

The 6-Day Split

Push / Pull / Legs / Rest / Push / Pull / Legs. Only worth running once you're past intermediate and your sleep and food are already handled. Six days on five hours of sleep is worse than three days on eight.

Reps & weight

Every exercise is **8–12 reps**. Pick a weight you can do at least 8 of, but not more than 12.

Effort

Stop **1–2 reps before failure** on most sets. Compounds 2–3 reps shy; isolation you can push to 0–1.

Rest

2–3 minutes between sets. Not so short you're still burning, not so long you feel completely fresh.

First half

DAYS 1–3

Then take a full rest day before the second half

Push A

DAY 1

Incline dumbbell press	3 × 8–12
Flat bench / machine press	3 × 8–12
Shoulder press	3 × 8–12
Lateral raise	3 × 8–12
Triceps pushdown	3 × 8–12

Pull A

DAY 2

Lat pulldown / pull-up	3 × 8–12
Barbell row	3 × 8–12
Seated cable row	3 × 8–12
Rear delt fly	3 × 8–12
Bicep curl	3 × 8–12

Legs A

DAY 3

Squat / hack squat	3 × 8–12
Romanian deadlift	3 × 8–12
Leg press	3 × 8–12
Leg curl	3 × 8–12
Standing calf raise	4 × 8–12

Second half

DAYS 5–7

Same muscles, different emphasis — so you're not repeating the identical session twice a week

Push B

DAY 5

Flat bench / machine press	3 × 8–12
Incline dumbbell press	3 × 8–12
Cable fly	2 × 8–12
Lateral raise	4 × 8–12
Overhead triceps extension	3 × 8–12

Pull B

DAY 6

Pull-up / chin-up	3 × 8–12
Chest-supported row	3 × 8–12
Single-arm lat pulldown	3 × 8–12
Face pull	3 × 8–12
Hammer curl	3 × 8–12

Legs B

DAY 7

Leg press	3 × 8–12
Bulgarian split squat	3 × 8–12
Leg extension	3 × 8–12
Seated leg curl	3 × 8–12
Seated calf raise	4 × 8–12

Double progression

The only progression rule you need. You can't run it without writing your workouts down — use your notes app.

STEP 1

Pick a weight you can do at least 8 reps of, but not more than 12.

STEP 2

Each week, or every two weeks, add reps to your sets.

STEP 3

Once you hit 12 reps on every set, increase the weight.

STEP 4

Your reps drop back to 8. Repeat this forever.

Cardio, alongside this split

4 × 15 min Zone 2 per week — conversational pace, ~60–80% max heart rate. • **2 × 15 min Zone 4–5** per week — a word, never a sentence, ~85–100%.

Before you run this. Six days only works if you're sleeping 7+ hours consistently and eating enough to recover. If either of those is shaky, drop back to the 5-day split — you'll grow faster on it.