
Incline Treadmill Walk (5-10 mins)

## DAY 2 - LEGS & ARMS

Dumbbell Squat (3 x 15-20)  
Leg Extension (3 x 12-18)  
Leg Press (3 x 10-12)  
Leg Curl (3 x 12-18)  
Cable Pull Through (3 x 10-12)  
Cable Curl + Pushdown (4 x 10-15)  
Stationary Bicycle (5-10 mins)

## DAY 3 - BACK & ABS

Pull-ups (3 x 4-10)  
Front Pulldown (3 x 12-15)  
Seated Machine Row (3 x 12-15)  
Chest Supported DB Row (3 x 10-12)  
Cable Crunches (3 x 15-20)  
Haging Knee Raises (3 x 10-15)  
Cable High to Low Chop (3 x 10/side)

## DAY 4 - CHEST & SHOULDER

Incline Bench Press (4 x 8-12)  
Bent-over Cable Fly (4 x 10-12)  
DB Push Press (3 x 8-12)  
Lateral Raises (3 x 10-12)  
Cable Face Pull (3 x 10-15)  
Incline Treadmill Walk (5-10 mins)

## DAY 5 - LEGS & ARMS

Dumbbell Lunges (3 x 15-20)  
Dumbbell Step-up (3 x 12-18)  
Reverse Hack Squat (3 x 10-12)  
Romanian Deadlift (3 x 12-18)  
Hip Thrust (3 x 10-12)  
Calf Raises (4 x 15-20)  
Preacher Curl + Dips (4 x 10-15)

## DAY 3 - BACK & ABS

Pull-ups (3 x 4-10)  
Close Grip Pulldown (3 x 12-15)  
Seated Machine Row (3 x 12-15)  
Single-arm DB Row (3 x 10-12)  
Cable Crunches (3 x 15-20)  
Haging Knee Raises (3 x 10-15)  
Cable High to Low Chop (3 x 10/side)

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**Michael Rajnik**



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