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6 Day [PPL] Push – Pull Legs To Improve Strength

by Jennifer Austin — January 26, 2022 in Health

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Push-Pull Legs (PPL) programs are a popular way to form bodybuilding, strength training, or power building mode programming. This workout structure, often referred to as a split, allows revival from a certain set of movements while training other movements.

6 Day Push Pull Legs Strength Improving Program Summary

I've designed this plan after researching several analyses and articles. So it can help you build a muscular and sizable body.

Routine Class	Split
Program Duration	4-12 weeks
Routine Objective	Strength
Training Level	Beginner to Intermediate
Time per session	60-90 minutes
Frequency	6 days per week
Gender	Male/Female
Recommended bodybuilding	Mass Extreme
Supplement	Nutrigo lab Mass

What are Push / Pull / Legs?

The push-pull and legs split is a very basic training method in which you have to split your body into three parts.

In the Push workout, you orient all the upper body driving muscles (i.e. the chest, shoulders and triceps)

In the Pull workout, you train all the upper body driving muscles (i.e. the back and biceps.)

And within the Legs workout, you train the whole lower body, (i.e. the quads, hamstrings, calves and abdominal.)

These three workouts are then substituted over however many weekly training sessions you choose to do.

If you can only make it to the gym three days per week, you would simply have to do each workout on its set day once per week, e.g. Monday, Wednesday and Friday. This directly implies that each body part is only being trained once per week, and it is not definitely ideal for your muscle growth.

So, the best way would be to train four days per week, substituting the exercises over your four training sessions. It doesn't matter which days you prefer, as long as you never do more than two days in a line.

Another Effective method is the rotating 5 days cycle, where you have to do each workout over a 5-day period. So, this implies you would train 2 on, 1 off, 1 on, 1 off and then repeat the cycle. This is likely the best way to do it as it means that each body part is trained over a cycle of 5 days and this is more ideal for proficient trainees. But it does mean that your training days are always changing, so you need a quite flexible schedule for this to work.

The Push-Pull and legs split is likely the most effectual workout split there is because all these workouts are interconnected to muscles and all muscles trained together. This depicts that you get the utmost overlap of muscles within the same workout

Below, you can see what muscle group each workout targets:

Pull Muscle Group	Push Muscle Group	Legs Muscle Group
chest	Back	Quads
Shoulders	Biceps	Hamstring
Triceps	Rear deltoid	Calves

For example – your chest and triceps are all involved in pushing workouts. By training them repeatedly in the same workout, you stimulate them adequately and then allow them to recover while doing pull and legs training or resting them for a while.

Read more about : [body beast schedule](#)

How Does It Improve Strength?

It can help you get stronger and look and feel better with just some small sessions each week. You can do strength training with free weights such as barbells and dumbbells, weight machines, or with no gear at all.

1. The American Heart Association suggests strength training at least twice a week.
2. You can consult a fitness professional to learn each exercise.
3. Doing each exercise 8 to 12 times is typically enough to figure your muscles.
4. If your muscles are so fatigued, you can hardly get through the 12th repetition.
5. Start bit by bit and gradually increase the resistance or weight

Benefits of Push Pull Legs Workout Routine

Men and women of all ages can attain advantages from strength training, but get a doctor's recommendation before starting your workout routine.

PPL has the following benefits:

1. **Increased muscle mass:** Strength training can help in maintaining muscle mass, which usually decreases with age.
2. **Stronger Bones:** It stronger your bones, which directly reduces the chances of fractures.
3. **Joint Flexibility:** Strength training can help to make your joints flexible and reduces the chances of arthritis.

4. **Weight Control:** When you gain extra muscle, your body begins to burn calories, which are good for weight control.
5. **Balance:** Strengthening exercises can increase your balance and flexibility.
6. **Works for All:** One of the best benefits is that the PPL split is useful for yourself no matter your fitness level.
7. **Simple and Convenient:** All you need is to split your muscles into three categories. From there, pick your weekly frequency and go about the routine.

No Overlap of Muscles: The PPL split is incredibly useful because it overcomes the issue of muscle overlap.

Day Wise Push Pull Legs Workout Plan

While all the spreadsheets below contain pre-written exercises for you, you may want to customize the program to your own individual areas for improvement. Below are some PPL exercise sheets you may want to consider swapping into one of the routines you find here.

Benefits of Best Push Pull Legs Workout

Men and women of all ages can attain advantages from strength training, but get a doctor's recommendation before starting your workout routine.

