

I'm not robot!

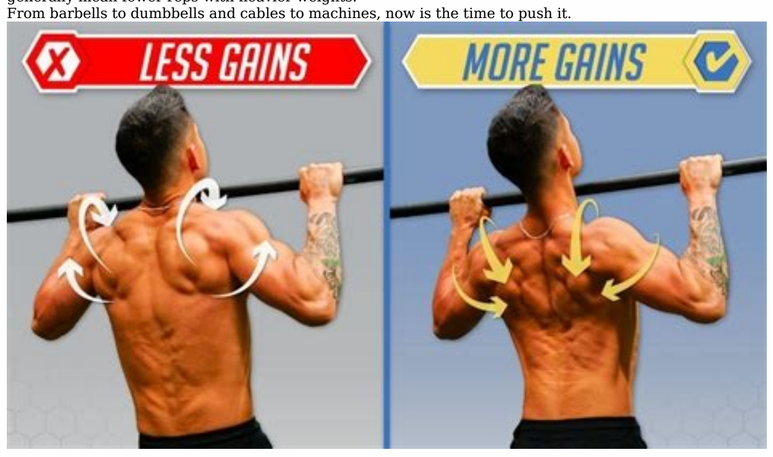
Push pull legs routine for muscle growth

Most popular push pull legs routine. Push pull legs routine for mass. Push pull legs routine for strength. Push pull legs routine for mass and strength. Best push pull legs routine for muscle growth.

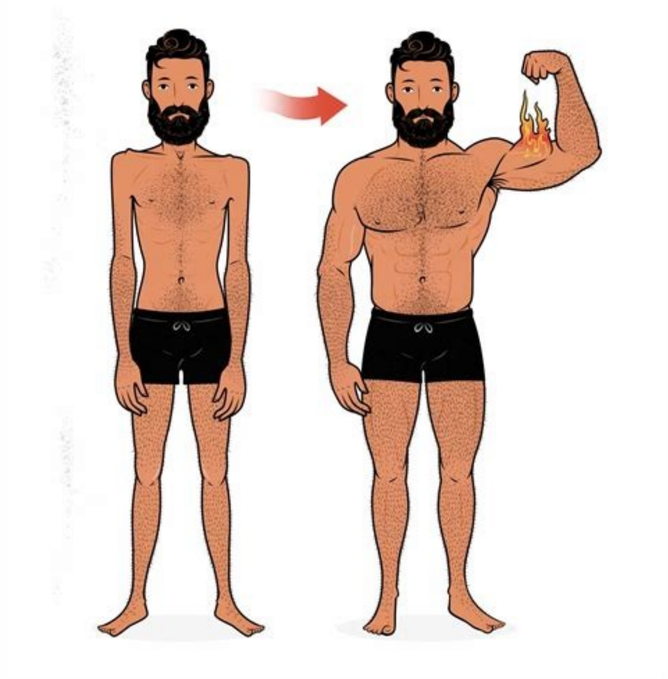
The success of your training often depends on time management. You'll need to target a tremendous amount of muscle mass in a well-balanced program. Because you've got a lot of ground to cover, finding the right training split is essential for progress. In this sense, the way you organize your program is the art of working out. You'll need to flow between form and function to provide the best opportunity for gains. Some training splits lend themselves well to building muscle, while others put an emphasis on particular lifts to boost your sports-specific skills. Credit: restyler / Shutterstock Many workout splits can help carve out the best physique for your goals. Arguably, none are as versatile as push-pull-legs. Regardless of your experience level, the creativity and customization of the push-pull-legs workout split make it difficult to beat. Here are the ultimate push-pull-leg workout splits to help you achieve your wildest training goals. Especially at the beginning of your muscle-building journey, make sure you're hitting all major muscle groups throughout the week.



