

GYM FUNDAMENTALS / 6-DAY PPL SIZE & STRENGTH PROGRAM **WEEK 1-8: 6 DAYS**

*Weekly Schedule: Pull Day #1 / Push Day #1 / Leg Day #1 / Pull Day #2 / Push Day #2 / Leg Day #2 / Rest

PULL DAY #1	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Hex-Bar Deadlift	1	5	7	2-3Min				Brace lats and glutes, keep chest tall and spine neutral	
Lat Pulldowns	3	10	8	2-3Min				Pull elbows to sides, bar front of head, shoulder-width grip	
Seated Cable Rows	3	10	8	2-3Min				Keep lower back neutral, squeeze shoulder blades back	
Face Pulls	5	15	8	1-2Min				Pull arms back and out	
Hammer Curls	4	10	9	1-2Min				Neutral grip, prevent upper arm from moving	
Incline Dumbbell Curl	4	10	9	1-2Min				Squeeze hardest with your pinky finger	

Total Training Time:

PUSH DAY #1	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Barbell Bench Press	4	5	7	3-4Min				Tuck elbows at 45° angle, squeeze your shoulder blades	
Overhead Press	3	10	8	3-4Min				Squeeze your glutes, press up and slightly back	
Incline Dumbbell Press	3	10	7	2-3Min				Keep your scapulae retracted and depressed	
Triceps Pushdown (SS w/Lateral Raises)	3	10	8	1-2Min				Don't move upper arms	
Lateral Raises (SS w/Triceps Pushdown)	3	15	9	1-2Min				Arms straight out, raise to 90°, tilt dumbbell slightly pinky-up	
Overhead Cable Triceps Extension	3	10	9	1-2Min				Don't move upper arms	

Total Training Time:

LEG DAY #1	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	3	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Hex Bar Deadlift	3	10	7	2-3Min				Brace lats and glutes, keep chest tall and spine neutral	
Leg Press	3	12	8	2-3Min				Focus on squeezing your quads to move the weight	
Leg Curls	3	12	8	1-2Min				Focus on squeezing your hamstrings to move weight	
Standing Calf Raises	5	12	8	1-2Min				Stretch your calves at the bottom, don't bounce	

Total Training Time:

Nomenclature SS: Superset RPE: Rate of Perceived Exertion (1-10) LSRPE: Last Set Rate of Perceived Exertion (1-10)

PULL DAY #2	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Barbell Rows	5	5	8	2-3Min				Retract and squeeze your shoulder blades back	
Lat Pulldowns	3	10	8	2-3Min				Pull elbows to sides, bar front of head, shoulder-width grip	
Chest-Supported T-Bar Row	3	10	8	2-3Min				Retract and squeeze your shoulder blades back	
Face Pulls	5	15	8	1-2Min				Pull arms back and out	
Hammer Curls	4	10	9	1-2Min				Neutral grip, prevent upper arm from moving	
Standing Barbell Curl	4	10	9	1-2Min				Squeeze hardest with your pinky finger, use straight bar	

Total Training Time:

PUSH DAY #2	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Overhead Press	5	5	8	3-4Min				Squeeze your glutes, press up and slightly back	
Barbell Bench Press	3	10	7	3-4Min				Tuck elbows at 45° angle, squeeze your shoulder blades	
Incline Dumbbell Press	3	10	7	2-3Min				Keep your scapulae retracted and depressed	
Triceps Pushdown (SS w/Lateral Raises)	3	10	8	1-2Min				Don't move upper arms	
Lateral Raises (SS w/Triceps Pushdown)	3	15	9	1-2Min				Arms straight out, raise to 90°, tilt dumbbell slightly pinky-up	
Overhead Cable Triceps Extension	3	10	9	1-2Min				Don't move upper arms	

Total Training Time:

LEG DAY #2	SETS	REPS	RPE	REST	1	2	3+	NOTES	LSRPE
Front/Goblet Squat	3	5	7	3-4Min				Sit straight down, 15° toe flare, drive knees out laterally	
Hex Bar Deadlift	3	10	7	2-3Min				Brace lats and glutes, keep chest tall and spine neutral	
Leg Press	3	12	8	2-3Min				Focus on squeezing your quads to move the weight	
Leg Curls	3	12	8	1-2Min				Focus on squeezing your hamstrings to move weight	
Standing Calf Raises	5	12	8	1-2Min				Stretch your calves at the bottom, don't bounce	

Total Training Time:

Nomenclature SS: Superset RPE: Rate of Perceived Exertion (1-10) LSRPE: Last Set Rate of Perceived Exertion (1-10)