

6 Day Push Pull Legs Split For Strength and Hypertrophy

If you're looking for the best push pull leg split workout along with PDF then you came to the right place. In this article, I'm going to share my push pull legs 6 day split for strength and hypertrophy routine. I've designed this plan after researching several studies and articles so it can help you build a muscular and sizeable body.

6 Day Push Pull Legs Split Workout Program Summary

Routine Type	Split
Program Duration	4-12 Weeks
Routine Goal	Strength And Hypertrophy
Training Level	Beginner to Intermediate
Duration Per Session	60-90 Minutes
Frequency	6 Days per Week
Gender	Male and Female
Recommended Bodybuilding Supplements	Mass Extreme , Nutrigo Lab Mass (Clicks on links to know more)
Alternate Plan for Home Workout	12 week dumbbell workout plan and Bodyweight Workout Plan

Also check out: [The Best 4-Day Split Dumbbell Workout](#)

What Are Push/Pull/Legs (PPL) Split?

The push/pull/leg routine is divided into three parts as the name suggests.

Push workout includes training of chest, shoulder and triceps muscle group.

Bench press, [barbell overhead press](#), dumbbell push press, [dumbbell floor press](#), push-ups are some of the examples of push exercises.

Pull workout includes training of the back, biceps, wrist and forearm muscle.

Pull-ups, lat pulldown, barbell bent over, cable rowing, barbell curl, chin-ups, and [wrist curl](#) are some of the examples of pull exercises.

Leg day includes the training of quadriceps, hamstrings, calves, glutes.

[Squats](#), leg press, [deadlifts](#), leg extension, hamstring curl, [calf raises](#), hip thrust, and glutes bridges are some of the best exercises for leg day training.

Usually, push workout is done on day 1, pull workout on day 2, and the leg workout on day 3. And on leg day, you can work out on your core.

The Push pull legs split workout routine is one of the best workout regimes that promote hypertrophy and increases strength.

This workout routine allows you to train each muscle twice a week. And doing that will help you build increase muscle mass and strength both. ([1](#))

You may also like: [3 Day Compound Full Body Workout Routine](#)

6 Day Push Pull Legs Split For Strength And Hypertrophy

Day 1 Push Workout- Chest, Shoulders, Triceps (Part 1)

Reps: 8-12

Sets: (3-4)

Rest: 1-3 Minutes

Push Exercises	Targeted Muscles
Barbell Flat Bench Press	Chest
Incline Dumbbell Press	Chest
Dumbbell Pullover	Chest
Barbell Overhead Press	Shoulder
DB Front Lateral Raises	Shoulder
Bent-Over Lateral Raises	Shoulder
Dips	Triceps
Incline Dumbbell Overhead Extension	Triceps
Triceps Pushdown with Bar	Tricep

Push Exercises	Targeted Muscles
Weighted Pushup	Upper Body

Day 2 Pull Workout- Back, Biceps, Forearms (Part 1)

Reps: 8-12

Sets: 3-4

Rest: 1-3 Minutes

Pull Exercises	Muscles Engaged
Pull-ups	Back
Wide Grip Lat Pulldown	Back
Barbell Bent-Over Row	Back
One Arm Dumbbell Rowing	Back
Chinups	Biceps
EZ Standing Bicep Curl	Biceps
DB Alternate Bicep curl	Biceps
Preacher Curl	Biceps
Palm up Dumbbell Wrist Curl	Wrist and Forearm

Day 3 Leg Workout- Quads, Hamstrings, Calves, Gluteus, Core (Part 1)

Leg and Core Exercises	Muscles Activate
Barbell Smith Machine Lunges	Quadriceps, Glutes, and Hamstring
Barbell Back Squat	Quad and Glutes
Leg Extension	Quad

Leg and Core Exercises	Muscles Activate
Dumbbell Romanian Deadlift	Hamstring, Quad, Glutes
Prone Lying DB Leg Curl	Hamstring
Weighted Glute Bridge	Glute
Calf Raises	Calves
Sits up	Core
Leg Raises	Core
Plank	Core

Day 4 Push Workout- Chest, Shoulders, Triceps (Part 2)

1. **Incline Bench Press**
 - Muscle worked: Chest
 - Reps: 8-12, Sets: 2-3
 - Rest: 1-3 minutes
2. **Flat Dumbbell Press**
 - Muscle worked: Upper Chest
 - Reps: 8-12, Sets: 2-3
 - Rest: 1-3 minutes
3. **Dumbbell Squeeze Press**
 1. Muscle worked: Upper Chest
 - Reps: 6-8, Sets: 2-3
 - Rest: 2 minutes
4. **Dumbbell Arnold Press**
 - Muscle build: Shoulders
 - Reps: 8-10, Sets: 3
 - Rest: 2 minutes
5. **Barbell Front Raises**
 - Muscle build: Anterior Deltoid
 - Reps: 8-10, Sets: 2
 - Rest: 2 minutes
6. **Pike Pushup**
 - Targeted muscle: Shoulder
 - Reps: 8-10, Sets: 2-3
 - Rest: 2 minutes
7. **Weighted Triangle Press Up**
 - Targeted muscle: Triceps
 - Reps: 10-15, Sets: 2

