

# The Best Push Pull Legs 6 Day Split for Strength and Mass Gain

Created by: [Murshid Akram](#)

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The PPL split allows you to train each muscle twice a week and helps increase strength and size over time, as shown in a study published by Sports Medicine.<sup>1</sup>

So, if you also want to build a sturdy and sizeable physique, explore and download this ultimate PPL 6-day muscle-building workout plan PDF.

## 6 Day Push Pull Leg Training Plan Summary

Routine Type	Push-Pull-Leg Split
Program Duration	12 Weeks
Routine Goal	Strength And Hypertrophy
Training Level	Intermediate
Duration Per Session	60-90 Minutes
Frequency	6 Days per Week
Target Gender	Male and Female
Suitable Age Group	18-35 Years
Preceding Plan	<a href="#">5-Day PPL Routine</a>

# How Do You Train in Push/Pull/Legs (PPL) Split?

The push/pull/leg routine is divided into three parts – push day, pull, and leg day.

Push day includes training the chest, shoulder, and triceps muscle groups. Bench presses, overhead presses, dips, [floor presses](#), and push-ups are examples of push exercises.

Pull day includes training the back, biceps, wrist, and forearm muscles.

Pull-ups, lat pulldown, barbell bent-over, cable rowing, barbell curls, chin-ups, and wrist curls are some examples of pull exercises.

Leg day includes training the quadriceps, hamstrings, calves, and glutes.

Squats, leg presses, leg extensions, hamstring curls, calf raises, hip thrusts and glute bridges are some of the best exercises for leg day training.

Usually, the push workout is done on day 1, the pull workout on day 2, and the leg workout on day 3. And you can also train your core on your leg day.

## Push Pull Legs 6 Day Split for Strength and Mass Gain

- **Monday** – Push Workout for Strength
- **Tuesday** – Pull Workout for Strength
- **Wednesday** – Legs and Core Training for Strength
- **Thursday** – Push Workout for Hypertrophy
- **Friday** – Pull Workout for Hypertrophy
- **Saturday** – Legs and Core training Hypertrophy
- **Sunday** – OFF (Sauna & Massage)

You'll train for strength during the first three days. And for muscle mass (hypertrophy) in the last three sessions. The rep ranges will be 6-8 for strength building and 8-16 for muscle building.

Increase 10-15% of load after every set.

It's best to perform 5-10 minutes warm-up before lifting heavy. For example, you can run on the treadmill, perform [bodyweight cardio exercises](#), or lift light weights to increase your heart and get your muscles ready.

## Day 1 – Push Workout (Strength)

Push Exercises	Target Muscles	Reps	Rest
Flat Bench Press	Chest	8, 8, 6, 6	2-3 min
<a href="#">Incline DB Press</a>	Chest	8, 8, 6, 6	2-3 min
<a href="#">Military Press</a>	Shoulder	8, 8, 6, 6	2-3 min
Weighted Bar Dips	Upper Body	8-12 x 3	2-3 min
<a href="#">Triceps Pushdown</a>	Triceps	8-12 x 3	1-3 min

## Day 2 – Pull Workout (Strength)

Pull Exercises	Target Muscles	Reps	Rest
<a href="#">Deadlift</a>	Back, Lower Body	7, 6, 5, 4	2-3 mins
Weighted Pullups	Back, Biceps	4-10 x 3	1-2 mins
<a href="#">Lat Pulldown</a>	Back	8, 8, 6, 6	2-3 mins
<a href="#">Seated Machine Row</a>	Back	8, 8, 6, 6	2-3 mins
Single-arm DB Row	Back	6/arm x 3	1-2 mins
<a href="#">Barbell Curl</a>	Biceps	10, 8, 6	1-3 mins

## Day 3 – Leg and Core Workout (Strength)

Exercises	Target Muscles	Reps	Rest
<a href="#">Back Squat</a>	Quadriceps	8, 8, 6, 6	3-4 min
Leg Press	Quadriceps	8, 8, 6, 6	2-3 min
<a href="#">Smith Machine Lunges</a>	Lower Body	8 x 2/side	2-3 min
<a href="#">Dumbbell RDL</a>	Hamstring, Glutes	8, 6, 4	2-3 min
<a href="#">Hip Thrust</a>	Posterior Chain	8 x 3	2-3 min
Hanging Knee Raise	Core	10 x 2	30-sec
<a href="#">H2L Cable Chop</a>	Core	10 x 2	30-sec
Forearm Plank	Core	1-min x 2	30-sec

## Day 4 – Push Workout (Hypertrophy)

Push Exercises	Target Muscles	Reps	Rest
Incline Bench Press	Chest	15, 12, 10	2-3 mins
Pec Deck Fly	Chest	15, 12, 10	1-2 mins
Bent-over Cable Fly	Chest	15, 12, 10	1-2 mins

