



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!

Push Day

WARM UP

Elliptical Trainer

Time	Resistance	RPE
10m	10	5 RPE

EXERCISE 2

Barbell Bench Press

Set	Weight	Reps	Rest
1		15	90s
2		10	90s
3		8	90s
4		8	90s
5		6	90s

EXERICSE 3

Dumbbell Incline Chest Press

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

EXERCISE 4

Seated Shoulder Press (Cables)

Set	Weight	Reps	Tempo	Rest
1		8	3010	1m 30s
2		8	3010	1m 30s
3		8	3010	1m 30s

EXERCISE 5

Upright Rows

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

EXERCISE 6

Chest Dips

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

EXERCISE 7

Close Grip Bench Press

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

EXERCISE 8

Cable Skull Crushers

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