

## PUSH/Pull Strength/ Hypertrophy Split

-Lift Monday, Tuesday, Thursday, Friday

-Plyos and Running/ Cardio of choice on Wednesday and Saturday. Plyos can consist of a good warm up with something like high knees and other running drills, followed by some form of jumping/ sprinting, followed by some zone 2 cardio. This program is predominantly geared towards putting on some muscle and strength, so the plyos are to keep you athletic during the process and the cardio is for your health so don't go crazy.

-RPE stands for Rate of Perceived Exertion. If you don't understand this concept, look it up. There is a ton of information on this topic readily available on the internet.

-If there is a rep range listed, start at the bottom and add reps every week until you get to the top, then go up in weight for that exercise. For example, DB Bench 4x8-12:

week 1 4x8 @ 50 lbs

week 2 4x10 @ 50 lbs

week 3 4x11,11, 10 @ 50 lbs

week 4 4x12 @ 50 lbs

week 5 4x8 @ 55 lbs

<p>Push 1</p> <p>Front Squat – 5x3 (Move Fast not too heavy RPE 6-7)</p> <p>DB Push Press – 5x3-5 (RPE 6-7)</p> <p>Sissy Squats – 3xRPE 8</p> <p>DB Bench – 4x8-12</p> <p>Seated Calf – 3x10-15</p> <p>Dips – 3x10-15</p> <p>Laterals – 3x10-15</p>	<p>Push 2</p> <p>Back Squat – 3x7 (RPE 7-8)</p> <p>Bench – 5x3-5 (RPE 6-7)</p> <p>Reverse Def. Lunge – 3x8-12</p> <p>DB OHP – 4x8-12</p> <p>Standing Calf – 3x10-15</p> <p>Machine Laterals – 3x15-20</p> <p>Def. Push Up – 3x Max</p>
<p>Pull 1</p> <p>Deadlift – 5x3 (Move Fast not too heavy RPE 6-7)</p> <p>Neutral Chins – 4x3-5</p> <p>Nordic – 3x3-5</p> <p>CS Row – 3x10-12</p> <p>Rear Delt Fly – 3x10-15</p> <p>Zottman Curl – 3x8-12</p> <p>Reverse Squat – 3x15-20</p>	<p>Pull 2</p> <p>RDL – 3x7 (RPE 7-8)</p> <p>DB Rows 3x7</p> <p>Cable Chops – 3x10-15</p> <p>Chins – 3x RPE 8</p> <p>Machine Curls – 3x15-20</p> <p>Rear Delt Fly – 3x15-20</p>