

6 Week Weight Bench Workout Plan

PUSH

| Muscle Group | Exercise | Reps | Rest |
|-----------------------|-------------------------------|------|------------|
| Week 1 & 2 | | | |
| Chest | Barbell Chest Press | 4x12 | 45 Seconds |
| | Dumbbells Flyes | 4x12 | 45 Seconds |
| | Straight Arm Pullover | 4x12 | 45 Seconds |
| Shoulders | Shoulder Press | 4x12 | 45 Seconds |
| | Front Raise | 4x12 | 45 Seconds |
| | Lateral Raise | 4x12 | 45 Seconds |
| Triceps | Overhead Extensions | 4x12 | 45 Seconds |
| | Tricep Dips | 4x12 | 45 Seconds |
| Week 3 & 4 | | | |
| Chest | Decline Push Ups | 4x12 | 45 Seconds |
| | Incline Dumbbells Bench Press | 4x12 | 45 Seconds |
| | Dumbbells Flyes | 4x12 | 45 Seconds |
| | Incline Flyes | 4x12 | 45 Seconds |
| Shoulders | Shoulder Press | 4x12 | 45 Seconds |
| | Front Raise | 4x12 | 45 Seconds |
| | Lateral Raise | 4x12 | 45 Seconds |
| Triceps | Mule Kicks & Kickbacks | 4x12 | 45 Seconds |
| | Close Grip Bench | 4x12 | 45 Seconds |
| Week 5 & 6 | | | |
| Chest | Decline Push Ups | 4x12 | 45 Seconds |
| | Incline Dumbbells Bench Press | 4x12 | 45 Seconds |
| | Dumbbell Flyes | 4x12 | 45 Seconds |
| | Pullovers | 4x12 | 45 Seconds |
| Shoulders | Arnold Press | 4x12 | 45 Seconds |
| | Front Raise | 4x12 | 45 Seconds |
| | Lateral Raise | 4x12 | 45 Seconds |
| Triceps | Skull Crushers | 4x12 | 45 Seconds |
| | Close Grip Bench | 4x12 | 45 Seconds |

PULL

| Muscle Group | Exercise | Reps | Rest |
|-----------------------|-------------------------------|------|------------|
| Week 1 & 2 | | | |
| Back | Chest Supported Dumbbell Rows | 3x10 | 45 Seconds |
| | Reverse Flyes | 3x10 | 45 Seconds |
| | SuperMan | 3x10 | 45 Seconds |
| Biceps | Hammer Curl | 3x10 | 45 Seconds |
| | Standard Curls | 3x10 | 45 Seconds |
| Week 3 & 4 | | | |
| Back | Chest Supported Dumbbell Rows | 3x10 | 45 Seconds |
| | Decline Bench Pull Over | 3x10 | 45 Seconds |
| | Reverse Flyes | 3x10 | 45 Seconds |
| | Hyper Extensions | 3x10 | 45 Seconds |
| Biceps | Hammer Curl | 3x10 | 45 Seconds |
| | Concentration Curl | 3x10 | 45 Seconds |
| Week 5 & 6 | | | |
| Back | Chest Supported Dumbbell Rows | 3x10 | 45 Seconds |
| | Single Arm Bent Row | 3x10 | 45 Seconds |
| | Reverse Flyes | 3x10 | 45 Seconds |
| | Hyper Extensions | 3x10 | 45 Seconds |
| Biceps | Hammer Curl | 3x10 | 45 Seconds |
| | Concentration Curls | 3x10 | 45 Seconds |

LEGS

| Muscle Group | Exercise | Reps | Rest |
|-----------------------|--------------------|------|------------|
| Week 1 & 2 | | | |
| Legs | Bench Jumps | 3x10 | 45 Seconds |
| | Split Squats | 3x10 | 45 Seconds |
| | Box Squats | 3x10 | 45 Seconds |
| | Dumbbell Step Ups | 3x10 | 45 Seconds |
| | Seated Calf Raises | 3x10 | 45 Seconds |
| Week 3 & 4 | | | |
| Legs | Bench Jumps | 4x10 | 45 Seconds |
| | Split Squats | 4x10 | 45 Seconds |
| | Box Squats | 4x10 | 45 Seconds |
| | Dumbbell Step Ups | 4x10 | 45 Seconds |
| | Seated Calf Raises | 4x10 | 45 Seconds |
| Week 5 & 6 | | | |
| Legs | Bench Jumps | 4x12 | 45 Seconds |
| | Split Squats | 4x12 | 45 Seconds |
| | Box Squats | 4x12 | 45 Seconds |
| | Dumbbell Step Ups | 4x12 | 45 Seconds |
| | Seated Calf Raises | 4x12 | 45 Seconds |

For help follow the links below:

<https://www.exercise.co.uk/learn/weight-bench-workout-plan/>