

# PUSH PULL 4-DAY SPLIT WORKOUT

## Push Workout

Smith Machine Back Squat

Machine Leg Press

Flat Barbell Bench Press

Incline DB Bench Press

Parallel Bar Dip

Rope Pushdown

## Pull Workout

Pull-ups

Front Lat Pulldown

Seated Cable Rowing

Alternate Dumbbell Curl

Hammer Curl

Bent-over Barbell Wrist  
Extension

## Push Workout

Incline DB Bench Press

Deficit Pushups

Barbell Overhead Press

Dumbbell Lateral Raises

Leg Extension

Calf Raises

## Pull Workout

Bent-over Barbell Row

V Grip Lat Pulldown

Face Pull

Rear Delt DB Raises

DB Romanian Deadlift

Machine Leg Curl

Hanging Knee Raise

Reps: 8-15

Rest: 1-3 minutes

# 4 5 Day Intermediate And Advanced Push Pull Legs Split Routine

**NSCA -National Strength &  
Conditioning Association**



#### **4 5 Day Intermediate And Advanced Push Pull Legs Split Routine:**

**101 Muscle-Shaping Workouts & Strategies for Women** Muscle & Fitness Hers,2013-02-01 With 101 Muscle Shaping Workouts Strategies For Women each workout program which are clearly explained easy to follow and best of all proven to be effective at burning more calories and body fat is designed to help achieve a firm healthy and strong body

**Bodyweight Strength Training Anatomy** Bret Contreras,2025-09-03 Going far beyond pull ups push ups and squats Bodyweight Strength Training Anatomy includes 177 innovative exercises that target every muscle in the body With full color anatomical illustrations step by step instructions and training advice it is the authoritative resource for sculpting your physique without weights machines or expensive equipment

**How To Get Fit In One Year** Lauri Ollikainen,2024-09-22 How to Get Fit in One Year isn't just a fitness guide it's your personal roadmap to transformation Imagine waking up one year from today standing in front of the mirror and seeing the person you've always wanted to become You feel stronger healthier and more confident Every day you've made progress small steps that have led to bigger changes What once felt impossible now feels like a natural part of who you are This book will guide you through that journey Designed for real people with real lives this book breaks down the complex world of fitness into practical science backed steps that anyone can follow Whether you're looking to build muscle lose fat or simply take control of your health How to Get Fit in One Year gives you the tools you need to succeed no matter where you're starting from But there's a catch this book won't do the work for you It will show you how to plan how to train and how to eat for the body and health you want but the results will only come if you take action Each chapter is designed to guide you step by step through your transformation covering the essentials of strength endurance flexibility and recovery You'll learn how to set goals that actually stick overcome obstacles that would have derailed you in the past and build habits that last far beyond the gym By the end of this year long journey you won't just see changes on the outside you'll feel them deep within You'll have mastered the discipline resilience and consistency needed to carry you through any challenge both in fitness and in life This isn't just about getting fit it's about becoming the strongest version of yourself The future you've imagined is possible but it starts with the choices you make today Are you ready

**Fast Workouts** Forest Mindscape,AI,2025-03-14 Fast Workouts offers a solution for busy individuals seeking fitness gains through time efficient exercise It champions high intensity interval training HIIT and functional fitness highlighting how short intense bursts of activity followed by brief recovery periods can significantly improve cardiovascular health and burn calories quickly The book uniquely emphasizes movement quality to prevent injuries ensuring that even the busiest person can optimize their health and well being with limited time The book begins by laying a foundation with the scientific rationale behind HIIT and functional fitness then progresses to structured workout routines ranging from 15 to 30 minutes These routines incorporate bodyweight exercises resistance training and mobility drills Fast Workouts ultimately helps readers create a customizable workout plan tailored to their individual needs and preferences fostering long term adherence through

