**Fitness Research:**

\*Push-Pull has been beneficial to me when it comes to growing big, but not really when it comes to cutting. So I will try to do a full body workout split instead for 5 times a week, with a finishing of HIIT or light cardio at the end of each workout.

I will also work on caloric deficit focusing only on high-protein diet with low-carb diet.

Which Split is Best?

- Upper/Lower or PPL and Full body split > Bro Split

- You need to hit each muscle group 2x per week for muscle growth.

- Higher frequency per week == higher muscle growth.

Optimal Volume Per Week?

- 10 to 20 sets per muscle per week is optimal.

- ceiling of volume per workout is 5-10 per muscle. Any more than that can be wasted sets.

List of All Compound Exercises:

**Lower Body:**

Squats (Back Squat, Front Squat, Goblet Squat)

Deadlifts (Conventional Deadlift, Sumo Deadlift)

Lunges (Forward, Reverse, Walking Lunges)

Leg Press

Bulgarian Split Squat

Box Jumps

Step-Ups

Romanian Deadlift

Good Mornings

Hack Squat

Clean and Jerk

Snatch

**Chest:**

Bench Press (Barbell, Dumbbell)

Push-Ups

Incline Bench Press

Decline Bench Press

Dips

Chest Flyes (Cable, Dumbbell)

Push Press

**Back:**

Pull-Ups

Chin-Ups

Barbell Rows (Bent-Over Rows, Pendlay Rows)

T-Bar Rows

Seated Cable Rows

Lat Pulldowns

Deadlift Variations (Conventional, Sumo)

Face Pulls

Pull-Overs

Power Cleans

**Shoulders:**

Overhead Press (Barbell, Dumbbell)

Push Press

Clean and Press

Upright Rows

Front Raises

Lateral Raises

Shrugs (Barbell, Dumbbell)

Hang Cleans

**Arms:**

Dips (Chest and Triceps)

Close-Grip Bench Press

Skull Crushers

Hammer Curls

Close-Grip Pull-Ups/Chin-Ups

Preacher Curls

Dumbbell Kickbacks

**Core:**

Deadlifts (Engages the core)

Squats (Engages the core)

Overhead Press (Engages the core)

Turkish Get-Ups

Woodchoppers

Russian Twists

Hanging Leg Raises

Planks

**5-Week Full Body Workout:**

**Template:**

Legs:

Chest:

Back:

Shoulders:

Arms:

Core:

Day 1:

- Back Squats: 3x10

- Barbell Bench Press: 3x10

- Lat Pulldowns: 3x10

- DB Overhead Press: 3x10

- Close-Grip Chin Ups: 3x10

- Russian Twists: 3x10

- Hanging Leg Raises: 3x15

Day 2:

- Lunges: 3x10

- Push Ups: 3x20

- Pull Ups: 3x10

- Lateral Raises: 3x15

- Tricep Pulldowns: 3x10

- Plank: 3x1min

- Rope Core Pulldown: 3x20

Day 3:

- Deadlifts: 3x10

- Inclined DB Bench: 3x10

- Barbell Rows: 3x10

- Front Raises: 3x15

- Hammer Curls: 3x10-15

- Reverse Crunches: 3x10

- Ab Wheel Rollout: 3x10

Day 4:

- Bulgarian Split Squat: 3x10

- Chest Flys: 3x10-15

- Close-Grip Pulls: 3x10

- Cleans: 3x10

- Skull Crushers: 3x10

- Side Planks: 3x1min

­- Leg Raises: 3x10

Day 5:

- Hamstring Curls: 3x10

- Decline Bench Press: 3x10

- Rope Pulldowns Back: 3x10

- Arnolds: 3x10

- Preacher Curls: 3x10

- Crunches: 3x20

- Side Crunches: 3x15