

— TRAINING SYSTEM · HIGH FREQUENCY

PUSH PULL LEGS

Six days, three patterns, every muscle trained twice a week at high volume. The classic high-frequency split for the lifter who's ready to give the gym six honest sessions — and recover from them.

LEVEL

Intermediate

LENGTH

12 Weeks

SCHEDULE

6 Days / Wk

SPLIT

Push · Pull · Legs



01 — BEGIN HERE

THE MOST VOLUME YOU CAN RECOVER FROM.

Push, Pull, Legs is the highest-frequency split most people will ever need. The body's movements sort cleanly into three: things you push, things you pull, and everything legs. Train each twice a week across six days and you accumulate more quality volume than any three- or four-day plan — provided you earn the right to it with real recovery.

FOR YOU, IF

You've trained a year or more, you've run Upper/Lower or full-body, you recover well, and you can genuinely commit to six sessions most weeks. You want maximum growth.

NOT YET, IF

You can't reliably train six days, or you're still building the base — run Upper / Lower or Foundations of Form first. Six days you can't recover from beats four you can, every time — in the wrong direction.

VOLUME IS THE POINT — AND THE RISK

More sets drive more growth, up to the limit of what you can recover from. Six days lets you hit that ceiling; it also lets you blow past it. This program is built to ride the line — high volume, managed fatigue, a deload before you break. → [Studies](#) · [How much volume do you really need?](#)

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02

THE FIVE PRINCIPLES

Six days only works if these hold. Read them once; they govern every choice in the plan.

01 THREE PATTERNS, TWICE EACH

Push, pull, legs — run through twice a week. Each muscle gets two stimulating sessions, the frequency that drives intermediate growth, organised so nothing overlaps badly.

02 VOLUME IS THE DRIVER

The reason to train six days is more quality sets per muscle per week. That's the whole point — and only an advantage if recovery keeps pace. → [Studies](#) · [Junk volume](#)

03 PROGRESSIVE OVERLOAD, ALWAYS

Volume without overload is just tiredness. Beat the log: more reps, then more weight. The numbers climbing is the only proof the volume is working.

04 HEAVY DAY, PUMP DAY

The first run of each pattern (A) leans heavier; the second (B) leans toward volume and isolation. Strength and size, both covered, every week.

05 RECOVERY SETS THE CEILING

On six days, sleep and food aren't support acts — they're the program. Under-recover and the extra sessions become a deficit. Earn the volume; don't just survive it.



03

THE PLAN AT A GLANCE

Twelve weeks, one page. Screenshot it. Everything after is detail.

THE ARC · THREE BLOCKS

WEEKS 1-4

ACCUMULATE

Settle into six days. Build weekly sets, moderate loads, ~2 RIR.

WEEKS 5-11

INTENSIFY

Heavier A days, more volume on B days. Push close to failure. 1-2 RIR.

WEEK 12

DELOAD

Half the sets, easy loads. Recover fully, then run it again.

THE WEEK · SIX SESSIONS, EACH PATTERN TWICE

PUSH A

HEAVY

- 1 Bench Press
- 2 Shoulder Press
- 3 Incline Press
- 4 Laterals · Triceps

PULL A

HEAVY

- 1 Deadlift / Row
- 2 Pull-up
- 3 Cable Row
- 4 Curls · Rear delt

LEGS A

HEAVY

- 1 Squat
- 2 RDL
- 3 Leg Press
- 4 Leg curl · Calf

PUSH B

PUMP

- 1 Incline DB Press
- 2 Machine Press
- 3 Lateral Raise
- 4 Triceps ×2

PULL B

PUMP

- 1 Lat Pulldown
- 2 Chest-Supported Row
- 3 Face Pull
- 4 Curls ×2

LEGS B

PUMP

- 1 Front Squat / Hack
- 2 Hip Thrust
- 3 Split Squat
- 4 Extension · Calf

THE ONE RULE

Beat the log. **Add a rep on every working set to the top of the range, then add weight** and drop back. A days chase load; B days chase reps and the pump. Numbers up across twelve weeks = the program working.



04

THE SIX DAYS

Two ways to lay out the week. Most people run six straight with one rest day; if you recover slower, the 3-on / 1-off rolling layout gives more rest without losing frequency.