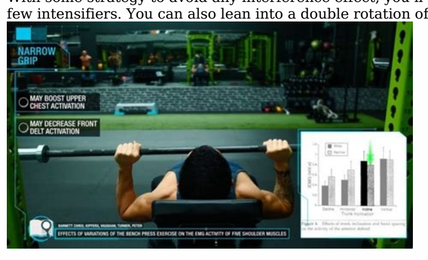
Later in your training career, you'll diversify your workouts with many different angles and exercise variations. But to lay the right foundation, you'll focus on the major compound movement patterns. You can easily weave squatting, hinging, pushing, and pulling movements into your first push-pull-legs split. The Workouts You don't need to use a barbell for every single exercise when you're just learning. In many cases, it's more effective to build some initial muscle, strength, and skill using more machine or cable variations first. Pepper in some skill and coordination work with dumbbells, barbells, or even calisthenics before smashing some machine- and cable-based exercises. This way, you'll create a healthy base to build off of without trying to perform variations your body may not be ready for. Day 1 — Push *AMRAP = as many repetitions as possible. Day 2 — Pull Day 3 — Legs With a strong foundation of muscle mass and initial coordination built, it's time to add more exercises and intensity. Step up your game by adding some higher-level barbell or dumbbell work and branching into additional isolation exercises. With your now intermediate level of experience, chances are that your body will need this added volume to keep growing. The Workouts Keep your most high-skill or full-body taxing exercises up front each day. Your barbell, dumbbell, or calisthenic-based exercises should still be performed early in the workout. This way, as you reach higher levels of fatigue each set, you'll remain safe in the process. Once you get into the machine and isolation exercise part of the day, start ratcheting up your intensity and go for muscle failure. Day 1 — Push Day 2 — Pull Day 3 — Legs As you approach your more advanced training stages, it's time to add in the bells and whistles. Keep your gains at the max level by moving from compound to isolation exercises throughout your workout and training with some more advanced implements. Credit: Photology1971 / Shutterstock Your load, set, and repetition schemes should be advancing toward the heavier end. That will generally mean fewer reps with heavier weights.
From barbells to dumbbells and cables to machines, now is the time to push it.



The Workouts Previously, the majority of your growth came from compound movements like barbell rows and dips. Since you've established a strong base of overall fitness, you can add more direct arm work to your plate and be more surgical in your exercise selection.
Targeting smaller muscle groups and tossing in intensifiers to cap your workout will be the pièce de résistance. Day 1 — Push Day 2 — Pull Day 3 — Legs Benefits of a Push-Pull-Legs Split The push-pull-legs split is extremely effective at training your full body throughout the week and at a relatively high training frequency. You can easily tailor this split to your specific needs.
If you find yourself curious about other training methods, the push-pull-legs split also makes it easy to make that leap. Full-Body Gains Your main goal with the push-pull-legs split will be to effectively train your entire body. By segmenting your training week into the push-pull-legs style of workout, it's extremely straightforward to target everything you need. Get in your chest, triceps, and shoulders on push day. Work your back and biceps on pull day. Target your hamstrings, quadriceps, and glutes on leg day. Honorable mention to the calves and abs — these can be placed anywhere you want at your discretion. While they will get some engagement each day from the heavy barbell and dumbbell movements, a little direct love never hurts. Higher Training Frequency Due to the non-competing workouts (no muscle group gets hit more than one day in a row), you can easily train your push-pull-legs split with high frequency. It is not uncommon to see the push-pull-legs split performed twice per week. Simply take a day off in between each three-day rotation and benefit from training each muscle group twice per week. Customizable Although your experience level will suggest what exercises might best benefit your progress, availability and your own preference also matter. The push-pull-legs split is highly customizable. Since it's primarily about building muscle, you'll always have a ton of options at your disposal. Credit: Frame Stock Footage / Shutterstock Depending on the muscles you're trying to emphasize, equipment availability, and any number of other considerations, there's definitely a push-pull-legs workout for you. The push-pull-legs training split is an amazingly easy program to pivot off into more specific training. While it caters heavily towards building as much muscle as possible, it also easily weaves in a diverse range of training exercises and implements. This means that you can use anything from barbells to kettlebells to achieve your training goals, whether strength or muscle.
This split will give you exposure to and practice with a wide array of workouts and movements. Therefore, the push-pull-legs training split can be a launching pad for any number of other training styles. Who Should Use the Push-Pull-Legs Split The push-pull-legs split can be modified to serve a ton of different training goals, but it's best suited for you if you're a bodybuilder, strength athlete, or currently cross-training. Bodybuilders Physique athletes are the most obvious beneficiary of a good push-pull-legs workout split. With the ability to target and customize workouts for each body part, train at a higher frequency, and have easy recovery, it's a great option for a bodybuilder. From hobbyists to professionals, if your main interest is muscle gain, push-pull-legs splits are right for you. Strength Athletes Strength athletes like powerlifters can also benefit from a good push-pull-legs split, particularly in their offseason. Depending on where you place your big three — the squat, bench press, and deadlift — your in-season training can also be considered a push-pull-legs split. But when you're focusing on hypertrophy in the off-season, a specific push-pull-legs split can be ideal. Take a load off from some of the heavier movements, chase some muscle growth, and recharge for the next bout of competition. Cross-Training Athletes Cross-training athletes often combine exercise styles. If you're into muscle growth, strength, cardio, or any other number of fitness pursuits, the push-pull-legs split is a strong candidate for you. Credit: Reshetnikov_art / Shutterstock The push-pull-legs split gives you the ability to scale your volume and accommodate for muscle soreness from other training styles.



