



Training plan

Push/pull/legs 6x per week

Push, pull and legs twice a week, six training days

Push trains chest, shoulders and triceps, pull trains back and biceps, plus a leg day. Every muscle group is hit twice a week. The plan takes a lot of time and good recovery: sleep, calories and protein should be in order. For beginners, the full-body plan is the better choice.

Weekly schedule

Mon Push A	Tue Pull A	Wed Legs A	Thu Push B	Fri Pull B	Sat Legs B	Sun Rest
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One rest day per week is a must. If recovery runs short, add a second rest day and simply continue the rotation.

How the plan works

Progression: double progression

1. Start with a weight where you hit the bottom of the rep range in all sets at the RIR target.
2. Add reps from session to session until you reach the top of the range in all sets.
3. Then increase the weight by the smallest sensible step (barbell usually 2.5 kg, dumbbell and machine the next step up) and start at the bottom of the range again.

RIR: reps in reserve

RIR 2 means: at the end of the set you could still do two clean reps. Main lifts at RIR 1 to 3, isolation exercises can go closer to failure (RIR 0 to 1).

Rest

Main lifts 2 to 3 minutes, isolation exercises 1 to 2 minutes.

If you stall

If performance drops over two to three sessions, plan an easier week: half the sets, RIR 3 to 4. Also check sleep and calories.

Warm-up

- 5 to 10 minutes easy on a bike, treadmill or rower.
- Before the first main lift, 2 to 4 warm-up sets with increasing weight, for example empty bar x 10, then about 50% x 5, 70% x 3 and 85% x 1 of your working weight.
- Other exercises: one light set is usually enough.

General information, not medical advice. If you have a medical condition, pain or are pregnant, get medical clearance first.

Push A

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Bench press	3 x 6-8	2						
Standing overhead press	3 x 8-10	2						
Incline dumbbell press	2 x 10-12	2						
Lateral raise	3 x 12-15	1						
Cable triceps pushdown	2 x 10-15	1						
Overhead triceps extension	2 x 10-15	1						

Pull A

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Pull-ups (or lat pulldown)	3 x 6-10	2						
Barbell row	3 x 8-10	2						
Lat pulldown	2 x 10-12	2						
Face pulls	2 x 12-15	1						
Biceps curl	3 x 10-12	1						
Hammer curl	2 x 10-12	1						

In the week columns, enter weight x reps, for example 60 x 8.

Legs A

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Back squat	3 x 6-8	2						
Romanian deadlift	3 x 8-10	2						
Leg press	2 x 10-12	2						
Leg curl	2 x 10-15	1						
Calf raise	3 x 10-15	1						

Push B

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Standing overhead press	3 x 6-8	2						
Incline barbell press	3 x 8-10	2						
Dips (or chest press)	2 x 8-12	2						
Lateral raise	3 x 12-15	1						
Overhead triceps extension	2 x 10-15	1						

In the week columns, enter weight x reps, for example 60 x 8.

Pull B

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Deadlift	2 x 5-6	2-3						
Lat pulldown	3 x 8-12	2						
Seated cable row	3 x 10-12	2						
Reverse fly	2 x 12-15	1						
Incline curl	2 x 10-12	1						

Legs B

Exercise	Sets x reps	RIR	W1	W2	W3	W4	W5	W6
Bulgarian split squat per side	3 x 8-10	2						
Hip thrust	3 x 8-12	2						
Leg extension	2 x 12-15	1						
Leg curl	3 x 10-15	1						
Calf raise	3 x 10-15	1						
Cable crunch	2 x 10-15	1						

In the week columns, enter weight x reps, for example 60 x 8.