



Hypertrophy - Push / Pull / Lower

A Hypertrophy Push, Pull, Legs split designed to mix up your training and increase the frequency and intensity of your programming. See what it's like hitting muscle groups up to twice per week and see the benefits in the long run!

Leg Day

Spin Bike

Time	Resistance	RPE
5m	10	5 RPE

Seated Hamstring Curl

Set	Weight	Reps	Rest
1		15	1m
2		10	1m
3		8	1m

Squats

Set	Weight	Reps	Rest
1		15	1m 30s
2		10	1m 30s
3		8	1m 30s
4		8	1m 30s
5		6	1m 30s

Barbell Split Squats

Set	Weight	Reps	Rest
1		8	1m
2		8	1m
3		8	1m

Leg Extension

Set	Weight	Reps	Rest
1		10	30s
2		8	30s
3		8	30s

Dumbbell Straight Legged Deadlift

Set	Weight	Reps	Rest
1		10	1m
2		8	1m
3		8	1m

Walking Lunges (Barbell)

Set	Weight	Reps	Rest
1		20	1m
2		20	1m
3		20	1m

Standing Calf Raises

Set	Weight	Reps	Rest
1		20	1m
2		20	1m
3		20	1m

Seated Calf Raises

Set	Weight	Reps	Rest
1		20	1m
2		20	1m
3		20	1m

Abdominal exercises

Hanging Leg Raises

Weighted Ab Crunches

Pallof Press

Jack Knives

3 sets of 20 reps each

30 secs rest