DB Overhead Press	Shoulder	15, 12, 10	1-2 mins
<a href="#">Dumbbell FDL Raises</a>	Shoulder	8-10 x 4	2-3 mins
<a href="#">1-arm Overhead Extension</a>	Triceps	8-12 x 3	1-minute
1-arm Crossbody Pushdown	Triceps	10/arm x 3	1-minute

## Day 5 – Pull Workout (Hypertrophy)

Pull Exercises	Target Muscles	Reps	Rest
Pullups	Back	Max x 4	1-2 mins
Close Grip Pulldown	Back	15, 12,10	1-2 mins
Chest Supported T-Row	Back	15, 12,10	1-2 mins
Machine/Cable Lat Pullover	Back	15, 12,10	1-2 mins
Face Pull	Upper Back	15, 12,10	1-2 mins
Upright Row/Shrug	Trapezius	12, 10, 10	1-2 mins
Preacher Curl	Biceps	15, 12,10	1-2 mins
Reverse Curl	Biceps	15, 12,10	1-2 mins

## Day 6 – Leg and Core (Hypertrophy)

Exercises	Targeted Muscles	Reps	Rest
Leg Extension	Quads	20, 15, 12, 10	1-2 mins
Hack Squat	Quads	15, 12, 10	2-3 mins
Leg Curl	Hamstrings	20, 15, 12, 10	1-2 mins
Bulgarian/Reverse Lunges	Lower Body	10 per leg x 2	2-3 min
Low Back Extension	Posterior Chain	12-15 x 3	1-2 mins
Cable Crunches + Knee Raises	Core	15-20 x 3	45-sec
<a href="#">Knee to Elbow Cable Crunch</a>	Core	10 per x 3	45-sec
Ab Wheel Rollout	Abs	1-min x 2	1-minute

Superset cable crunches with knee raises as these exercises work on different area of the abdominal muscles.

## Is 6 Days a Week Too Much?

Training six days per week is fine as long as you follow a well-designed program, consume a balanced diet (combination of protein, carbs, fats, and fibers), sleep properly, and take sauna and massage for recovery.

This 6-day PPL split is designed in a way that gives your trained muscles enough time to recover between workouts. For example, you'll get two rest days between each push, pull, and leg day workout.

So, if you have been lifting weights for a while and you believe you can train six days weekly, I recommend trying for a few months.

However, if you feel over-trained and unable to give your best effort in each session, take a break whenever needed and start from where you've left.

## The Fitness Phantom Tips for Muscle Growth

**1) Progressive Overload:** Aim to increase weight a little every week or two to stimulate muscle growth. If loading is not possible, try to increase the number of reps or lower the rest between sets. The main thing is to keep challenging your muscles constantly to grow strength and size.<sup>2</sup>

**2) Nutrition:** Your body needs carbs to train efficiently, protein to recover your muscles, and fats to support other functions, so you'll have to consume a wholesome diet to develop your physique.

According to the study, one should aim to consume 2.3-3.1 g/kg of lean body mass per day of protein, 15-30% of calories from fat, and the remainder of calories from carbohydrates. Eating three to six meals per day with a meal containing 0.4-0.5 g/kg bodyweight of protein before and after resistance training is recommended.<sup>3</sup>

Diet is a personalized thing, and it differs from one person to another. For example, those who want to gain mass need a high-calorie meal plan and those wanting to lose fat must follow a [calorie-deficit diet](#).

**3) Rest and Recovery:** Once you have trained your muscle, let it rest for at least 48 hours before you use that muscle to lift weight. Proper rest will help you build muscle and avoid the risk of injuries.<sup>4</sup>

Evidence suggests that sleeping plays an important role in promoting the regulation of endocrine function involved in tissue regeneration and tissue remodeling, which is a critical factor in balancing core body tissues: bone, fat, and muscle mass.<sup>5</sup>

**4) Fasted Cardio:** Many professional bodybuilders do cardio in the morning to build endurance. So, you can also do light cardio, such as incline treadmill walking or bicycling for 30 minutes to work to enhance your cardiovascular fitness.<sup>6</sup>

## Related Programs:

1. [6 Day Upper Lower Split for an Aesthetic Body](#)
2. [6 Day Muscle Group Workout Plan \(Bro-Split\)](#)

## Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)

## Recommended Products:

1. [Optimum Nutrition Platinum Hydrowhey Protein Powder](#)
2. [Cellucor C4 Sport Pre Workout Powder](#)

I've also designed a customized [12-week comprehensive workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

“The reader does not steal, and the thief does not read.”

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## References

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3. Helms, Eric R et al. "[Evidence-based recommendations for natural bodybuilding contest preparation: nutrition and supplementation.](#)" Journal of the International Society of Sports Nutrition vol. 11 20. 12 May. 2014, doi:10.1186/1550-2783-11-20
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