goal setting and progress tracking

**NSCA's Essentials of Personal Training** NSCA -National Strength & Conditioning Association,2011-10-27 Comprehensive and research based the second edition of NSCA s Essentials of Personal Training is the resource to rely on for personal training information and guidance With state of the art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence NSCA s Essentials of Personal Training Second Edition is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association s Certified Personal Trainer NSCA CPT exam This essential reference was developed by the NSCA to present the knowledge skills and abilities required for personal trainers With contributions from leading authorities in the field the text will assist both current and future personal trainers in applying the most current research to the needs of their clients A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines including the application of nutrition principles for clients with metabolic concerns The latest guidelines on client assessment from prominent organizations such as the American Heart Association AHA and Centers for Disease Control and Prevention CDC keep personal trainers up to speed on the latest assessment protocols New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions low back pain ankle sprains and hip arthroscopy New guidelines for determining resistance training loads will assist those whose clientele includes athletes A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness A new instructor guide and image bank aid instructors in teaching the material to students NSCA s Essentials of Personal Training Second Edition focuses on the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs Featuring over 200 full color photos with accompanying technique instructions this resource offers readers a step by step approach to designing exercise programs with special attention to the application of principles based on age fitness level and health status Using comprehensive guidelines and sample clients portrayed in the text readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client s individual needs Personal trainers will appreciate the book s presentation of detailed exercise programming guidelines for specific populations Modifications and contraindications to exercise are given for prepubescent youth older adults and athletes as well as for clients who are overweight or obese or have eating disorders diabetes heart disease hypertension hyperlipidemia spinal cord injury multiple sclerosis and cerebral palsyIn addition the book provides clear easy to understand guidelines for initial client consultation and health appraisal For those preparing for the NSCA CPT exam this second edition features new and revised study questions at the end of each chapter These questions are written in the same style and format as those

found on the NSCA CPT exam to fully prepare candidates for exam day For efficient self study answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text Chapter objectives and key points provide a framework for study and review of important information while sidebars throughout the text present practical explanations and applications of scientific concepts and theory The second edition of NSCA s Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals Unmatched in scope this text remains the leading source for personal training preparation and professional development Cory Everson's Workout Corinna Everson,Jeff Everson,1991 Six time Ms Olympia leads the charge into the fitness philosophy of the nineties This comprehensive program ties weight training to such diverse sports as basketball track swimming cycling hockey tennis gymnastics and more providing adaptable routines targeted to beginners intermediates and advanced fitness devotees 150 photographs

**Fitness and Lifestyle Management for Law Enforcement** Nancy Wagner Wisotzki,2003 NBA Power Conditioning National Basketball Conditioning Coaches Association,1997 Put more power strength and quickness into your game Now you can with expert training information from 10 top NBA strength and conditioning coaches the same people who get Penny Hardaway Mitch Richmond Gary Payton and many other all stars into great shape Together these coaches present 122 exercises and drills designed specifically to improve basketball performance Whether your goal is to increase your vertical jump speed endurance or strength for shooting or rebounding you ll find it all and more in NBA Power Conditioning Part I focuses on Power Preparation including stretching nutrition and conditioning Part II leaps into strength training and Part III branches into plyometric speed and agility training Part IV presents the Basketball Conditioning Power Rating System consisting of eight tests and the Complete Power Conditioning Program so you can periodically check and monitor your progress Players can follow the individual exercises themselves or coaches can use the book to design a team conditioning program for in or off season work The authors explain the exercises in detail and provide 215 illustrations to make the program crystal clear NBA Power Conditioning will show you how to work out like the pros and help you play at the highest level possible **Gold's Gym Mass Building, Training, and Nutrition System** Ed Connors,1992 Bodybuilders around the world look to Gold s Gym for state of the art instruction This widely awaited book offers expert advice on training and nutrition and includes techniques from the champions themselves Arnold Schwarzenegger Lee Haney Lou Ferrigno Lee Labrada Debby McKnight and others 250 photographs *The Book of Splits* Fitness Research Publishing,2025-06-23 The Book of Splits delivers 30 battle tested training programs for lifters who ve plateaued on traditional routines This book is designed for serious lifters ready to do the work Chapter 1 Peripheral Heart Action PHA Training Full body split alternating upper lower movements with minimal rest to jack up hypertrophy and conditioning Chapter 2 Escalating Density Training EDT Push volume over time using 15 20 min blocks per muscle group Chapter 3 Myo Reps Rest pause activation sets with 3 5