- Rest: 1 minute
8. **Dumbbell Kickback**
 - Muscle build: Triceps
 - Reps: 8-10, Sets: 3
 - Rest: 2-3 minutes
 9. **Triceps Rope Pushdown**
 - Muscle build: Triceps
 - Reps: 8-10, Sets: 3
 - Rest: 2-3 minutes

Day 5 Pull Workout- Back, Biceps, Rear Deltoid (Part 2)

1. **Pull ups**
 - Muscle worked: Back
 - Reps: 8-12, Sets: 2-3
 - Rest: 1-3 minutes
2. **Reverse Grip Lat Pulldown**
 - Muscle worked: Back
 - Reps: 8-12, Sets: 2-3
 - Rest: 1-3 minutes
3. **T Rowing**
 1. Muscle worked: Back
 - Reps: 6-8, Sets: 3
 - Rest: 2 minutes
4. **Face Pull**
 - Muscle build: Rear Delt and Traps
 - Reps: 8-10, Sets: 3
 - Rest: 2 minutes
5. **Dumbbell Rear Delt Fly**
 - Muscle Build: Rear Delt and Traps
 - Reps: 8-10, Sets: 2
 - Rest: 2 minutes
6. **Barbell Upright Row**
 - Targeted muscle: Shoulder and Upper Trap
 - Reps: 8-10, Sets: 2-3
 - Rest: 2 minutes
7. **Barbell Curl**
 - Targeted muscle: Biceps
 - Reps: 8-10, Sets: 2-3
 - Rest: 2 minutes
8. **Concentration Curl**
 - Targeted muscle: Biceps
 - Reps: 10-15, Sets: 2
 - Rest: 1 minute
9. **Dumbbell Hammer Curl**

- Muscle build: Biceps
 - Reps: 8-10, Sets: 3
 - Rest: 2-3 minutes
10. **Incline Dumbbell Curl**
- Muscle build: Biceps
 - Reps: 8-10, Sets: 3
 - Rest: 2-3 minutes
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Day 6 Leg Workout- Quads, Hamstrings, Calves, Gluteus, Core (Part 2)

1. **Deadlift**
 - Muscle worked: Lower body and Back
 - Reps: 4-6, Sets: 2-3
 - Rest: 1-3 minutes
2. **Barbell Jammers**
 - Muscle Build: Lower body
 - Reps: 6-8, Sets: 2-3
 - Rest: 1-2 minutes
3. **Leg Press**
 - Muscle worked: Quadriceps
 - Reps: 10-12, Sets: 2-3
 - Rest: 1-3 minutes
4. **Leg Curl**
 1. Muscle worked: Hamstrings
 - Reps: 8-10, Sets: 2-3
 - Rest: 2 minutes
5. **Dumbbell Bulgarian Split Squat**
 - Muscle Build: Quads, Glutes, and Hamstrings
 - Reps: 8-10, Sets: 3
 - Rest: 2 minutes
6. **Barbell Hip Thrust**
 - Muscle Build: Glutes and Hamstrings
 - Reps: 8-10, Sets: 2
 - Rest: 2 minutes
7. **Plank**
 - Targeted muscle: Core
 - 1-2 Minute Hold
8. **Side Plank**
 - Targeted muscle: Core
 - 1-2 Minute Hold

9. Reverse Crunches

- Targeted muscle: Core
- 1-2 Minute Hold

10. Hanging Knee Raises

- Muscle build: Core
- AMRAP

Frequently Asked Question

1. Is 6 day push pull legs good?

The Push pull legs split workout routine is one of the best workout routines that promote muscle growth and increases strength.

It allows you to target each muscle twice a week. And doing six days workouts a week can help you gain muscle and strength both. (1)

2. Is Push Pull legs good for mass?

The 6 Days Push Pull Legs (PPL) can significantly increase your muscle mass. A [meta-analysis](#) published by the Journal of Strength and Conditioning Research suggested that training muscle more than once a week can help you maximize muscle growth.

3. Is Push Pull legs good for beginners?

Yes, the push-pull-legs split is suitable for all fitness levels including beginners. It will put less stress on the specific muscle and allow you to train each muscle group efficiently. [Full-body workout](#) and PPL both can be efficient and effective for beginners.