

## Push! Pull! Legs! x 2

Welcome! I call this one "Push! Pull! Legs! x 2" because that's exactly what it is. This is a six day split with a double dose of push, pull, and legs. There is accessory work to be done. This is all body weight, band, or dumbbell work that makes it possible to do all these movements at home. If you ONLY have bands, or you ONLY have dumbbells, you can interchange the movements with the equipment you have access to. Make sure you review the notes for each workout. Enjoy!

**Note:** consider rep ranges on this split to be very 'adjustable' – if something calls for 6-10 reps but you don't have a weight available that makes that appropriately difficult, increase the rep range until it's *tough*.

I \*highly\* recommend grabbing this training primer linked below. It's free and provides a detailed, comprehensive outlook on how to approach your training – how to know if you're doing things right, how to fix them, how to select appropriate weights, and how to kick up the intensity a notch or three.

<http://fivestarrphysique.com/wp-content/uploads/2017/09/FSP-training-primer.pdf>

Below you'll find details on the tempos and rest periods you'll find throughout the workouts. The tempos are particularly crucial – when an exercise calls for a 4-second negative, hold to that – don't cheat the time, and expect to move less weight than you would under a normal tempo.

Approach the workouts in the order present and take a rest day when it's necessary. Ideally, aim for 5-6 lifting sessions per week and avoid doubling up hitting two sessions on the same day. Perform the abdominal and calf workouts as accessory sessions – tack them on to the end of a primary workout, rather than giving them their own day.  
And above all – ENJOY!

\* Key for tempo: concentric/squeeze/negative/pause

Examples: □ 1/1/3/1 = steady 1 second pacing on all phases with a 3 second negative □ 2/2/1/0 = extended concentric and isometric squeeze with standard negative and no pause between reps

All tempos are 1/1/1/1 unless specifically indicated otherwise

PUSH!								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	DB Bench Press	6-10		:45				
	4 sets							
	Seated DB Press	6-10		:45				
	4 sets							
	DB Overhead Tricep Extension	10 ea		:45				
	4 sets							
	Push Ups	12	1/1/1/3	:45				
	4 sets							
	Dips	12	1/2/1/1	:45				
	3 sets							

**Notes:**

- Push Ups – hold, hovering just above the floor, for 3 seconds.
- Dips – 2 second HARD squeeze at the top.

PULL!								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	3 Point DB Row	10 ea		:45				
	4 sets							
	Lat Raise	10		:45				
	4 sets							
	Banded seated row	10-12		:45				
	4 sets							
	Banded Front Raise	6-10 ea		:45				
	4 sets							
	DB Bicep Curl	12	1/2/2/1	:45				
	4 sets							

**Notes:**

- 3 Point DB Row – if a heavy enough weight isn't available, hold your squeeze at the top to add to time under tension.
- Banded Seated Row – find a heavy table, piece of furniture, etc, that you can rig up your bands to.
- Banded Front Raise – you can use your feet as your anchor for this one.

LEGS!								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	DB Squats	15	1/1/1/3	1:00				
	4 sets							
	DB RDL	12	1/1/2/2	:45				
	4 sets							
	Banded Kickbacks	10 ea		:30				
	3 sets							
Superset	Weighted Step Ups	10 ea		:45				
	Glute Bridge	20						
	3 sets							

**Notes:**

- DB Squats – rest dumbbells on your shoulders for these, extended pause at the bottom!
- Banded Kickbacks – find a strong anchor for these. A prone straight leg kickback can be used as an alternative if you don't have bands
- Weighted Step Ups – can be done using a chair

PUSH! 2								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Banded Bench Press	12-15	1/1/2/1	:45				
	4 sets							
	Arnold Press	12		:45				
	4 sets							
	Floor Press	10-15		:45				
	4 sets							
	Handstand Push Ups	10-15		:45				
	4 sets							

**Notes:**

- Banded Bench Press – use the bench as your anchor. You can combine bands to increase tension. Control the 2 second negative.
- Handstand Push Ups – keep core tight in these. Press through the back and not just in the shoulders. You can do these from a chair if a handstand isn't an option, or you can do a pike push up.

PULL! 2								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Bent Over Seated reverse fly	10		:45				
	4 sets							
	Banded seated row	15		:45				
	4 sets							
	Banded Supinated reverse flys	10-12		:45				
	4 sets							
	Banded Face Pulls	15		:45				
	3 sets							
	Banded Bicep Curl	15		:45				
	4 sets							

**Notes:**

- Combine bands \*with\* DB's on some of these moves to really add a nice kick

LEGS! 2								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Sumo Goblet Squats	15	1/1/1/3	1:00				
	4 sets							
	DB Walking Lunges	15 ea		:45				
	3 sets							
	Close Stance Goblet Squats	20	1/0/1/0	1:00				
	4 sets							
	Frog Pumps	10		:15				
	5 sets							
	Fire Hydrants	10 ea		:15				
	5 sets							

**Notes:**

- Sumo Goblet Squats – get those feet wide and toes out. Hold a hard squeeze for the count of 3 at the bottom.

ABS! (2x per week)								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Reverse Crunch	15		:30				
	4 sets							
	Hip Dip Planks	20		:30				
	3 sets							

CALVES! (2x per week)								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	DB Calf Raise	20		:30				
	4 sets							
	Body Weight Calf Raise	100						
	1 set							

**Notes:**

- Body Weight Calf Raise – go right into this when you finish your last set of DB calf raise.