DAY	SIX STRAIGHT	THREE-ON / ONE-OFF
1	Push A	Push A
2	Pull A	Pull A
3	Legs A	Legs A
4	Push B	Rest
5	Pull B	Push B
6	Legs B	Pull B
7	Rest	Legs B → rest → repeat

WEEKLY SETS PER MUSCLE · THE HIGH-FREQUENCY DOSE

Across the two sessions, each major muscle gets roughly **14–20 hard sets a week** — the upper end of the productive range. Start near the bottom in Block 1; only climb toward the top if recovery holds. If the log stalls or sleep suffers, that's your ceiling — hold or trim.

THE HONESTY CHECK

If you can't train six days most weeks, this isn't your program yet — and that's fine. Four great Upper/Lower sessions beat six half-finished PPL ones. Pick the volume you can recover from and repeat.



05

THE SESSIONS · A DAYS

Heavy run. Warm up before the first lift. Sets & reps for **Block 1**; progress per the block guide. Rest 2–3 min on the big lifts.

PUSH A · HEAVY

EXERCISE	SETS × REPS	RIR	NOTE
Bench Press CHEST	4 × 5–8	2	Main press
Overhead Press DELTS	3 × 6–8	2	Standing
Incline DB Press UPPER CHEST	3 × 8–10	2	Stretch
Lateral Raise + Triceps DELTS · ARMS	3 × 10–15	1	Superset

PULL A · HEAVY

EXERCISE	SETS × REPS	RIR	NOTE
Deadlift or Barbell Row BACK · CHAIN	4 × 5–8	2–3	Pick one, rotate
Pull-up / Pulldown LATS	3 × 6–10	2	Add load if able
Cable Row MID-BACK	3 × 8–12	2	Squeeze
Curl + Rear Delt ARMS · REAR DELT	3 × 10–15	1	Superset

LEGS A · HEAVY

EXERCISE	SETS × REPS	RIR	NOTE
Squat QUADS	4 × 5–8	2	The main lift
Romanian Deadlift HAMSTRINGS	3 × 6–10	2	Hinge
Leg Press QUADS	3 × 10–12	1	Full range
Leg Curl + Calf HAMS · CALVES	3 × 12–15	1	Superset



05

THE SESSIONS · B DAYS

Volume run — higher reps, more isolation, chase the pump. RIR 1-2; last set close to failure.

PUSH B · PUMP

EXERCISE	SETS × REPS	RIR	NOTE
Incline DB Press UPPER CHEST	4 × 8-12	1	Stretch
Machine / Cable Press CHEST	3 × 12-15	1	Constant tension
Lateral Raise SIDE DELTS	4 × 12-20	0-1	Strict
Triceps ×2 ARMS	4 × 10-15	1	Two angles

PULL B · PUMP

EXERCISE	SETS × REPS	RIR	NOTE
Lat Pulldown LATS	4 × 10-12	1	Full stretch
Chest-Supported Row MID-BACK	3 × 12-15	1	Squeeze
Face Pull REAR DELTS	3 × 15-20	1	Health
Curls ×2 BICEPS	4 × 10-15	1	Two angles

LEGS B · PUMP

EXERCISE	SETS × REPS	RIR	NOTE
Front Squat / Hack QUADS	3 × 8-12	1	Quad focus
Hip Thrust GLUTES	3 × 10-12	1	Squeeze top
Split Squat + Extension QUADS	3 × 12-15	1	Superset

BLOCK	RIR	WHAT YOU DO
1 · Accumulate WK 1-4	~2	Build weekly sets toward the top; settle into six days.
2 · Intensify WK 5-11	1-2	Heavier A days; push B days close to failure.
3 · Deload WK 12	4+	Half sets, ~60% loads. Recover, then repeat.



06

THE PLATE

Six sessions a week is a serious recovery demand, and the kitchen carries most of it. You almost certainly need to eat more than you think — especially protein and carbs — to turn this much volume into muscle instead of a hole.

BUILD EVERY PLATE FROM FOUR PARTS

PROTEIN

A palm+, each meal

Recovery's raw material. 1.6–2.2 g/kg daily, spread across the day.

CARBS

A cupped hand+

Fuel for high volume. Don't skimp — most under-eat carbs and wonder why they're flat.

VEGETABLES

Two fists

Health, fibre, micronutrients. The base of every plate.

