Training Split: Push, Pull, Legs – Push Workout

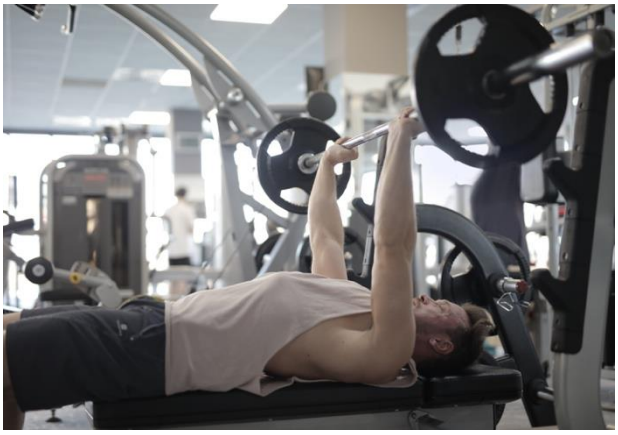
The Push, Pull, Leg training split, is a 6 days/week training split designed for intermediate-advanced lifters. Push workouts target the chest, triceps, and shoulders, Pull workouts target the back and biceps, Leg workouts target the glutes, quadriceps, hamstrings, and calves. The training split is designed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

During a ***Push*** workout you will always start off with a heavy compound movement that focuses on a pushing movement, such as a shoulder press or bench press, hence the name Push workout. For this exercise, I recommend you pick a heavy weight that you can perform 6 – 8 repetitions for 3-5 sets. Following the heavy compound exercise, I recommend you follow up with a second compound movement for 3-5 sets but performed with a higher rep range (8-12 reps). These compound exercises will target all 3 pushing muscles effectively. For all your sets I recommend you do not train to failure and instead, stop with 1-3 reps left in the tank, as training to failure may not be safe due to technique breakdown leading to higher risk of injury.

Compound Exercise: Shoulder Press

After performing the two compound exercises, move on to isolation exercises that specifically target the chest, shoulder, or triceps. I recommend you pick one isolation exercise per muscle group. These exercises do not have to be a pushing exercise and I do not recommend all isolation exercises be a pushing movement as the three push muscles have other functions.

For your chest isolation exercise, I recommend you do any exercise that start with your arms extended out to your sides and finishes with your arms at midline, such as a chest fly or cable crossover. For the shoulders, I recommend you focus on exercises that target either the middle or rear shoulder, such as a lateral raise or rear delt fly. Finally for your triceps, I do not have a specific movement pattern or part of the triceps you should target and instead recommend you experiment and find the tricep exercise that you find is best for you. Examples of effective tricep exercises include: tricep pushdowns, tricep lying extensions (skull crushers), and standing cable overhead tricep extensions.



Compound Exercise: Bench Press

Perform each isolation for 2-3 sets for 8-15 reps. I recommend you train to failure or 1 rep in reserve, as isolation exercises do not have a high risk to reward ratio compared to compound exercises when training to failure.

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 as long as there is sufficient volume and intensity.

Chest Isolation Exercise: Cable Crossover

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

Incline Dumbbell Bench Press 4 sets x 6-8 reps
Dumbbell Shoulder Press 4 sets x 10-12 reps
Dumbbell lying Tricep extensions 3 sets x 10-12 reps
Low to High cable crossover 3 sets x 12-15 reps
Lateral raises 3 sets x 12-15 reps

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