Training Split: Push, Pull, Legs – Pull Workout

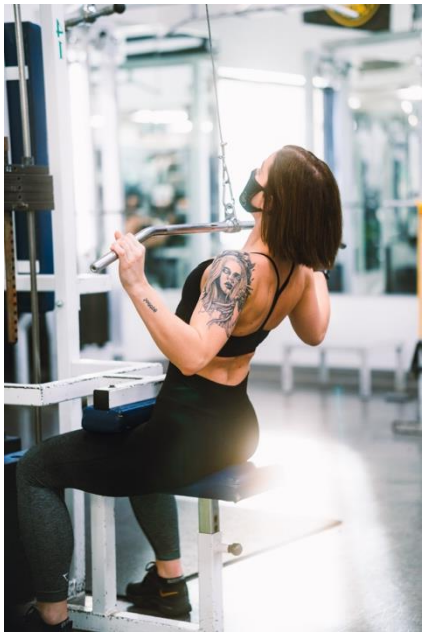
The Push, Pull, Leg training split, is a 6 days/week training split designed for intermediate-advanced lifters. Push workouts target the chest, triceps, and shoulders, Pull workouts target the back and biceps, Leg workouts target the glutes, quadriceps, hamstrings, and calves. The training split is designed to train muscle groups that tend to work together when performing multipoint exercises.

During a ***Pull*** workout you will start off with 2 pulling exercises, one horizontal pulling exercise and one vertical pulling exercise. Horizontal pulling exercises are movements where you are pulling a load towards your body relative to your torso, such as a barbell row or seated cable low row. Vertical pulling exercises are movements where you are moving a load vertically, such as a pullup or lat pulldown.

Horizontal Pull: Dumbbell 1 Arm Row

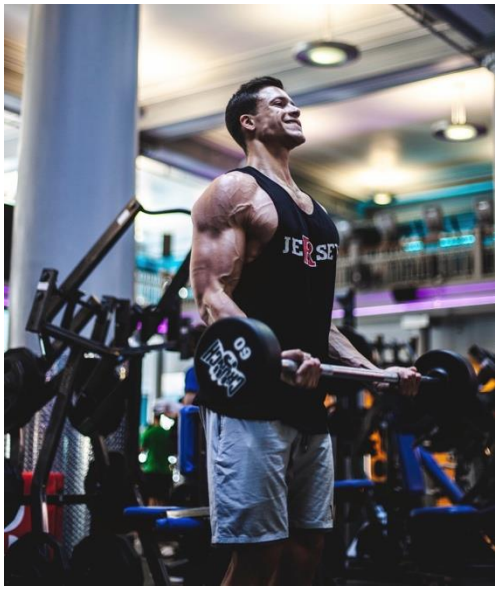
For these 2 pulling exercise, I recommend that at least one of them is a pulling exercise that loads the entire back (low, mid, and upper back), rather than just isolating the upper back, such as a barbell row. For pulling exercises that target the entire back, I recommend you perform 3-5 sets for 6-8 reps with 1-3 reps in the tank. I do not recommend you go to failure or pick a weight that you can do less than 6 reps, as this may lead to excessive stress to the lower back. For the second pulling exercise that isolates the upper back, I recommend you focus on hypertrophy and perform 3-5 sets for 8-12 reps leaving 1-2 reps in the tank.

Following the 2 pulling exercises, I recommend you do one more exercise targeting the back. For this exercise, pick an exercise that either targets muscles of the back that aren't effectively stimulated in the 2 previous exercises (ex. rotator cuff, trapezius, low back) or pick an exercise that targets any part of the back that you find is lacking compared to the rest of your body. Examples of exercises for lagging back muscles include face pulls for the rotator cuff, shrugs for the trapezius, and hyperextensions for the lower back. If you decide to pick an exercise targeting the lower back, I recommend you perform the exercise at the end of the workout rather than the third. I recommend you perform this exercise for a higher rep range, 10-20 reps for 2-3 sets going to failure or 1-2 reps in the tank.



Vertical Pull: Lat Pulldown

After performing your back exercises, perform 1-2 isolation exercises on the biceps. The biceps are a small muscle relative to the rest of the body and primarily perform elbow flexion. I recommend you find 3-5 exercises that you find effective in targeting your biceps and regularly rotate through them between workouts. Common bicep exercises include barbell curls, alternating dumbbell curls, hammer curls, preacher curls, and incline curls. For the bicep exercises perform 2-3 sets for 8-15 reps going to failure.



Bicep Exercise: Barbell Curl

The recommended rep ranges are based on the goal of muscle hypertrophy, the rep range can always be lowered to focus on strength and increased to focus on endurance. It is important to note, muscle hypertrophy will occur in any rep range if there is sufficient volume and intensity.

Here is an example of a pull workout following the principles stated above:

Barbell bent over row 4 sets 6-8 reps
Lat pulldown 4 sets 10-12 reps
Straight arm pulldown 2 sets 12-15 reps
Hammer Curls 3 sets 8-10 reps
Preacher Curls 2 sets 12-15 reps

If you are interested in learning exercise technique or interested in obtaining a workout program tailored to your goals, please contact personaltraining@curtishealth.com or speak to your Fitness Coordinator during your next visit.