

5 BEST WORKOUT SPLITS FOR STRENGTH AND MUSCLE GAIN

Created by: [Murshid Akram](#)
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Many of us want to maximize strength and growth, but not all of us follow the same training split. For example, some people adhere to a [full-body training program](#), some PPL, whereas others follow the [upper-lower split](#).

The different workout splits have their own pros and cons, and based on your choice, you can follow the one to achieve your best physique.

The workout splits I'm going to uncover in this article are:

- Push-Push-Legs (PPL) Split
- Upper-Lower Split
- Hybrid Split (Combined Body Part)
- Muscle Group Split (BRO Split)
- Total Body (Full-Body) Split

All these split workout programs are effective and can help you stimulate your muscle growth and build an aesthetic physique.

1. Push Pull Legs (PPL) Split Workout

The push, pull, and legs (PPL) is one of the popular bodybuilding splits for **maximizing strength and hypertrophy**. It involves performing push workouts on day one, pull workouts on day two, and leg workouts on day three.

- **Push workouts** involve pressing the weights up, down, or against the body, such as bench presses, overhead presses, push-ups, dips, and pushdowns, and these exercises work on the chest, shoulder, and triceps.
- **Pull workouts** involve pulling the weights up, down, and toward your body, for example, pull-ups, lat pulldowns, bent-over rows, and seated rowing, and these exercises target the back, biceps, rear delt, and forearms.
- **Leg day** includes all exercises that reinforce the different lower body parts, primarily the quads, hamstrings, glutes, and calves. Examples include squats, machine leg presses, lunges, step-ups, leg extensions, and leg curls.

You can structure a three- or six-day PPL split workout, depending on your fitness goal. The **three-day split** is suitable for those who are starting out and want to bolster their fundamental strength and build lean mass. While a six-day weekly routine can help intermediate maximize their muscle growth.

Here's an example of the 6-day push-pull-leg training program.

- Day 1 – Push Workout
- Day 2 – Pull Workout
- Day 3 – Legs and Core
- Day 4 – Push Workout
- Day 5 – Pull Workout
- Day 6 – Legs and Core
- Day 7 – OFF

Perform five to 10 minutes of **dynamic stretching** and light resistance training to prepare your muscles for an intense workout.

Day 1 – Push Workout (High Reps)

Exercises	Muscles	Sets	Reps
Incline Dumbbell Press	Chest	3	12-15
Pec Deck Fly	Chest	3	12-15
Parallel Bar Dips	Chest	3	10-20
Barbell Overhead Press	Shoulder	3	12-15
Dumbbell Lateral Raises	Shoulder	3	10-12
Triceps Rope Pushdown	Triceps	3	15-20
Triceps Kickback	Tricep	3	10-12

Day 2 – Pull Workout (High Reps)

Exercises	Muscles	Sets	Reps
Pull-up	Back	3	8-12
Lat Pulldown	Back	3	15-20
Bent-Over Row	Back	3	12-15
Seated Cable Rowing	Back	3	15-20
EZ Bar Bicep Curl	Biceps	3	15-20
Incline Dumbbell Curl	Biceps	3	10-12
Hammer Curl	Biceps	3	10-12

Day 3 – Legs and Core (High Reps)

Exercises	Muscles	Sets	Reps
Leg Extension	Quad	3	15-20
Dumbbell Lunges	Legs	3	10/leg
Leg Press	Quad	3	15-20
DB Romanian Deadlift	Hamstring	3	10-12
Machine Leg Curl	Hamstring	3	15-20
Calf Raises	Calves	3	20-25

Cable Chop + Knee Lifts + Decline Crunch (Triset)	Core	2	10-20
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Day 4 – Push Workout (High Load)

Exercises	Muscles	Sets	Reps
Flat Bench Press	Chest	4	6-8
Incline Dumbbell Press	Chest	3	6-8
Hammer Chest Press	Chest	3	6-8
Lateral Raises	Shoulder	3	8-10
Rear Delt Raises	Shoulder	3	8-10
Shoulder Shrug	Shoulder	3	8-10
Overhead Triceps Extension	Triceps	3	8-10
Rope Pushdown	Triceps	3	8-10

Day 5 – Pull Workout (High Load)