PPL has the following benefits:

1. **Increased muscle mass:** Strength training can help in maintaining muscle mass which usually decreases with age.
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5. **Balance:** Strengthening exercises can increase your balance and flexibility.
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7. **Simple and Convenient:** All you need is to split your muscles into three categories. From there, pick your weekly frequency and go about the routine.

8. **No Overlap of Muscles:** The PPL split is incredibly useful because it overcomes the issue of muscle overlap.

Day Wise Push Pull Legs Workout Routine

While all the spreadsheets below contain pre-written exercises for you, you may want to customize the program to your own individual areas for improvement. Below are some PPL exercise sheets you may want to consider swapping into one of the routines you find here.

Day 1 Push Workout – Triceps, Chest, Shoulders

These types of workouts plan your Triceps, Chest, and shoulders muscles.

Exercise	Muscles Targeted	Reps	Sets	Rest
Standing Overhead Press	Shoulders	15	5	90-120 sec
Incline Bench Press (Dumbbell or Barbell)	Chest	25	3	60 sec
Close Grip Bench Press	Triceps	30	3	60 sec
Seated Machine Fly	Chest	50	5	30 sec
Standing Triceps Pushdown(Rope, V-bar, or Straight Bar)	Triceps	50	5	30 sec
Standing Cable Lateral Raises	Shoulders	50	5	30 sec

Day 2 Pull Workout – Back, Forearms, Biceps

These types of work workouts your Back, Forearms and Biceps muscles mostly.

Exercise	Muscles Targeted	Reps	Sets	Rest
Barbell Snatch Grip Deadlift		15	5	90-120 sec
Barbell Rows	Upper Back	25	3	60 sec
(Weighted) Pull-ups	Lats	30	3	60 sec
1-arm Rows (Dumbbell or Barbell)	Upper Back	50	5	30 sec
Incline Dumbbell Curl	Biceps	50	5	30 sec

Day 3 Legs Workout – Quads, Hamstrings, Calves, Gluteus, Core

These workouts mostly targets your Hamstrings, calves and Glutes Core

Exercise	Muscle Targeted	Reps	Sets	Rest
Barbell Back Squat	Quads	15	5	90-120 sec
Barbell Good Mornings	Glutes	25	3	60 sec
Leg Press	Quads	30	3	60 sec
Reverse Hyperextension	Glutes	50	5	30 sec
Leg Curl (Seated or Lying)	Hamstring	50	5	30 sec
Calf Raise (Seated or Standing)	Calves	50	5	15 sec

Day 4 Push Workout – Triceps, Chest, Shoulders

These workouts mostly focus on Triceps, chest and shoulders muscles

Exercise	Muscle Targeted	Reps	Sets	Rest
Flat Barbell Bench Press	Chest	15	5	90-120 sec
Seated Behind the Neck Press	Shoulders	25	3	60 sec
(Weighted) Tricep Dips	Triceps	30	3	60 sec
Standing Cable Crossovers	Chest	50	5	30 sec
Seated Tricep Extensions (Dumbbell, Rope, or EZ Bar)	Triceps	50	5	30 sec
Seated Dumbbell Lateral Raises	Shoulders	50	5	15 sec

Day 5 Pull Workout – Back, Rear Deltoid, Biceps

Exercise	Muscle Targeted	Reps	Sets	Rest
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Barbell Conventional Deadlift	Hamstring	15	5	90-120 sec
(Weighted) Chin-ups	Lats	25	3	60 sec
Chest Supported Rows	Upper Back	30	3	60 sec
Shrugs (Dumbbell, Barbell, or Trap Bar)	Back	50	5	30 sec
Standing Barbell Curls	Biceps	50	5	30 sec
Standing Cable Reverse Fly	Shoulders	50	5	15 sec

Day 6 Legs Workout – Quads, Hamstrings, Calves, Gluteus, Core

Exercise	Muscle Targeted	Reps	Sets	Rest
Barbell Front Squat	Quads	15	5	90-120 sec
Barbell Romanian Deadlifts	Hamstring	25	3	60 sec
Barbell Hip Thrusts	Glutes	30	3	60 sec
Dumbbell Lunges	Quads	50	5	30 sec
Seated Leg Extensions	Quads	50	5	30 sec
Hanging Leg Raises	Abs	50	5	15 sec

Diet (Nutrition & Supplementation) for Push Pull Legs Workout Routine

Supplements do not make your body perfect but your discipline and your hard work towards your training do. Although supplements do not play a very crucial role in your muscle

Let's see the supplements which can help you to build your muscles faster:

1)- Creatine

Creatine most are found in the body and in foolike red meat. It is one of the most researched molecule in the sport industry.

