



Advanced Weight-Training Tips: Training with Weights 6 Days a Week

—Fred Stellabotte and Rachel Straub, MS, CSCS

The tips below are beneficial for anyone following a 6-day weight-training program, but even if you are only able to train 2 or 3 days a week, you will benefit from the information. (Weight training programs for 1 to 5 days a week are thoroughly covered in *Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do!*).

Rule #1: Proper form is most important. If your form isn't perfect for *any* exercise, stop. You must not strain your body. For the all exercises that follow, we highly recommend that you consult *Weight Training Without Injury* for the specifics on proper and improper technique, as we are not covering all those details here.

Rule #2: If you are advanced enough to train 6 days a week, you should aim for 60-minute sessions.

Rule #3: Always take off one day a week for rest to avoid overtraining.

Rule #4: Train calves and core every day. Train all other muscle groups (triceps, biceps, chest, back, shoulders, and legs) 2 days a week.

Rule #5: Do not train the same muscle group 2 days in a row (except for calves and core, which can be worked daily).

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PROGRAM FOR 6 DAYS A WEEK

Day	Workout	Recommendation*
1	Triceps, Biceps, Chest, Calves, Core	Select 3 or more exercises for triceps, 2 or more exercises for biceps, 2 or more exercises for chest, 1 exercise calves, and 1 exercise for core.
2	Shoulders, Back, Calves, Core	Select 2 or more exercises for shoulders, 2 or more exercises for back, 1 exercise for calves, and 1 exercise for core.
3	Legs	Select 3 or more exercises for legs, 1 exercise for calves, and 1 exercise for core.
4	Repeat day 1	
5	Repeat day 2	
6	Repeat day 3	

* When training arms, dedicate more time to triceps (back of the upper arm) than biceps (front of the upper arm). The triceps brachii makes up approximately 75% of the upper arm and so requires the most attention.

RECOMMENDATIONS FOR EXERCISE SELECTION

TRICEPS

The triceps brachii muscle is composed of three heads (or distinct portions): long, medial, and lateral. The long head requires the most attention because it is the only head of the triceps brachii that crosses the shoulder joint. Triceps exercises with the shoulder more flexed (or with the elbows near your head) emphasize the long head. Triceps exercises with the shoulder less flexed (or with the elbows below your head) target the medial/lateral heads. When planning a triceps workout, select one exercise emphasizing the medial/lateral heads and 2 exercises emphasizing the long head. See the example below (2 of the 3 featured exercises use the [Stellabotte Triceps Enhancer Rope](#)).



Rope Pushdown (media/lateral heads of triceps)

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Rope Overhead Extension (long head of triceps)



Seated Dumbbell Triceps Extension (long head of triceps)

BICEPS

The biceps brachii muscle is composed of two heads (or distinct portions): medial and lateral. Give equal attention to both. Biceps exercises with the arm more flexed (with the elbows near shoulder height) emphasize the upper biceps. Biceps exercises with the arm less flexed (with the elbows below shoulder height) emphasize the lower biceps. When planning a biceps workout, select one exercise emphasizing the upper biceps and one exercise emphasizing the lower biceps. See the example below.



High-Cable Curl with Bar (upper biceps)

Low-Cable Curl with Bar (lower biceps)

CHEST

Chest exercises are either presses or flies. If your torso is flat, you target the middle/lower region (or the sternocostal head of the pectoralis major, the main chest muscle). If your torso is inclined, you target the upper chest (or clavicular head of the pectoralis major). When planning a chest workout, select one exercise targeting the upper chest and one exercise targeting the middle/lower chest. See the following example.



Standing Cable Chest Fly (middle/lower chest)



Incline Bench Press (upper chest)

BACK

The back region is composed of multiple muscles, the major ones being the latissimus dorsi (the widest area of the back, running from the low back through the mid back), rhomboids (the mid back), trapezius (the mid back through the neck), and erector spinae (the low back though the neck). Select 2 different back exercises to target multiple back areas. Potential options include the Lat Pulldown (targets the latissimus dorsi), Row (targets the rhomboids and trapezius), Reverse Fly (targets the rhomboids and trapezius), and Low Back Extension (targets the erector spinae). See the following example.



Palm-Down Lat Pulldown (latissimus dorsi)



Cable Reverse Fly (rhomboids and trapezius)

SHOULDERS

The shoulder region is composed primarily of the deltoid (anterior, medial, and lateral heads) and rotator cuff (supraspinatus, infraspinatus, teres minor, subscapularis) muscles. To exercise the shoulder region, you have two main options: shoulder presses and shoulder raises. For shoulder raises, there are posterior raises, lateral raises, anterior raises, and more. However, 95% of people do shoulder raises incorrectly and are actually causing themselves more harm than good. For shoulder raises, we *only* recommend the Complete Shoulder Move, an exercise invented by Fred in the 1970s to effectively and properly work the entire shoulder complex in a single exercise in a minimal amount of time. When planning a shoulder workout, select one shoulder press and one shoulder raise. See the following example.

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Dumbbell Shoulder Press (deltoids)



Complete Shoulder Move (Up, Together, Wide, Twist, and Down)
(rotator cuff)

LEGS

The leg musculature primarily includes the quadriceps (front thigh muscles), hamstrings (back thigh muscles), gluteals (buttocks), and calves (back of lower leg). We will discuss the calves shortly.

When planning a leg workout, select 3 different lower-body exercises. To ensure that you emphasize all essential lower-body muscle groups, choose (1) a leg curl, (2) a squat with your feet wide, and (3) a leg extension, lunge, squat with your feet shoulder-width apart, or leg press. We recommend that during each leg workout you always include a wide squat to target your glutes and inner thigh (yes, there are inner thigh machines, but they tend to place improper strain on the hip joint and are therefore not recommended) and a leg curl to target your hamstrings. Your third exercise can vary—a leg extension, lunge, squat with feet shoulder-width apart, and leg press are all acceptable. See the sample lower-body workout that follows.



Smith Machine Squat (feet wide)
(glutes, inner thighs, and quadriceps)



Stability Ball Leg Curl (hamstrings)



Inverted Leg Press (glutes and quadriceps)

CALVES

The calf dictates how the entire leg moves and is one of the most neglected areas. Just doing proper calf raises regularly, even by using a ledge or stair, will suffice. However, a better choice would be the Standing Calf Raise (using a Standing Calf Machine) or Seated Calf Raise (using a Seated Calf Machine). Select one calf exercise and perform it during each of your workouts. See the following example.



Standing Calf Raise (calves)

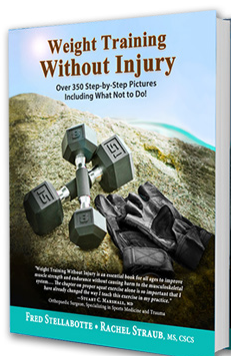
CORE

Train your core daily. Select one core exercise and perform it during each of your workouts. Potential options include crunches, leg raises, planks, and push-ups. See the example below.



Push-up on an Elevated Surface (core)

For details on structuring a weight-training program (and much more), please refer to *Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do!*, a full-color manual that illustrates incorrect vs. correct technique for trainers, professionals, intermediates, and novices by Fred Stellabotte and Rachel Straub, MS, CSCS.



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