Exercises	Muscles	Sets	Reps
Deadlift/Rack Pull	Back	4	6-8
T-Bar Row	Back	4	8-10
Seated Cable/Machine Row	Back	4	8-10
Cable Face-pull	Back	3	8-10
Standing Barbell Curl	Biceps	4	8-10
Concentration Curl	Biceps	3	8-10
Reverse Barbell Curl	Biceps	3	8-10

Day 6 – Legs and Core (High Load)

Leg and Core Exercises	Muscles	Sets	Reps
Back Squat	Quad	4	6-8
Machine Leg Press	Thighs	4	8-10
Leg Curl	Hamstring	4	10-12
Hip Thrust	Glute	4	8-10

Calf Raises	Calves	4	10-12
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Core workout (Perform each exercise with little to no rest in between)

- Mountain Climber – 30 seconds
- Reverse Crunches – 20 reps
- Leg Raises – 10 reps
- Hanging Knee Raise – 10 reps
- Front Plank – 60 seconds
- Side Plank – 30 seconds on each side

2. Upper Lower Split

This split workout involves training the upper body and the lower body individually on separate days and helps you develop a firm and attractive physique.

With this split workout, you can train your upper and lower body one to three times a week. For example, you can set up your routine into a two to six-day split, depending on your fitness level.

If you choose to follow a **two-day split**, you'll have one upper Monday and one lower body session on Thursday, with five days of ample rest during the week.

And if you structure your routine into six days, you'll have three upper and lower body sessions with one day of rest during the week.

To help you understand, here I've formulated a five-day routine for you:

- Monday – Upper Body
- Tuesday – Lower Body
- Wednesday – Upper Body
- Thursday – OFF
- Friday – Lower Body
- Saturday – Upper Body
- Sunday – Rest

Monday – Upper Body

Exercises	Muscle	Reps	Rest
Flat Bench Press	Chest	12 x 3	2 min
Incline Dumbbell Press	Chest	12 x 3	2 min
Bar Dips	Chest, Tris	10 x 3	2 min
Dumbbell Lateral Raise	Shoulder	10 x 3	2 min
Barbell Skull Crusher	Triceps	10 x 3	2 min
Rope Pushdown	Triceps	12 x 3	2 min
Barbell Biceps Curl	Biceps	12 x 3	2 min
Dumbbell Hammer Curl	Biceps	10 x 3	2 min

Tuesday – Lower Body

Workout	Muscle	Reps x Sets	Rest
Barbell Back Squat	Quad	12 x 3	3 min
Machine Leg Press	Quad	12 x 3	2 min
Hamstring Curl	Ham	12 x 3	2 min
Romanian Deadlift	Ham	8 x 3	2 min
Hip Thrust	Glute	10 x 3	2 min
Calf Raises	Calves	15 x 3	60-sec

Wednesday – Upper Body

Workout	Muscle	Reps x Sets	Rest
Pull-up	Back	10 x 3	2 min
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Bent-over Row	Back	12 x 3	2 min
Dumbbell Pullover	Lat, Chest	10 x 3	2 min
Face Pull	Back, Rear Delt	12 x 3	90-sec
Dumbbell Incline Curl	Biceps	10 x 3	90-sec
EZ Bar Curl	Biceps	12 x 3	90-sec

Friday – Lower Body

Workout	Muscle	Reps x Sets	Rest
Dumbbell Lunges	Legs	12, 10, 8	2 min
Landmine Sumo Squat	Legs	12, 10, 8	2 min
Leg Extension	Quad	12, 10, 8	90-sec
Dumbbell Step-up	Legs	12, 10, 8	90-sec
Hamstring Curl	Hams	12, 10, 8	90-sec
Farmers Walk on Toes	Legs	12, 10, 8	90-sec

Saturday – Upper Body

Workout	Muscle	Reps	Rest
Conventional Deadlift	Full Body	6, 4, 2	3-min
One-arm Dumbbell Row	Back	10 x 3	90-sec
Incline Bench Press	Chest	12 x 3	2 min
Military Press	Shoulder	12 x 3	2 min
Dumbbell Lateral Raises	Shoulder	10 x 3	90-sec
Reverse Machine Fly	Shoulder	10 x 3	90-sec
Dumbbell Shrug	Shoulder	10 x 3	90-sec

It would be best to work on your core on any day of the week, at least once a week.