Creatine can helps in –

- Building muscles

- Improving anaerobic endurance
- Reduces muscle damage

You may have heard that creatine is bad for your kidneys, but these claims are totally disapproved by experts. Creatine has been shown to have no harmful side effects whether in the long term or short term. People who have problems with their kidneys are not advised to take creatine as a supplement.

2)- Whey Protein Powder

Whey protein is one of the most popular protein supplements. It really tastes good, and it is also rich in amino acid profile, which makes it suitable for muscle building. You can take it anytime, but it is most efficient as a post-workout source of protein because it digests rapidly.

If you want an all-natural, delicious whey protein powder, you can also try Whey+.

Whey+ is a 100% naturally seasoned whey isolate that is made from milk extract from small dairy farms in Ireland, which are recognized for their incredibly high-quality dairy.

Whey+ is also available in different flavors such as French Vanilla, Mocha Cappuccino, and Cinnamon Cereal.

3)- Casein Protein Powder

As compared to whey powders, casein digests slowly, providing a steady stream of amino acids to the muscles for growth and repair. Scientific research shows both whey and casein are comparable when it comes to creating muscle. In terms of which protein powder to choose, you can't go wrong either way.

If you want all-natural casein protein powder, you can also try Casein+.

Casein+ is a 100% naturally sweetened casein isolate also made from milk sourced from small dairy farms in Ireland.

4)- Plant-Based Protein Powder

If you want to take a break from whey and casein products and also don't want to eat animal products, you can also get better results by taking plant-based protein powder.

Plant+ is a high-quality mixture of pea and rice protein that comprises 25 grams of protein per serving. It's also enhanced with 10 added nutrients that vegan and vegetarian diets tend to lack, comprising vitamin D, beta-alanine, and creatine, as well as 4 digestive enzymes to help you improve the process and consume every scoop.

Sleep & Recovery Schedule

Proper healing is chief for a routine with this much volume, intensity, and frequency. Target for at least 7 to 9 hours of non-interrupted, quality sleep every night.

If your routine allows for noon napping, I would highly promote this idea as well.

Most of us are engaged in 9-to-5 desk jobs which makes us incapable to nap during the workweek, so a minimum of 15 to 30 minutes naps on Saturdays and Sundays are good. These naps will boost muscular recovery, expand memory recall, and improve short-term attention.

To optimize your sleep routine, I recommend resisting looking at a digital screen at least 1 to 2 hours pre-bed. Artificial light impedes your body's natural circadian rhythm and melatonin release. If you must work on your computer in the evenings, analyze free software like flux, which "makes the color of your computer's display adapt to the time of day, warm at evening and like sunshine during the daytime."

When you enter your room, start analyzing your room's darkness. If it's not pitch black, evaluate eliminating any nightlights, putting in blackout curtains to cover the windows, and/or using a sleep screen. Room temperature also plays a vital role- most people sleep the soundest when the room temperature is between 75 and 54 degrees Fahrenheit.

The quality of your mattress on which you slept, and your outside noise also drive your sleeping pattern. Optimal mattress firmness is comparable to the individual, but if your mattress has become extremely weak and saggy, then I convince you to invest in a new mattress as soon as possible – the advantages far surpass the monetary costs.

If you pass hear the neighborhood cat caterwauling or the residents in 3B making a noise, then utilize earplugs or a white disturbance machine. Earplugs are economical and portable, but they may fall out of your ears throughout the night. A white disturbance machine provides constant outside noise minimization, but requires electricity to function and is significantly more expensive than earplugs.

Once you've optimized your sleep atmosphere based on the aforesaid parameters, I ensure your healing and energy will improve.

FAQS

Is 6 push-pull legs workout plan Good for Teenagers?

No, it is not good for teenagers.

Is 6 push pull legs workout plan also Good to Gain Mass?

push pull legs workout plan can be good for building muscle.

How to Control / Balance the Mind For 6 Day push pull legs workout routine?

Do meditation, yoga and use [Rudraksha](#).

Is It Compulsory To Maintain Diet For the 6-Day PPL Program?

Yes, As good as exercise is for you, it won't help much without dietary improvements if you're trying to fall weight and fend off heart disease, diabetes and other ailments, dietitians and researchers say.

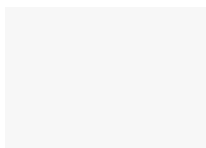


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Hello! My name is Jennifer Austin, and I am a professional healthcare writer at Medically Info. I have been writing content on health topics for a few years now and like to share my knowledge with the audience looking to read the well thorough articles and health guides.

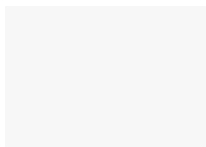


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