With some strategy to avoid any interference effect, you'll be able to successfully weave everything you desire into your push-pull-legs cross-training program. How to Progress the Push-Pull-Legs Split You can progress your push-pull-legs training split in a few different ways. First, make use of all the tools at your disposal in the gym and weave in a few intensifiers. You can also lean into a double rotation of the same split.



Finally, erring on the side of strength is rarely a bad idea. Progress Training Implements Each training tool in the gym provides you with distinct benefits. Barbells and dumbbells are great for long-term progress because of their strength and coordination demands.



Machines and cables are easier (and generally safer) to take your muscles as close to failure as you can. Utilize more externally-stabilized tools for taking your sets to failure but build skill and coordination earlier in your workout with free weights. Eventually, the combined effect should allow you to use nearly every training tool at the gym for massive muscle growth. Add Intensifiers There are several techniques you can use to intensify each training session. From drop sets to forced repetitions, nailing that last set with some intensifiers can seriously help with stubborn progress. Think of intensifiers as a way to finish off the last set of a muscle group on the day. Weave them into the last week or two of your particular training cycle before you shift tactics. Make sure you're taking note of when and how you use intensifiers to keep your training consistent and challenging. Use a Double Rotation A clever way to keep progressing with your push-pull-legs training split is to divide it into two distinct rotations. What this means is that you'll be training six total workouts before completing one "rotation." This way, you can design two unique push, pull, and leg workouts and repeat them throughout your training week. Instead of hitting the same exact workout twice per week, you can now swap in different exercises or training tools for targeting an even broader number of muscles. Lean into Strength One of the most tried-and-true methods of advancing any training program is to increase the weight you're using. When you are better able to move heavier weights, the ceiling of all other progression tools also goes up. Your higher repetition work will also become heavier, your intensifiers will get harder, and your coordination will improve. This means achieving highly challenging sets, getting as close to failure as possible, and welcoming in even more gains.

The Undisputed Champion It's easy to argue that the ruler of all splits is the push-pull-legs workout split.

With the ability to customize workout difficulty to any skill level, diversify to include a wide variety of goals, and never fail to produce a wicked pump, it's a high standard to beat. Bodybuilders, strength athletes, and multi-dimensional cross-trainers can all get a ton of value from a push-pull-legs split. Get after any of these push-pull-legs workouts or build your own. If you've chosen this split, you're already on your way toward becoming a stronger athlete. Featured Image: restyler / Shutterstock Bulldozer Training inspired me to a created a push/pull/legs routine employing heavy, medium, and light loads during each workout. Each workout starts out with a compound lift using a 15 rep goal over 5 sets. If you exceed the rep goal by 0-3 reps then add 2.5-5lbs to the working weight the next time you perform the exercise. If you exceed the rep goal by 4+ reps then add 5-10lbs to the working weight. Starting out with a heavy compound lift will is a great way to increase central nervous system (CNS) activity, improve strength, and gain confidence moving heavy loads. When picking a start weight for this lift I would recommend using your 5-6 rep max (RM).

