



PUSH PULL LEGS

6-DAY HYPERTROPHY PROGRAM

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Hit everything twice. The classic mass-building split — perfected.

This 6-day Push/Pull/Legs program trains each muscle group 2x per week for optimal frequency and growth. Push = Chest/Shoulders/Triceps, Pull = Back/Biceps, Legs = Quads/Hams/Calves. First rotation is heavy compound focus, second rotation is volume and pump. Rest Sunday or rotate continuously with 1 rest day after Day 6.

PROGRAM GUIDELINES

- **Frequency:** 6 days on, 1 off (Push/Pull/Legs x2) • **Rest:** 60-90 sec accessories, 2-3 min compounds
- **Progression:** When you hit top of rep range on all sets, add 2.5-5% next session
- **Schedule:** Mon Push, Tue Pull, Wed Legs, Thu Push, Fri Pull, Sat Legs, Sun Rest
- **Tip:** Days 1-3 = heavy focus, Days 4-6 = volume/pump focus — same muscles, different angles

DAY 1: PUSH — CHEST, SHOULDERS, TRICEPS (HEAVY)

EXERCISE	SETS x REPS	COACHING CUE
Bench Press	3 x 8-12	Primary compound. Retract scapula, drive feet.
Incline Dumbbell Press	3 x 10-12	30-45° incline. Deep stretch, powerful press.
Dumbbell Flyes	3 x 10-12	Slight bend, open chest, controlled negative.
Triceps Pushdowns	3 x 10-12	Elbows pinned, full extension.
Overhead Triceps Extensions	3 x 10-12	Cable or DB, deep stretch overhead.

DAY 2: PULL — BACK & BICEPS (HEAVY)

EXERCISE	SETS x REPS	COACHING CUE
Pull-Ups	3 x Failure	Wide or neutral grip. Add weight when 12+ reps.
Barbell Rows	3 x 8-12	Hinge 45°, pull to lower ribs, neutral spine.
Seated Cable Rows	3 x 10-12	Chest tall, elbows to ribs, squeeze 1 sec.
Bicep Curls	3 x 10-12	Strict form, no swing.
Hammer Curls	3 x 10-12	Neutral grip for arm thickness.

DAY 3: LEGS — QUADS, HAMS, CALVES (HEAVY)

EXERCISE	SETS x REPS	COACHING CUE
Squats	3 x 8-12	Depth to parallel+, brace core, knees track toes.
Deadlifts	1 x 5	Heavy but perfect. Conventional, full reset each rep.
Leg Press	3 x 10-12	Feet shoulder width, control eccentric.
Hamstring Curls	3 x 10-12	Lying or seated, pause at contraction.
Calf Raises	3 x 15-20	Full stretch + hard 1 sec squeeze.

DAY 4: PUSH — VOLUME / PUMP

EXERCISE	SETS x REPS	COACHING CUE
Incline Dumbbell Press	3 x 10-12	Volume push. Focus on upper chest stretch.
Dumbbell Flyes	3 x 10-12	Squeeze focus — lighter weight, intense contraction.
Triceps Pushdowns	3 x 10-12	Pump set. Constant tension.
Overhead Triceps Extensions	3 x 10-12	Deep stretch for long head development.
Push-Ups	3 x Failure	Finisher — go to failure, chest to floor.

DAY 5: PULL — VOLUME / PUMP

EXERCISE	SETS x REPS	COACHING CUE
Barbell Rows	3 x 10-12	Slightly lighter, stricter form, higher reps.
Seated Cable Rows	3 x 10-12	Mind-muscle connection — hold 1 sec.

Bicep Curls	3 x 10-12	Controlled, supinate at top.
Hammer Curls	3 x 10-12	Forearm and brachialis pump.
Pull-Ups	3 x Failure	Finisher — wide grip to failure.

DAY 6: LEGS — VOLUME / PUMP

EXERCISE	SETS x REPS	COACHING CUE
Squats	3 x 8-12	Second squat session — moderate weight, perfect depth.
Leg Press	3 x 10-12	Feet low for quad emphasis or wide for glutes.
Hamstring Curls	3 x 10-12	High rep hamstring pump.
Calf Raises	3 x 15-20	Burnout — hold top and bottom 1 sec each.

COACHING NOTES FROM INVICTUS

- **Frequency is the advantage:** Hitting each muscle twice per week = 104 growth opportunities per year vs 52 on a bro split.
- **Heavy vs Volume:** Days 1-3 push heavier loads (8-12), Days 4-6 chase pump and technique (10-12+ to failure). Both build muscle.
- **Recovery Matters:** This is a 6-day program — sleep 7-9 hrs, protein 0.8-1g/lb, hydrate. If you feel run down, take an extra rest day.
- **Progress:** Log every set. If you did 10,10,10 last week at 185 on bench, do 11,10,10 or add 5 lbs this week.
- **Next Level:** After 8-12 weeks, rotate to our 8-Week Progressive PPL or Kinetic Triple Drop for new stimulus at invictussports.org.



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Educational purposes only. Consult physician before beginning. Stop if pain occurs.