

The 6-Day PPL (Push-Pull-Legs) Training Program

What it is:

A 6 day per week routine that utilizes a Push-Pull-Legs “split”. You will hit each major muscle group twice over the course of a week, which is the sweet spot for strength gains and muscular growth.

Required equipment:

Access to barbells, dumbbells, and a few machines. You will be able to substitute if you don't have access to machines.

Progression Model:

Reverse linear periodization. You will aim for 5 pound increases each time you perform each workout. When strength plateaus occur, we will lower the weight and up the reps to ensure volume and progress is achieved. (Explained below).

Time Commitment:

45 minutes, 6 days per week.

Nutritional Recommendations:

This training program can be done when cutting (dieting for fat loss) or bulking (eating for muscular gain).

For fat loss, aim for 1 gram of protein per pound of your “dream weight”. (Aka - whatever your “goal weight” is, eat that many grams of protein per day). Multiply your bodyweight x 10 and eat that many calories per day. (May need to adjust if your weight isn’t dropping week to week.)

For muscular gain, aim for 1 pound of protein per pound of your “dream weight”. Multiply your bodyweight by 14-16 and eat that many calories per day. (May need to adjust if your weight isn’t increasing week to week.)



The 6-Day PPL Training Program:

Monday:

Barbell Bench Press - 3 sets of 6-8

Barbell Incline Bench Press - 3 sets of 6-8

Barbell Shoulder Press - 3 sets of 10-12 reps

EZ Curl Bar Bicep Curls - 3 sets of 12-14 reps

Dumbbell Skull Crushers - 3 sets of 18-20 reps

Tuesday:

Neutral Grip Pull Ups (can be pulldowns) - 3 sets to failure

Seated Cable Rows - 3 sets of 8-10 reps

Straight Arm Pulldowns - 3 sets of 12-14 reps

Bodyweight Calf Raises - 3 sets of 35 reps

Dumbbell Lateral Raises - 3 sets of 18-20 reps

Wednesday:

Barbell Back Squats - 3 sets of 8-10 reps

Dumbbell Romanian Deadlifts - 3 sets of 12-15 reps

Walking Lunges - 3 sets of 10-12 steps per foot

Cable Rope Tricep Extensions - 3 sets of 18-20 reps

Cable Rope Bicep Curls - 3 sets of 18-20 reps

Thursday:

Dumbbell Bench Press - 3 sets of 12-14 reps

Dumbbell Shoulder Press - 3 sets of 12-14 reps

Dumbbell Incline Bench Press - 3 sets of 12-14 reps

Bodyweight Calf Raises - 3 sets of 35 reps

Dumbbell Front Raises - 3 sets of 18-20 reps

Friday:

Neutral Grip Pulldowns - 3 sets of 10-12 reps

Horizontal Row Machine - 3 sets of 10-12 reps

Chest Supported Row - 3 sets of 10-12 reps

One Arm Cable Tricep Pushdowns - 3 sets of 18-20 reps

One Arm Cable Bicep Curls - 3 sets of 18-20 reps

Saturday:

Barbell Deadlifts - 3 sets of 5-8 reps

Goblet Squats - 3 sets of 12-15 reps

Bench Step Ups - 3 sets of 10-12 reps per leg

Hanging Leg Raises - 3 sets to failure

Barbell Shrugs - 3 sets of 20-25 reps

Progression Model:

Begin with a weight you are confident you can handle for the allotted reps.

Show perfect form - no body English. Hit parallel in your squats, touch the bar to your chest on bench press. Keep the tension in the muscles at all times and focus on the mind muscle connection.

Aim for the rep range given. If you do all of your sets in the given rep range, move up in weight the smallest increment possible for your next session.

If you don't complete the reps given, do not lower the weight. Keep a record of how much weight you did, and attempt to beat it the next time you do that particular workout. Once you get all your sets in the desired rep range, increase the weight again.

Your main lifts (bench press, deadlifts, squats, pull downs, etc) will increase regularly. The accessories (curls, triceps, etc) may not. That is 100% fine - simply try to do better each time.

If you hit a plateau (which means 2-3 weeks of no rep and/or weight increases), lower the weight by 10%, and up the rep range by 2. (Example: 6-8 reps becomes 8-10 reps).

This will allow you to continually make volume increases while saving your joints from the wear and tear of constantly trying to set weight PR's.

This training program is designed to be a 3 month block, but can be used for a longer duration. The variance of exercises allows for continual progress over time.

[For a sneak peek at how we Transform People by eating carbs daily and doing zero required cardio, tap this link.](#)

Best,
Jason Helmes
Anyman Fitness