clustered mini sets Example push pull lower split with myo style volume Chapter 4 11 2 Rep Method Train the full ROM with overload on sticking points Chest and legs respond especially well Example chest day with 11 2 rep bench press and flys Chapter 5 Mechanical Drop Sets Shift grip or stance mid set Ex incline flat decline dumbbell presses Chapter 6 Blood Flow Restriction BFR Arms lower body focus with light loads 5 day arm specialization split included Chapter 7 Zone Training Split reps into thirds overload top middle or bottom zone of the lift Great for stubborn areas Chapter 8 Wave Loading Alternate reps and weights in waves e g 6 4 2 for CNS shock and strength gains Chapter 9 Giant Sets 4 exercises per muscle group Example back day with lat pulldown row pullover and deadlift giant set Chapter 10 Tri Sets Three exercises in a row for the same muscle Push pull legs tri set programming guide Chapter 11 Drop Ladders Drop weight but increase reps classic shock tactic Use for delts and arms Chapter 12 Intra-set Stretching Stretch mid set for 10 20 sec Great on pecs lats and hammies Chapter 13 Antagonist Supersets Pair bi tri chest back quads hams Full body antagonist split included Chapter 14 Time Under Tension TUT Slow tempo work e g 4 1 2 1 4 day tempo focused hypertrophy split Chapter 15 Rest Pause Cluster Sets Mini rests to squeeze more quality reps Example cluster bench press with 20 sec between reps Chapter 16 Accentuated Eccentric Training Heavy negatives for growth and joint integrity Back and legs benefit most Chapter 17 Compound After Isolation Pre Fatigue Reversal Example leg extensions squats flys bench 5 day pre fatigue split Chapter 18 Concentric Only Training Excludes eccentric phase for recovery Example sled push trap bar deadlift plan Chapter 19 21s Classic biceps protocol use for other muscle groups too Arms and shoulders blast split Chapter 20 Iso Dynamic Contrast Isometric hold explosive reps Power bodybuilding plan included Chapter 21 Density Blocks Set a timer and go Chest back density day program included Chapter 22 Zone Specific Failure Sets Train only top or bottom of ROM to failure 3 day specialization split Chapter 23 Occlusion Mechanical Drop Hybrid Advanced arm protocol combining BFR and grip changes Chapter 24 High Rep Finishers End with 50 100 total reps Adds volume safely Great for delts and calves Chapter 25 Load Variation Circuits Cycle heavy light within circuits Total body strength hypertrophy hybrid Chapter 26 Isometric Pre Tension Hold the rep at midpoint to increase neural tension Shoulder and chest example workouts Chapter 27 Yielding Isometrics Hold a heavy weight statically under tension Deadlift holds squat bottom holds Chapter 28 Overload Partial Reps Train only the strongest portion of the movement e g top half rack pulls Chapter 29 Every Minute on the Minute EMOM Lifting Strength density hybrid Full week EMOM split for hypertrophy and volume Chapter 30 Undulating Daily Periodization Auto Wave Change reps weights daily Push pull legs weekly wave cycle included

**Push/Pull MINI-CYCLES For MAXIMUM MUSCLE GAIN**

Dennis B. Weis, 2021-12-20 Push Pull Mini Cycles was created for intermediate and advanced competitive bodybuilders and powerlifters by Bob Gaynor a USPF United States Powerlifting Federation masters world record holder in the Barbell Deadlift The series of short training duration high intensity mini cycles produce results in increased muscle mass and strength due to the continued handling of progressively heavy training poundage s The following Push Pull Mini Cycles are

