

Push/Pull Strength

6 Day Split

Reps number changes each week on main exercise.

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
	3-5 Rep	6-8 Rep	8-12 Rep	3-5 Rep	6-8 Rep	8-12 Rep	3-5 Rep	6-8 Rep	8-12 Rep	3-5 Rep	6-8 Rep	8-12 Rep
	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep	8-12 Rep
LEGS B												
Deadlift 4 Sets#												
Leg Press 3 Sets*												
Leg Curl 2 Sets*												
Dynamic lunges 2 Sets*												
Calf finisher 3 Sets*												
Abs 3 Sets*												
PUSH B												
Incline Dumbbell press 4 Sets#												
DB Shoulder Press 3 Sets#												
Dips 3 Sets*												
Push Ups 2 Sets*												
Bent over Tri extension 3 Sets*												
Single arm Press Down 2 Sets*												
PULL B												
Weighted Pull Up 4 Sets#												
Single arm Pull Down 2 Sets *												
Dumbbell Shrugs 3 Sets*												
Rear delt fly 2 Sets*												
Lat raise 2 Sets*												
Dumbbell Curl 3 Sets*												
Cable curl 2 Sets*												
Abs 3 Sets*												

Track the weight you use and the reps each week.