**Lesson #6: Push Pull Legs**

Now we are on to the routine that I use today, push-pull legs.

I would recommend having two years of training under your belt before starting push pull legs.

This is the routine that you will probably use for the rest of your body building career.

After two years of lifting, it's going to become harder and hard to build muscle because your body is used to the stress.

We're going to have to sacrifice a little bit of frequency to make sure that we hit each muscle group hard, each workout, all right, to provide a sufficient amount of stimulus to make sure that we're making gains every workout.

Push pull legs is a three day split.

You hit chest, shoulders and triceps the first day, back and biceps the second day, and legs the third day. Then you repeat. You do that twice and then on the seventh day you can take a rest day if you need to.

In this routine we're doing five to six exercises with three to four sets per exercise.

For push day we'll start with four sets of bench, then four sets of incline, four sets of flies, four sets of shoulder press, three sets of lateral raises.

Now again, we're going to end the day with an isolation exercise of your choice for three sets. I would recommend hitting your lagging part. If your triceps are lagging, do some tricep extensions. If your chest is lagging, do some flies. If your shoulders are lagging, do some lateral raises.

For pull day, we'll start out with four set of rack pulls, four sets of lat pull downs, four sets of a rowing motion of your choice, four sets of one other rowing motion, one more row variation, make it a little different than the rowing motion before and finally, again, an isolation exercise of your choice for three sets.

I would do some lat pullovers if you need to focus on your lats. Or some bicep curls if you want to fix your lagging biceps. For leg day. I would recommend doing four sets of squats, four sets of leg press, then three sets of some sort of leg press variation like a hack squat or something like that, three sets of leg extension, three sets of leg curls and then four sets of calf raises.

Notice how our frequency has decreased from three-four times per week to two-three times per week, but our volume per body part has increased. For example, for the two-day split we did eight sets of chest, but here we actually did 11 sets of chest.

We're hitting the chest hard to make sure we get a sufficient amount of stimulus.