most definitely NOT for anyone with less than one year of consistent training

*The Push/Pull Workout with Training Journal* Eric Kruczek, 2020-12-11 Push Pull Workout Is one of the training methods which is based on the principle of maximum muscle regeneration while maintaining the shortest possible intervals between training sessions Push Pull is an indirect training method between SPLIT and FBW Due to its higher training volume compared to FBW it is recommended for experienced especially in moments of lack of progress for a long time In this system the body is divided into two parts The first training is a push exercise During this workout we exercise the chest muscles shoulder muscles mainly front and center triceps quadriceps thighs And during the second training we exercise the pulling muscles such as the two headed thigh muscles the widest back the back of the shoulder i e shoulder muscles and biceps The advantage of this method is the possibility to use more volume than in FBW training This is because with the full body workout if we would like to do more than one exercise for each muscle we would have to spend a lot of time In the basic version we perform 8 different exercises in 3 4 sets of each If we doubled this amount by adding one exercise per muscle group we would have to do almost 50 sets in one workout This would take at least 2 hours at a good pace The benefit of this training is also the fact that it can be used up to 4 to 6 times a week as a result of which you will quickly notice the effects because you will be able to train each muscle group 3 times a week Just like in the FBW So if you have experience in strength training and your muscles do not grow as fast as you would like this training method can break the plateaus and make your muscles grow again Of course remember also about nutrition and calorie surplus because without it even the best workout method will not guarantee the growth of your muscles and their size This book contains a workout journal which includes all the necessary tools to achieve better and faster training results Whether your goal is to build muscles or burn fat this book will guide you from the first step until you reach your goal

Workout Splits for Bodybuilders Fitness Research Publishing, 2023-12-09 Workout Splits for Bodybuilders is a detailed and insightful guide that explores the vast landscape of workout splits catering to fitness enthusiasts of all levels This book is a deep dive into the various types of workout splits each meticulously detailed to provide readers with a thorough understanding of how to effectively incorporate them into their fitness journey Throughout the book readers will explore an array of workout splits starting from the classic full body split ideal for beginners and those with limited time to the more specialized regimens like the upper lower split which offers a balanced approach for intermediate trainers For those looking to intensify their focus on each muscle group the book delves into the bro split a favorite in bodybuilding circles for its deep muscle group concentration The 5x5 split is explored for its strength building prowess breaking down how it enhances muscular endurance and power The book also addresses the popular push pull legs split ideal for those seeking a well structured routine that ensures comprehensive muscle development while allowing for sufficient recovery For readers seeking to blend various fitness goals the book introduces hybrid splits a creative approach that combines elements from different splits to suit individual needs be it for sport specific training or accommodating a busy schedule Each split is

presented with detailed workout routines practical tips and considerations for nutrition and recovery essential for maximizing the effectiveness of the training Workout Splits for Bodybuilders is more than just a guide it s a tool for empowerment enabling readers to make informed decisions about their training It encourages experimentation and adaptation ensuring that fitness enthusiasts can craft a workout split that not only aligns with their goals but also fits seamlessly into their lifestyle This book is an essential read for anyone looking to deepen their understanding of workout splits and optimize their approach to fitness training

**4-Day Upper Lower SPLIT Workout** ByXon PT, Eric Kruczek, 2020-12-17 Upper Lower Workout Routine is a great transition workout to gain more strength and muscle growth like never before by using your knowledge of your own body Basically upper lower training routine is developed for increasing strength along with maximizing muscle hypertrophy In simple words this system combines size and strength Recent scientific studies confirmed that muscle protein synthesis anabolic state of muscle remain elevated for up to 48 hours after training The upper lower SPLIT program designed in such a way that you will train same muscle groups after 48 hours That is you can keep muscles in anabolic state throughout the week This training method is designed for home space in order to perform the exercises you need only your own body weight a set of dumbbells and a pull up bar I hated every minute of training but I said don t quit Suffer now and live the rest of your life as a champion Muhammed Ali Everybody wants to be a bodybuilder but don t nobody want to lift heavy ass weights Ronnie Coleman In addition THE BOOK CONSIST NUTRITION Keep track of your progress Count the calories and macro nutrients Enter the workouts with the number of sets reps Place your favorite recipes Record your body measurements

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **4 5 Day Intermediate And Advanced Push Pull Legs Split Routine** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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