



PLUG AND PLAY PROGRAM

6-Day Push / Pull / Legs x2

Advanced

6 days a week | 4-week block | 1+ years consistent training

Fully populated. Assign as-is or swap exercises using the Assessment to Program Engine (folder 05).

Built to work.

Who this is for

Advanced clients training 6 days a week who want every muscle group trained twice weekly. Two full Push/Pull/Legs rotations, giving higher frequency than a single PPL cycle without the uneven volume of a 5-day hybrid split.

4-Week Progression

Apply this progression to every exercise below across the 4-week block.

Week	Target
Week 1	Establish baseline load and form at the prescribed reps, RPE 6-7
Week 2	Add 1 rep per set at the same load, RPE 7
Week 3	Add load (2.5-5%) and reset to the bottom of the rep range, RPE 7-8
Week 4	Repeat Week 3's load for full reps, RPE 8. Deload next block if needed

Day 1: Push A (Chest, Shoulders, Triceps)

Exercise	Sets x Reps	Rest	Cue
Incline Barbell Press	3-4 x 8-15	60-90s	30-45° bench, bar to upper chest, retract scapula throughout
Machine Chest Press	3-4 x 8-15	60-90s	Adjust seat so handles are at mid-chest height, full ROM
DB Shoulder Press (Seated)	3-4 x 8-15	60-90s	Sit on bench, press from ear height, fundamental pressing movement
Cable Lateral Raise (Single Arm)	3-4 x 8-15	60-90s	Low cable, raise out, constant tension at bottom unlike DB
Cable Overhead Tricep Extension	3-4 x 8-15	60-90s	Cable behind head, extend forward, long head constant cable tension

Day 2: Pull A (Back, Biceps)

Exercise	Sets x Reps	Rest	Cue
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Lat Pulldown (Wide Grip) (Machine / Cable)	3-4 x 8-15	60-90s	Pull to upper chest, retract scapulae first, primary width builder
Cable Seated Row	3-4 x 8-15	60-90s	Squeeze shoulder blades at end, constant cable tension
Straight-Arm Pulldown (Machine / Cable)	3-4 x 8-15	60-90s	Arms straight, rope from overhead to hips, pure lat isolation, zero bicep
Barbell Bicep Curl	3-4 x 8-15	60-90s	Shoulder-width supinated, curl to chin, primary barbell mass builder
Incline Dumbbell Curl	3-4 x 8-15	60-90s	Lie on incline, curl from full stretch, best long head stretch exercise

Day 3: Legs A (Quads, Glutes, Hamstrings)

Exercise	Sets x Reps	Rest	Cue
Barbell Front Squat	3-4 x 8-15	60-90s	Bar on front delts, elbows high, most quad-dominant barbell squat
Dumbbell Romanian Deadlift	3-4 x 8-15	60-90s	Push hips back, lower DBs along legs, feel hamstring stretch
Leg Extension (Machine / Cable)	3-4 x 8-15	60-90s	Squeeze at top, slow 3s eccentric, best quad isolation exercise
Lying Leg Curl Machine	3-4 x 8-15	60-90s	Toes plantarflexed, 3s eccentric, gold standard ham isolation
Standing Calf Raise	3-4 x 8-15	60-90s	Full ROM, heel below step at bottom, full plantarflexion at top.

Day 4: Push B (Chest, Shoulders, Triceps)

Exercise	Sets x Reps	Rest	Cue
Weighted Dip (Forward Lean)	3-4 x 8-15	60-90s	Lean forward, lower until stretch in chest, drive up, chest focus
Incline DB Press (Single Arm)	3-4 x 8-15	60-90s	One arm at a time, eliminates dominant side compensation
Cable Rear Delt Fly (Mid Height)	3-4 x 8-15	60-90s	Cable at shoulder, cross body, rear delt isolation

Machine Lateral Raise	3-4 x 8-15	60-90s	Dedicated machine, most isolated and consistent stimulus
Cross Body Cable Tricep Extension	3-4 x 8-15	60-90s	Single-arm cable extension pulled across the body, unique angle emphasizes the lateral head

Day 5: Pull B (Back, Biceps)

Exercise	Sets x Reps	Rest	Cue
Wide Grip Pull-Up	3-4 x 8-15	60-90s	Wider than shoulder-width, emphasizes upper lat spread and width
Cable Row (Elbows Out)	3-4 x 8-15	60-90s	Squeeze shoulder blades at end, constant cable tension
Lat Pulldown (Neutral Grip) (Machine / Cable)	3-4 x 8-15	60-90s	Parallel handle attachment, most joint-friendly pulldown variation
Concentration Curl (Dumbbell / Kettlebell)	3-4 x 8-15	60-90s	Elbow on inner thigh, most isolated peak contraction exercise
Cable Hammer Curl (Rope)	3-4 x 8-15	60-90s	Rope neutral grip, brachialis with constant cable tension

Day 6: Legs B (Glutes, Hamstrings, Calves)

Exercise	Sets x Reps	Rest	Cue
Barbell Hip Thrust	3-4 x 8-15	60-90s	Bar with pad at hip crease, full hip extension, pause & squeeze at top
Bodyweight Bulgarian Split Squat (Quad Focused)	3-4 x 8-15	60-90s	Upright torso biases quads, keep front shin vertical
Nordic Hamstring Curl (Bodyweight / Plyometric)	3-4 x 8-15	60-90s	Kneel with anchored feet, lower body slowly, most effective eccentric
Cable Kickback	3-4 x 8-15	60-90s	Ankle cuff on low cable, kick straight back, hinge slightly forward
Seated Calf Raise	3-4 x 8-15	60-90s	Heavy load possible. Slow eccentric. 3×15-20.

Need to swap an exercise for equipment, injury, or a crowded gym? Use the Assessment to Program Engine in folder 05, this program's exercises are drawn from the same vault.