

4 5 day intermediate and advanced push pull legs split routine

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Push, Pull, Legs on a 5-Day Split**

The push, pull, legs (PPL) training split involves dividing workouts into three categories: push (chest, shoulders, triceps), pull (back, biceps), and legs (quads, hamstrings, glutes). While it can effectively be implemented on a 5-day split, it requires careful planning and intensity management.

4-Day vs 5-Day Split

Both 4- and 5-day workout splits offer benefits. A 4-day split allows for more rest and recovery, while a 5-day split enables more frequent training sessions. Ultimately, the best choice depends on individual goals, fitness levels, and recovery capacity.

6 12 25 Method

The 6 12 25 method involves performing 6 sets of an exercise with 12 repetitions in each set. The weight is increased by 25% from set to set, thereby challenging muscles progressively.

PPL for Intermediates

Push, pull, legs is a suitable training split for intermediate lifters who have a solid foundation in compound exercises and can handle higher training volumes.

Arnold's Split

Arnold's split is a classic bodybuilding training routine that typically involves dividing workouts into:

- Day 1: Chest, Back, Delts
- Day 2: Legs
- Day 3: Rest
- Day 4: Arms, Back, Abs
- Day 5: Legs, Calves

Best 4-Day Split

The best 4-day workout split varies depending on individual needs. However, popular options include:

- Upper/Lower: Training upper and lower body on alternate days
- Push/Pull/Legs: Splitting the body into three categories and training each on separate days
- 3-Way Split: Focusing on chest/triceps, back/biceps, and legs on different days

Chris Bumstead's Split

Chris Bumstead, a renowned bodybuilder, follows a 6-day split that involves:

- Day 1: Chest
- Day 2: Back
- Day 3: Shoulders
- Day 4: Arms
- Day 5: Quads
- Day 6: Hamstrings

Most Bodybuilders' Split

Professional bodybuilders often opt for a 6-day split to optimize muscle growth and recovery. This allows them to target specific muscle groups frequently and with

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sufficient intensity.

Best Split for Hypertrophy

The best split for muscle growth (hypertrophy) depends on several factors, including training experience, frequency, and intensity. However, the PPL split and Arnold's split are often effective for this purpose.

12330 Rule

The 12330 rule is a training technique that involves performing:

- 1st set: 12 repetitions at 60-70% effort
- 2nd set: 3 repetitions at 90-95% effort
- 3rd set: 3 repetitions at 95-100% effort
- 4th set: 0 repetitions (isometric hold)

4x12 Method

The 4x12 method involves performing 4 sets of an exercise with 12 repetitions in each set. The weight is kept the same for all sets, and the focus is on maintaining proper form and achieving full muscular exhaustion.

Poliquin Method

The Poliquin method is a training system developed by Charles Poliquin. It emphasizes compound exercises, high intensity, and short rest periods to maximize muscle stimulation and anabolic hormone production.

Best PPL Schedule

The optimal PPL schedule involves training push on Day 1, pull on Day 2, legs on Day 3, rest on Day 4, and then repeating the cycle.

PPL Twice a Week

Performing PPL twice a week can be beneficial for intermediate or advanced lifters who have adapted to the intensity and volume of the split. However, it's important to manage training intensity and recovery carefully to avoid overtraining.

Split Better than PPL

While PPL is a popular split, other options may be better for some individuals. These include full-body workouts, upper/lower splits, or the Doggcrapp training system.

Ronnie Coleman's Split

Ronnie Coleman, an eight-time Mr. Olympia winner, followed an intense 6-day split that involved:

- Day 1: Quads
- Day 2: Hamstrings
- Day 3: Chest
- Day 4: Back
- Day 5: Shoulders
- Day 6: Biceps, Triceps

Why Bro Split is Bad

Bro splits, which focus on training one muscle group per day, can be suboptimal for muscle growth and overall fitness. They often lead to muscle imbalances, overtraining of certain muscle groups, and neglect of others.

PPL vs Bro Split

PPL is generally considered superior to bro splits as it provides better overall muscle development, increases training frequency, and reduces the risk of overtraining.

Fastest Split for Growth

The fastest split for muscle growth is one that allows for sufficient training frequency, intensity, and recovery. This may vary based on individual factors, but the PPL or full-body workout splits are often effective.

Bro Split

A bro split involves training one muscle group per workout session. While it can be convenient, it may not provide optimal muscle development or fitness gains.

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ABCD Workout Routine

The ABCD workout routine involves dividing workouts into four days, each focusing on a different body part:

- Day A: Chest, Triceps
- Day B: Back, Biceps
- Day C: Shoulders, Legs
- Day D: Rest

5-Day Split for Muscle Building

A 5-day split for muscle building can involve:

- Day 1: Chest, Triceps
- Day 2: Back, Biceps
- Day 3: Shoulders, Legs
- Day 4: Quads, Hamstrings
- Day 5: Calves, Abs

Is 5-Day Split Too Much?

A 5-day split can be too much for beginners or those with limited recovery capacity. It's important to assess training tolerance and adjust the frequency or intensity as needed.

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