FATS

A thumb

Enough for hormones; the dial for total calories.

BUILDING?

A clear surplus suits this volume. Pair with **Muscle-Gain System** or **Eating to Grow**.

LEANING OUT?

Possible, but keep the deficit modest — six days on low fuel breaks down fast. Keep protein high; pair with **Fat-Loss Architecture**.

IN SHORT

Eat enough. Protein every meal, carbs to fuel six sessions, calories matched to your goal. On PPL, under-eating is the most common reason progress stalls.



07

RECOVERY — THE DECIDING FACTOR

On a six-day split, recovery isn't a side note — it's the whole game. The training is the easy part; whether you grow or grind into the ground is decided by sleep, food, and your honesty about fatigue.

SLEEP

7–9 hours, every night, non-negotiable. This is the single biggest lever on six days. Short sleep caps everything else.

THE ONE REST DAY

Guard it. No "light" extra session. The day off is when the six days turn into muscle.

AUTO-REGULATE

Flat day? Hit the reps at a lighter load, or cut the last set. Volume you grind through under-recovered is wasted.

WHEN TO PULL BACK — DON'T IGNORE THESE

The log stalls across multiple lifts for two weeks. That's systemic fatigue, not a bad day. Take the deload early — a week back now saves a month later.

Sleep, mood, appetite, or motivation drop. Classic signs of doing more than you can recover from. Trim a day to Upper/Lower for a week, or deload. The volume only pays off if you recover from it.



08

THE WEEK LOG

Print this. Tick the six sessions each week, twelve weeks. The page filling in is the proof you showed up — and the first place to look when progress stalls.

WEEK	PUSH A	PULL A	LEGS A	PUSH B	PULL B	LEGS B
01 · Acc						
02						
03						
04						
05 · Int						
06						
07						
08						
09						
10						
11						
12 · DL						



08

THE LIFT LOG

Log weight × reps for the key lifts. A days: chase load. B days: chase reps and the pump. Beat the line, then add weight.

LIFT	WK 1	WK 4	WK 7	WK 9	WK 11
Bench Press					
Overhead Press					
Deadlift / Row					
Pull-up					
Squat					
Romanian Deadlift					

BODYWEIGHT

WK 1	WK 6	WK 12

NOTES TO SELF



09

QUESTIONS, ANSWERED

IS SIX DAYS TOO MUCH?

Only if you can't recover from it. With good sleep and enough food, six moderate days are very manageable and highly productive. If life won't allow it, run Upper/Lower instead — no shame, just honesty.

WHAT IF I MISS A DAY?

Just continue the rotation — push the sequence forward rather than cramming. Five solid sessions in a week still beats most plans. Don't double up to "catch up".

DEADLIFT ON PULL A EVERY WEEK?

Rotate it with heavy barbell rows, or run deadlifts every other week. Heavy pulls are taxing; if they wreck your week, dial the frequency back.

CAN I DO A 5-DAY VERSION?

Yes — run Push/Pull/Legs/Upper/Lower, or simply rotate the six sessions across whatever days you have. Frequency stays high; you just complete each cycle a touch slower.

I'M ALWAYS SORE. PROBLEM?

Some soreness is normal early; constant, performance-killing soreness means too much volume or too little recovery. Trim sets, prioritise sleep and food, and make sure you're actually eating enough.

BULK OR CUT ON THIS?

Best run in a surplus or at maintenance — the volume suits building. A modest cut is possible, but keep it gentle; aggressive deficits and six days don't mix.

WHAT COMES AFTER TWELVE WEEKS?

Run it again with more load, drop to **Upper / Lower** for a higher-intensity block, or chase a peak with **Strength Architecture**. Rotate stimulus; don't run any one plan forever.



SHOW UP SIX TIMES. RECOVER LIKE IT MATTERS.

Push Pull Legs gives you the most volume you can productively recover from — no more, no less. The training is simple; the discipline is in the sleep, the food, and the honesty to deload before you break. Earn the volume for twelve weeks and the mirror will show it.

STEP DOWN A GEAR

UPPER / LOWER

Four days, higher intensity, when six won't fit.

PAIR THE PLATE

PERFORMANCE FUELING

Eat to recover from six hard sessions.

EVERY MORNING

THE EDGE

One letter before noon. One principle, one practice.

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