

6 Day Per Week Push/Pull/Legs Hypertrophy Split

The 6-day per week push/pull/legs split is similar to the [4-day per week upper/lower split](#), but you divide the upper body workout into a push muscle day (chest, shoulders, and triceps) and pull muscle day (back and biceps). This allows for shorter workouts, and/or allows for more volume per session.

The sequence would look something like this:

- Monday: Push A
- Tuesday: Pull A
- Wednesday: Legs A
- Thursday: Push B
- Friday: Pull B
- Saturday: Legs B

Each muscle group is trained twice per week. Total weekly volume is 12 sets per muscle group per week. If you do an additional set per exercise, it's 18 sets per muscle group per week. These volume and frequency combinations are in line with the guidelines established by my [Volume Bible](#) and [Frequency Bible](#).

Feel free to substitute similar exercises based on your preference.

Push A

Exercise	Sets * Reps @ RPE
Barbell Bench Press	3 * 10-12 @ 8-9
Machine Fly	3 * 12-20 @ 9-10
Rope Pushdown	3* 12-20 @ 9-10
Dumbbell Lateral Raise	3 * 15-20 @ 9-10

Pull A

Exercise	Sets * Reps @ RPE
Medium Width Pronated or Neutral Grip Pullups (weighted if necessary)	3 * 10-12 @ 8-9
One Arm Dumbbell Row	3 * 10-12 @ 8-9
Dumbbell Bicep Curl	3 * 10-12 @ 9-10
Dumbbell or Barbell Shrug	3 * 12-20 @ 9-10

Legs A

Exercise	Sets * Reps @ RPE
Barbell Back Squat	3 * 10-12 @ 8-9
Barbell Hip Thrust	3 * 10-12 @ 8-9
Leg Extension	3 * 10-15 @ 9-10
Lying Leg Curl	3 * 10-15 @ 9-10
Standing Calf Raise	6 * 10-15 @ 9-10

Push B

Exercise	Sets * Reps @ RPE
Incline Dumbbell Bench Press	3 * 10-12 @ 8-9
Cable Crossover	3 * 15-20 @ 9-10
Skullcrusher	3 * 12-20 @ 9-10

Pull B

Exercise	Sets * Reps @ RPE
Close Grip Lat Pulldown	3 * 10-12 @ 8-9
Cable Row	3 * 10-12 @ 8-9
Cable Curl	3 * 10-12 @ 9-10
Upright Cable Row	3 * 12-15 @ 9-10
Dumbbell or Barbell Shrug	3 * 12-20 @ 9-10

Legs B

Exercise	Sets * Reps @ RPE
Leg Press	3 * 10-12 @ 8-9
Romanian Deadlift	3 * 10-12 @ 8-9
Sissy Squat	3 * 15-20 @ 9-10
Standing Leg Curl	3 * 10-15 @ 9-10
Calf Press on Leg Press	6 * 10-15 @ 9-10