

6-DAY COUPLES WORKOUT TO BUILD STRONG AND DEFINED BODY

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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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How To Home Workout 2025 36629 75293

Lingsheng Yao



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