

TRAINING PLAN

Push / Pull / Legs

LEVEL

Intermediate

DURATION

12 weeks

FREQUENCY

6 days / week

A six-day push, pull and legs split for lifters who want more weekly volume while staying in a natural recomp.

DAY 1

Push A

Chest, shoulders, triceps

EXERCISE	SETS	REPS	NOTES
Barbell bench press	4	6-8	Add weight once you hit the top of the range on every set
Incline dumbbell press	3	8-10	
Seated dumbbell shoulder press	3	8-10	
Cable lateral raise	3	12-15	Slow on the way down
Triceps pushdown	3	10-12	

DAY 2

Pull A

Back, biceps

EXERCISE	SETS	REPS	NOTES
Pull-up or lat pulldown	4	6-10	Full stretch at the bottom
Barbell row	4	6-8	
Seated cable row	3	10-12	
Face pull	3	12-15	
Dumbbell curl	3	10-12	

DAY 3	Legs A	Quads, hamstrings, calves
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EXERCISE	SETS	REPS	NOTES
Back squat	4	5-8	Brace hard and control the descent
Romanian deadlift	3	8-10	
Leg press	3	10-12	
Lying leg curl	3	10-12	
Standing calf raise	4	12-15	Pause at the top of every rep

DAY 4	Push B	Shoulders, chest, triceps
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EXERCISE	SETS	REPS	NOTES
Overhead press	4	6-8	
Incline barbell press	3	8-10	
Dips or machine chest press	3	8-12	
Dumbbell lateral raise	4	12-15	
Overhead triceps extension	3	10-12	

DAY 5	Pull B	Back, rear delts, biceps
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EXERCISE	SETS	REPS	NOTES
Deadlift	3	5	Reset each rep; stop 1-2 reps before form breaks
Lat pulldown	3	8-12	
Chest-supported row	3	10-12	
Rear delt fly	3	12-15	
Hammer curl	3	10-12	

EXERCISE	SETS	REPS	NOTES
Front squat or hack squat	4	6-10	
Hip thrust	3	8-10	
Walking lunge	3	10 per leg	
Leg extension	3	12-15	
Seated calf raise	4	12-15	

NOTES

Rest 60-120 seconds between sets, and longer after heavy compound lifts. Keep 1-2 reps in reserve on most sets.

Take a rest day after Day 3 and after Day 6, or whenever you need one. Warm up with five minutes of easy cardio and one or two lighter sets of your first lift.

Natural, no fat burners: consistent training, enough protein and patience do the work.

General information only, not medical advice. Stop if something hurts, and check with a qualified professional if you have a health condition or injury.