After the 5 sets of the heavy compound lift you're going to perform a back-off set in which you decrease the working weight by 20% (round to the nearly 2.5 or 5lbs) and try to perform as many quality reps as possibly (AMQRAP). This set is less taxing on the CNS and allows for some extra volume on the main compound lift of the day, which is helpful for muscle growth and reinforcing proper form. Proportionally increase the working weight of AMQRAP set by 2.5-10lbs every time you increase the weight during the 15 rep goal sets. After the main compound movement of the day you're going to perform rest-pause/bulldozer sets for the remainder of the workout. You will be resting 15 to 60 seconds between each set of an exercise and 2 to 3 minutes between each exercise. The accessory work will begin with compound exercises using moderate loads and will conclude will isolation, pump-inducing exercises using relatively low loads. It's important that you keep track of your timing in between sets – not only to optimize muscle growth but also to prevent you from being in the gym forever. I program my accessory work with high volumes and rest-pause because I believe it's an effective way to trigger muscle growth in a short period of time while allowing me to leave the gym with a nice pump. The exercise selection I lay out in the routine below is by no means set in stone, but I encourage you to be wise if and how you decide to make substitutions. For example, substituting conventional deadlift for sumo deadlift is completely reasonable but substituting chin-ups for another curl exercise is not advisable. Once you pick your exercises stick with them until you stop progressing; there's no reason to "confuse" your muscles if you're adding reps and/or weight to the bar every time you perform an exercise. If you're used to low volume routines this routine will initially make you quite sore – you can either power through the soreness or gradually increase the volume over time.