Example of core workout:

- Mountain Climber – 30 seconds
- Reverse Crunches – 20 reps
- Leg Raises – 10 reps
- Wood Chop (L2H) – 10 reps
- Hanging Knee Raise – 10 reps
- Wood Chop (H2L) – 10 reps
- Front Plank – 60 seconds
- Side Plank – 30 seconds on each side

3. Hybrid Split (Combined Body Part)

The hybrid split is my favorite one and I usually stick to it for sustaining and growing my mass. It involves mixing up upper and lower body parts and focusing on each muscle equally.

For example, I train chest, triceps, and core on day one, back and biceps on day two, and legs and shoulder on day three.

It is suitable for all fitness levels, and I think it is best to follow before starting a PPL or body part split.

Here's a sample of six-day [hybrid split for muscle and fitness development](#).

- Day 1 – Chest, Triceps, and Core
- Day 2 – Back and Biceps
- Day 3 – Legs and Shoulder
- Day 4 – OFF
- Day 5- Chest and Triceps
- Day 6 – Back, Biceps, and Core
- Day 7 – Shoulder and Legs

Day 1 – Chest, Triceps, and Core

Exercises	Sets	Reps
Flat Bench Press	3	12-15
Incline Bench Press	3	10-12
Pec Deck/High Cable Fly	3	12-15
Triangle Pushup	3	10-15
Rope Pushdown	3	12-15
Bench Dips	3	12-15
Hanging Knee Raise	3	10-20
Front Plank	2	1-min
Side Plank	2	30-sec/side

Day 2 – Back and Biceps

Workout	Sets	Reps
Pullup	3	8-12
Deadlift	3	6-10
Front Lat Pulldown	3	12-15
Seated Cable Rowing	3	12-15
Bent-Over DB Row	3	10-12
Incline DB Curl	3	10-12
Concentration Curl	3	10-12
Hammer Curl	3	10-12

Day 3 – Legs and Shoulder

Workout	Sets	Reps
Leg Extension	3	15-20
Machine Leg Press	4	12-15
Leg Curl	3	15-20
DB Romanian Deadlift	3	10-12
Calf Raises	3	15-20
Barbell Overhead Press	3	12-15
Dumbbell Lateral Raise	3	12-10
Reverse Pec Deck Fly	3	10-12

Day 5 – Chest and Triceps

Workout	Sets	Reps
Flat Bench Press	3	12-16
Incline Bench Press	3	12-16
Dumbbell Pullover	3	10-12
Bar Dips	3	10-15
Skull Crusher	3	10-12
Rope Pushdown	3	15-20

Triceps Kickback	3	10/arm
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Day 6 – Back, Biceps, and Core

Workout	Sets	Reps
Close Grip Lat Pulldown	3	15-20
T-Bar Row	3	10-12
Standing Lat Pullover	3	12-15
One-arm Dumbbell Row	3	10-12
Chin-ups	3	10-15
Preacher Curl	3	10-15
High Cable Curl	3	12-15
Reverse Barbell Curl	3	10-12

Day 7 – Shoulder and Legs

Workout	Sets	Reps
Arnold Press	3	10-12
Bent-arm Lateral Raise	3	10-12
Rear Delt Fly	3	10-12
Shrug	3	12-15
Back Squats	3	10/leg
Bulgarian Squat	3	15-20
Hip Thrust	3	10-12

4. Muscle Group Split (BRO Split)

The bro split is also known as the muscle group split. It involves **training one muscle group a day**, for example, chest on Monday, legs on Tuesday, and back on Wednesday.

The muscle group split is popular among gymgoers as it is convenient, easy to follow, and less taxing.

However, you won't be able to train your muscle group twice a week with this training split. Still, it can produce decent results over time with consistent workout and balanced diet.

Here's an example of a simple bro split training schedule:

- Monday – Chest
- Tuesday – Legs
- Wednesday – Back
- Thursday – Arms
- Friday – Shoulder
- Saturday – Core
- Sunday – OFF

Monday – Chest

Exercises	Sets	Reps
Flat Bench Press	4	10-15
Incline DB Bench Press	4	10-12
Machine Chest Fly	3	15-20
Cable Crossover	3	12-15
Parallel Bar Dips	3	10-12
Dumbbell Pullover	3	10-12

Tuesday – Legs

Exercises	Sets	Reps
Barbell Back Squat	4	8-12
Dumbbell Lunges	3	10/leg
Leg Extension	4	15-20
Machine Leg Curl	4	15-20
Romanian Deadlift	3	8-10
Calf Raises	4	15-20

