

Push/Pull/Legs Split Program (6 Days per Week)

Focus: Hypertrophy, progressive overload, compound + isolation lifts

Schedule:

- **Day 1:** Push (Chest, Shoulders, Triceps)
- **Day 2:** Pull (Back, Biceps)
- **Day 3:** Legs (Quads, Hamstrings, Glutes)
- **Day 4:** Push
- **Day 5:** Pull
- **Day 6:** Legs
- **Day 7:** Rest

Day 1 - Push (Chest, Shoulders, Triceps)

1. **Barbell Bench Press** – 4 sets × 6-8 reps
2. **Incline Dumbbell Press** – 3 sets × 8-10 reps
3. **Overhead Barbell Press** – 4 sets × 6-8 reps
4. **Dumbbell Lateral Raises** – 3 sets × 10-12 reps
5. **Tricep Dips (Weighted if possible)** – 3 sets × 8-10 reps
6. **Overhead Tricep Extension (Dumbbell or Cable)** – 3 sets × 10-12 reps

Day 2 - Pull (Back, Biceps)

1. **Deadlifts** – 4 sets × 5 reps
2. **Pull-Ups or Lat Pulldown** – 4 sets × 8-10 reps
3. **Bent-Over Barbell Row** – 4 sets × 8-10 reps
4. **Dumbbell Rows** – 3 sets × 10 reps
5. **Barbell or Dumbbell Bicep Curls** – 3 sets × 10-12 reps
6. **Hammer Curls** – 3 sets × 12 reps

Day 3 - Legs (Quads, Hamstrings, Glutes)

1. **Squats (Barbell or Smith Machine)** – 4 sets × 6-8 reps

2. **Leg Press** – 4 sets × 10-12 reps
3. **Romanian Deadlifts** – 3 sets × 8-10 reps
4. **Walking Lunges or Bulgarian Split Squats** – 3 sets × 10 reps per leg
5. **Leg Extensions** – 3 sets × 12-15 reps
6. **Hamstring Curls (Machine or Dumbbell)** – 3 sets × 12-15 reps

Day 4 - Push (Chest, Shoulders, Triceps)

1. **Flat Barbell Bench Press** – 4 sets × 6-8 reps
2. **Incline Dumbbell Press** – 3 sets × 8-10 reps
3. **Seated Dumbbell Shoulder Press** – 4 sets × 8-10 reps
4. **Cable Lateral Raises** – 3 sets × 12-15 reps
5. **Skull Crushers (Barbell or EZ Curl Bar)** – 3 sets × 10-12 reps
6. **Tricep Pushdowns (Rope or Bar)** – 3 sets × 12-15 reps

Day 5 - Pull (Back, Biceps)

1. **Barbell Deadlifts** – 4 sets × 5 reps
2. **Pull-Ups (Wide or Close Grip)** – 4 sets × 8-10 reps
3. **Seated Cable Rows** – 3 sets × 8-10 reps
4. **Single Arm Dumbbell Rows** – 3 sets × 10 reps
5. **Preacher Curls (Barbell or Machine)** – 3 sets × 10-12 reps
6. **Concentration Curls** – 3 sets × 12 reps

Day 6 - Legs (Quads, Hamstrings, Glutes)

1. **Barbell Squats** – 4 sets × 6-8 reps
2. **Hack Squat Machine or Leg Press** – 4 sets × 10-12 reps
3. **Stiff-Legged Deadlifts (Barbell or Dumbbell)** – 3 sets × 8-10 reps
4. **Lunges (Walking or Stationary)** – 3 sets × 10 reps per leg
5. **Leg Extensions** – 3 sets × 12-15 reps
6. **Seated or Lying Hamstring Curls** – 3 sets × 12-15 reps

Progression & Notes:

- **Progressive Overload:** Try to increase the weight or reps each week. Even a small increase helps in muscle growth.
- **Rest Periods:**
 - Compound lifts: 90-120 sec rest
 - Isolation lifts: 60-90 sec rest
- **Warm-Up:** Dynamic stretches, foam rolling, and light warm-up sets before starting heavy lifts.
- **Recovery:** Sleep and nutrition are key to hypertrophy. Make sure you're eating enough protein and getting quality rest.