For example, instead of a 50 rep goal over 5 sets with shrugs you could aim for a 30 rep goal over 3 sets the 1st week, 40 reps over 4 sets the 2nd, and 50 reps over 5 sets the 3rd week. Push/Pull/Legs Workout Schedule Early-intermediate lifters should perform the routine in an every-other-day manner – Push A/Rest/Pull A/Rest/Legs A/Rest/Push B/Rest/Pull B/ Rest/Legs B/Rest/Repeat Intermediate lifters should perform the routine in a 3-on/1-off manner – Push A/Pull A/Legs A/Rest/Push B/ Pull B/Legs B/Rest/Repeat Advanced lifters should perform the routine in a 6-on/1-off manner – Push A/Pull A/Legs A/Push B/ Pull B/Legs B/Rest/Repeat 6 Day Push/Pull/Legs Workout Push Workout A - Chest, Shoulders & Triceps Pull Workout A - Back, Traps & Biceps Legs Workout A - Quads, Hamstrings & Calves Push Workout B - Chest, Shoulders & Triceps Pull Workout B - Back, Traps & Biceps Legs Workout B - Quads, Hamstrings & Calves Push/Pull/Legs Workout Nutrition & Supplementation To maximize muscle size and strength gains on this high frequency, high volume program, you'll have to EAT BIG! I recommend starting at no less than 3500 calories per day and adjusting based on how you feel and look in the mirror. If you're not used to eating this much don't worry if gain 3-5lbs during the first two weeks; most of that is water and glycogen as a result of your increased carbohydrate and overall calorie intake. After the first two weeks I would aim to gain 0.5-1lb of bodyweight per week. The meal and supplementation plan outlined below provides at least 1 gram of protein per pound of bodyweight (for a 180lb male), 0.5 grams of fat per pound of bodyweight, 30 grams of dietary fiber, 1000 milligrams of calcium, 350 milligrams of magnesium, 15 milligrams of zinc, and 18 milligrams of iron. Sample 3,500 Calorie Muscle Building Meal Plan Nutrition Totals: 3,510 calories 235g protein 367g carbs 132g fat 59g fiber 1550mg calcium 176% daily value of calcium. Time Meal Nutrition 07:00 Wake Up 07:30 1 to 2 cups of coffee; 1 serving multivitamin (general health), 2-3g EPA/DHA fish oil (general health & inflammation control). 50 calories, 0g protein, 0g carbs, 5.5g fat, 0g fiber, 0mg calcium 8:00 Breakfast 6 large eggs, 1.5 cups fresh blueberries, 4 slices of turkey bacon, 1.5 cups of sliced mushrooms, 1 cup of sliced green peppers, 1 ounce of Swiss cheese. 845 calories, 60g protein, 43g carbs, 49g fat, 9g fiber, 420mg calcium 12:00 Lunch 0.5 cup dry-measure jasmine rice, 6 ounces of roasted turkey breast, 1 cup steamed spinach, 1 tablespoon olive oil, 1 large red delicious apple. 886 calories, 63g protein, 122g carbs, 18g fat, 9g fiber, 410mg calcium 16:00 Pre Workout Snack 2 slices of whole wheat bread, 3 tablespoons of peanut butter, 1 cup of whole milk, 1 scoop of whey protein, 1.5 cups sliced strawberries. 737 calories, 49g protein, 68g carbs, 32g fat, 12g fiber, 520mg calcium 17:30 Pre Workout 0 to 300mg of caffeine (energy), 5g creatine (power output), 500mg agmatine sulfate (muscle pumps), 2000mg citrulline malate (muscle pumps), and 3000mg beta-alanine (muscular endurance) 18:00-19:30 Workout 10 to 15g of BCAAs intra-workout (recovery & fatigue management). Nutrition – 60 calories, 15g protein, 0g carbs, 0g fat, 0g fiber, 0mg calcium 20:00 Dinner 4 ounces dry-measure whole wheat pasta, 2 cups of tomato sauce, 2 cups steamed broccoli, 4 ounces raw-measure ground beef (80% lean/20% fat). 931 calories, 48g protein, 134g carbs, 28g fat, 29g fiber, 200mg calcium 23:00 Bed 1 serving of ZMA (relaxation & nervous system recovery) Recovery & Sleep Proper recovery is paramount for a routine with this much volume, intensity, and frequency. Aim for at least 7 to 9 hours of non-interrupted, quality sleep every night. If your schedule allows for midday napping I would highly encourage this as well. Most of us working the 9-to-5 desk job are unable to nap during the workweek so at a bare minimum, nap 15 to 30 minutes on Saturdays and Sundays. These naps will improve muscular recovery, improve memory recall, and improve short-term alertness. To optimize sleep hygiene I recommend abstaining from looking at a digital screen 1 to 2 hours pre-bed.

Artificial light interferes with your body's natural circadian rhythm and melatonin release. If you must work on your computer in the evenings consider free software like f.lux, which "makes the color of your computer's display adapt to the time of day, warm at night and like sunlight during the day." As you enter your bedroom take note of the room darkness. If it's not pitch black, consider removing any nightlights, adding blackout curtains to cover the windows, and/or using a sleep mask. Also consider room temperature – most people sleep the soundest when the room temperature is between 75 and 54 degrees Fahrenheit. I have personally found a room temperature of 68 to 70 degrees Fahrenheit to be optimal for me. Once you lay down, before you drift off to sleep, consider mattress comfort and outside noise levels. Optimal mattress firmness is relative to the individual but if your mattress has become overly soft and saggy, then I encourage you to invest in a new mattress as soon as possible – the benefits far outweigh the financial costs. If you lay down hear the neighborhood cat caterwauling or the tenants in 3B making a racket then utilize ear plugs or a white noise machine. Ear plugs are an inexpensive and portable but they may fall out of your ears throughout the night. A white noise machine provides constant outside noise minimization but requires electricity to function and is significantly more expensive than earplugs.

Once you've optimized your sleep environment based on the aforementioned parameters I guarantee your recovery and energy will improve. Post your post-workout swolfies in M&S gear on IG and tag @muscleandstrength, #muscleandstrength, or DM them to us to get a shoutout on Muscle & Strength stories!