Wednesday – Back

Exercises	Sets	Reps
Deadlift/Rack Pull	4	8-10
Pull-up	4	8-10
Front Lat Pulldown	4	12-18
Barbell Bent Over	4	12-18
Cable Rowing	4	12-18
Cable Lat Pullover	4	10-12

Thursday – Arms

Exercises	Sets	Reps
Triangle Pushups	3	10-20
Cable French Press	3	12-18
Overhead Triceps Extension	3	12-18
Triceps Press-down	3	12-18
Preacher Curl	3	12-16
Incline Dumbbell Curl	3	12-16
Concentration Curl	3	12-16
Bent-Over Wrist Extension	3	12-16

Friday – Shoulders

Exercises	Sets	Reps
Barbell Overhead Press	3	12, 10, 8
Dumbbell Front Raises	3	12, 10, 8
Dumbbell Lateral Raise	3	12, 10, 8
Seated Rear Lateral Raise	3	12, 10, 8
Cable Upright Row	3	12, 10, 8
Shoulder Shrug	3	12, 10, 8

Saturday – Core

Perform in a circuit.

Exercises	Sets	Reps
Hanging Knee Lifts	3	10-20
Reverse Cable Crunches	3	10-20
Decline Crunches	3	10-20
High Cable Woodchop	3	10-20

5. Total Body (Full-Body) Split

The total body workout involves training almost every body part per session, making it a functional exercise routine for fitness development.

A study has also shown that split training and full-body training are equally effective in gaining strength and size throughout the body.¹

Anyone looking for a time-efficient and **effective muscle-building split**, can follow this total body workout plan.

- Monday – Workout
- Tuesday – Workout
- Wednesday – OFF
- Thursday – Workout
- Friday – Workout
- Saturday – OFF

Monday

Exercises	Muscles	Reps	Rest
Barbell Back Squat	Leg	10-12 x 3	2-3 min
Pullups	Back	6-12 x 3	2 min
Front Lat Pulldown	Back	10-12 x 3	2 min
Weighted Glute Bridge	Glute	8-10 x 3	1-min
Flat Bench Press	Chest	8-12 x 3	2 min
Incline DB Bench Press	Chest	8-12 x 3	2 min
Dumbbell Lateral Raise	Shoulder	8-12 x 3	90-sec

Tuesday

Pull Exercises	Muscles	Reps	Rest
Parallel Bar Dip	Chest, Triceps	8-12 x 3	1-min
Diamond Pushup	Chest, Triceps	15 x 2	90-sec
Barbell Bent Over	Back	8-12 x 3	2 min
Seated Cable Rowing	Back	8-12 x 3	2 min
Barbell Bicep Curl	Biceps	8-12 x 3	90-sec

Arnold Press	Shoulder	10 x 3	2 min
Hamstring Curl	Hamstring	8-12 x 3	90-sec

Thursday

Exercises	Muscles	Reps	Rest
Deadlift	Leg, Back	4-6 x 3	3 min
Good Morning	Ham, Glute	6-8 x 3	60-sec
Machine Leg Press	Quads	10-12 x 3	2 min
DB IYT Raises	Back	6-8 x 3	2 min
Face pull	Back, Shoulder	8-12 x 3	2 min
Dumbbell Pullover	Chest	8-10 x 3	2 min
Shrug	Shoulder	8-12 x 3	90-sec

Friday

Exercises	Muscles	Reps	Rest
Chin-ups	Biceps	8-12 x 3	2 min
Barbell Jammer	Full Body	8-10 x 3	2 min
One-arm DB Row	Back	8-10 x 3	90-sec
Pec Deck Fly	Chest	8-12 x 3	90-sec
Seated Rear Delt Raise	Shoulder	8-10 x 3	90-sec
Dumbbell Biceps Curl	Biceps	8-12 x 3	90-sec
Hanging Knee Raise	Core	8-12 x 2	90-sec
High Cable Wood chop	Core	8-12 x 2	90-sec

Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout Stretching and Cool Down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Amazon](#) (Supplement)
3. [Bulk Extreme](#) (Supplement)
4. [Mass Extreme](#) (Supplement)

Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

Related Workout Programs

- [12 Week Dorian Yates Workout Routine](#)
- [12-Week Arnold Schwarzenegger Workout Program](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)

- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)
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