

Push pull lower - A/B

This program is excellent for advanced through beginner trainees.

PPL is a “classic” split that has stood the test of time, and for good reason. It offers a good “Functional” value, with the ability to train everybody part between 1-2 times per week, as well as have a reasonable number of exercises per workout to not be redundant and still provide enough stimulus for even the more advanced athlete. It is moderate to low volume, that should be efficient for pretty much anyone.

This program also has an “A/B rotation”. Meaning, for any given day of the split, there are two different workouts for the given day. (Ex: Pull A and Pullr B) I find this mainly beneficial for 4 reasons: 1) It allows for better long term orthopedic outcomes. 2) It allows for my exercise variety within a program, while not having sessions containing too many exercises and getting too long. 3) As likely a combined result of 1 and 2, many people find they are able to progressive overload better over time. 4) Many trainees enjoy a bit of variety in their programming, which helps adherence. And if this can be done, while still maintaining appropriate programming, let's have at it!

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.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly.

Lastly, exercise selection is based on what I feel has the most evidence for being effective long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

Suggested split structure:

Legendary recovery:

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

Below average recovery:

Monday - Push A
Tuesday - OFF
Wednesday - PULL A
Thursday - OFF
Friday - LOWER A
Saturday - OFF
Sunday - OFF

Same for B rotation...

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 A

Incline DB press

Set 1: 6-8 reps

Set 2: 6-8 reps

Machine Flat press

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 8-12 reps

Machine Shoulder press

Set 1: 6-8 reps

Set 2: 6-8 reps

Delt cable y-raise

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 10-15 reps

Cross-cable triceps extension

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

JM smith press

s

Pull A

Wide pull ups

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

chest supported tbar row

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

low back extensions

Set 1: 6-8 reps

Set 2: 6-8 reps

Reverse pec dec

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

single arm DB preacher curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Standing DB hammer curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Lower A

Hack squats

Set 1: 6-8 reps

Set 2: 8-12 reps

lying leg curl

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Leg press quad dominant

Set 1: 6-8 reps

Set 2: 8-12 reps

Rear foot elevated split squat

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 10-12 reps

45 degree hip extension

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

hip loaded calf raise

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 10-12 reps

Push B

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 B

chest supported tbar row

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

neutral grip machine pull down

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

barbell RDL

Set 1: 6-8 reps

Set 2: 6-8 reps

cable rear delt

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

single arm machine preacher curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Incline cable curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

Lower B

seated leg curls

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

knee dominant heel elevated squat (safety bar)

Set 1: 6-8 reps

Set 2: 6-8 reps

lying leg curl

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

hack squat (banded)

Set 1: 6-8 reps

Set 2: 8-12 reps

Barbell Thrusts

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 6-8 reps

hip loaded calf raise

Set 1: 6-8 reps

Set 2: 6-8 reps

Set 3: 10-12 reps