



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!

Pull Day

Rower

Time	Resistance	RPE
5m	10	5 RPE

Wide Grip Lat Pull Down

Set	Weight	Reps	Rest
1		15	1m
2		10	1m
3		8	1m
4	8		1m

Revere Grip Bent Over Rows

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

Single Arm Row

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

Face Pulls

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

Chins

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

Set	Weight	Reps	Rest
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Barbell Curls

Set	Weight	Reps	Rest
1		15	1m
2		12	1m
3		10	1m
4		8	1m

Cable Hammer curls - Rope Attachment

Set	Weight	Reps	Rest
1		15	1 m
2		12	1m
3		10	1m
4		8	1m