

Push pull lower - Single

This program is excellent for advanced through beginner trainees.

This is a program you could easily repeat, or extend to go months on end. And like every program on the app, exercises are all easy to swap for other preferred options or when equipment is not available. So get in, kick some butt, make some gains, and as always, if you have any specific questions, get on the forums and ask the coaches!

PPL, also has lots of split options. Even done just 3 days a week, it can still be effective. Done 6 days a week, you get every body part trained 2x per week. Although anything in between is perfectly fine as well. Just train the next day that comes on you split, and you're golden. (see split options below)

As for every program, feel free to adjust variables slightly as needed. The base metric of "1 REP" is not well established in "research", and can vary largely from individual to individual. So feel free to make slight adjustments to the program's prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively "the best", has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as "outside the gym" variables: nutrition, sleep, stress, etc. So while I'm confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Rest: 90 seconds - 3 minutes before working sets

Suggested split structure:

Legendary recovery:

Monday - Push
Tuesday - Pull
Wednesday - Lower
Thursday - Push
Friday - Pull
Saturday - Lower
Sunday -OFF

Below average recovery:

Monday - Push

Tuesday - OFF
Wednesday - PULL
Thursday - OFF
Friday - LOWER
Saturday - OFF
Sunday - OFF

Other split options for consideration:

2 on, 1 off
3 on, 1 off, etc.

*These are still just suggestions. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session. Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

Push

flat DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

roller cable fly

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

high incline smith press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

lying cuff lateral raises

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 10-15 reps

single arm cuff cable extension

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps

Dips

Set 1: 6-8 reps
Set 2: 6-8 reps

Pull

A1 chest supported tbar row

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps

B1 neutral grip machine pull down

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps

C1 barbell RDL

Set 1: 6-8 reps
Set 2: 6-8 reps

D1 cable rear delt

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps

E1 single arm machine preacher curls

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps

F1 Incline cable curls

Set 1: 6-8 reps
Set 2: 6-8 reps
Set 3: 6-8 reps

Lower

A1 seated leg curls

Set 1: 6-8 reps
Set 2: 6-8 reps

Set 3: 6-8 reps

B1 knee dominant heel elevated squat (safety bar)

Set 1: 6-8 reps

Set 2: 6-8 reps

C1 lying leg curl

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

D1 hack squat (banded)

Set 1: 6-8 reps

Set 2: 8-12 reps

E1 Barbell Thrusts

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

F1 hip loaded calf raise

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 10-12 reps