

6 DAY PPL HYPERTROPHY PROGRAM

MALE

6 DAYS

HYPERTROPHY

DAY 01

LEGS

DAY 02

PUSH

DAY 03

PULL

DAY 04

LEGS

DAY 05

PUSH

DAY 06

PULL

V1 · SEPT 2026 · 71 WORKING SETS PER WEEK

BUILT BY TAZZ MCALISTER

Simple programming. Hard sets.
Proper recovery. Enough time to
actually progress.

DAY 01

LEGS

QUADS · HAMSTRINGS · GLUTES · CALVES

10

WORKING SETS

4 min

MAX REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Pin Loaded Standing Calf Raise	3	8–10	3 min	1–1	Calves
Adduction Machine	1	8–10	3 min	1–0	Adductors
BB RDL	2	4–7	4 min	2–1	Hamstrings · Glutes
Leg Extensions	2	10–12	3 min	1–0	Quads
Seated Leg Curl	2	8–10	3 min	1–0	Hamstrings

Focus: make the hard sets count.

Warm-up sets do not count as working sets.

DAY 02

PUSH

CHEST · DELTS · TRICEPS

13

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Tricep Pushdown	2	8–12	3 min	1–0	Triceps
Over Head Rope Tricep Extension	2	8–12	3 min	1–0	Triceps · Long Head
Pin Loaded Machine Lateral Raise	3	8–12	3 min	1–0	Side Delts
Pin Loaded Chest Press	2	4–7	3 min	1–1	Chest
Shoulder Press (Elbows Tucked)	2	4–7	3 min	1–1	Front / Side Delts
Incline Press	2	4–7	3 min	1–1	Upper Chest · Front Delts

Progression: hit the top of the range cleanly, then add load.

Keep the exercise purpose the same if you swap.

DAY 03

PULL

BACK · LATS · BICEPS

11

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Machine Preacher Curl	2	8–12	3 min	1–0	Biceps
Elbow Supported DB Curl	3	8–12	3 min	1–0	Biceps
Wide Grip Lat Pulldown	2	6–9	3 min	1–1	Lats
T-Bar Upper Back Row	2	6–9	3 min	1–1	Upper Back
SA Cable Row	2	6–9	3 min	1–1	Lats

Intent: control the eccentric and make every rep count.

Hard reps, good form.

DAY 04

LEGS

QUADS · HAMSTRINGS · GLUTES · CALVES

13

WORKING SETS

4 min

MAX REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Pin Loaded Leg Press Calf Raise	3	8–10	3 min	1–1	Calves
Adduction Machine	1	8–10	3 min	1–0	Adductors
Pendulum Squat	2	4–7	4 min	1–1	Quads
Smith RDL	2	4–7	4 min	2–1	Hamstrings · Glutes
Hip Thrust	1	8–10	3 min	1–0	Glutes
Leg Extensions	2	10–12	3 min	1–0	Quads
Seated Leg Curl	2	8–10	3 min	1–0	Hamstrings

Heavy work: use the full rest period.

Don't rush the set.

DAY 05

PUSH

CHEST · DELTS · TRICEPS

13

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Single-Arm Tricep Pushdown	2	8–12	3 min	1–0	Triceps
Over Head V-Bar Tricep Extension	2	8–12	3 min	1–0	Triceps · Long Head
SA Cable Lateral Raise	3	8–12	3 min	1–0	Side Delts
Incline DB Press	2	4–7	3 min	1–1	Upper Chest · Front Delts
Shoulder Press (Elbows Tucked)	2	4–7	3 min	1–1	Front / Side Delts
Smith Flat Bench Press	2	4–7	3 min	1–1	Chest

Priority: keep the first hard set honest.

Don't chase load at the cost of form.

DAY 06

PULL

BACK · LATS · BICEPS

11

WORKING SETS

3 min

REST

EXERCISE	SETS	REPS	REST	RIR	TARGET
Single-Arm DB Preacher Curl	2	8–12	3 min	1–0	Biceps
Elbow Supported DB Curl	3	8–12	3 min	1–0	Biceps
Pin Loaded Upper Back Row	2	6–9	3 min	1–1	Upper Back
Wide Grip Lat Pulldown	2	6–9	3 min	1–1	Lats
Iliac Pulldown	2	8–10	3 min	1–1	Lats

Final day: finish clean, don't turn it into junk volume.

Quality beats chaos.

HOW TO RUN IT

BEFORE I START, WHAT DO I NEED TO KNOW?

Do the work properly, track it, and give yourself enough time to improve. Don't change things every week because you saw a new exercise online. **Run the plan. Earn the progress.**

WHAT DOES RIR MEAN?

2 RIR: about 2 reps left. **1 RIR:** about 1 rep left. **0 RIR:** another clean rep probably wasn't happening. It's simply a way to measure effort.

HOW MANY WORKING SETS SHOULD I DO?

Follow the sets written in the program. Some exercises use 1, 2 or 3 working sets. More is not automatically better. Make the prescribed sets count.

HOW HARD SHOULD MY SETS BE?

Hard enough that the last few reps are noticeably slower than the first. Push close to failure, but keep the movement clean. **Train hard. Don't train sloppy.**

WHEN SHOULD I ADD WEIGHT?

When you earn it. Hit the top of the rep range with good form and the correct RIR, then increase the load and build again. **Own the weight first.**

HOW SHOULD I REST AND USE SUPERSETS?

Most work uses around 3 minutes. Some heavier lower-body work may need 4 minutes. To save time, pair opposing muscles, like chest and back. Do both exercises back-to-back, then rest about 90 seconds. If performance drops, use the full rest.

TRAIN SMART

WHY THE LOWER REP RANGES?

A set doesn't need to burn like hell to work. Lower reps let you train hard with less unnecessary fatigue. We care about **tension, performance and progression**.

DOES EXERCISE ORDER MATTER?

Yes. You're usually strongest at the start. If a muscle is a priority, putting it earlier can make sense. **Your priority gets priority**.

DO I NEED TO TRACK MY TRAINING?

Yes. At minimum, record **weight, reps and sets**. Then try to improve something next time: one more rep, a small increase in load, or better execution. **Don't guess. Track it**.

HOW SHOULD I WARM UP?

Warm up enough to be ready, not tired. Use a few lighter sets and gradually work toward your training weight. **Save the hard work for the working sets**.

WHAT IF AN EXERCISE DOESN'T SUIT ME?

Swap it, but keep the same target muscle and roughly the same movement pattern. The exercise can change. **The purpose shouldn't**.

RECOVER & FUEL

WHAT IF I MISS A WORKOUT?

Carry on. Don't cram two workouts together or punish yourself. Pick up where you left off and get back into your routine.

HOW LONG SHOULD I RUN THE PROGRAM?

Long enough to see whether it works. If you're getting stronger and progressing, there's no reason to constantly change programs. **Give it time.**

HOW DO I KNOW IF I'M DOING TOO MUCH?

If performance keeps dropping and you're struggling to recover, more probably isn't the answer. **Do enough to progress, not so much that you can't recover.**

WHAT SHOULD I EAT?

Eat enough to support your goal, get your protein in, drink enough water and make most of your food decent whole foods. You need consistency, not perfection.

Protein

1.6–2.2g/kg body weight per day.

Fats

0.6–0.8g/kg body weight per day as a useful guide

Carbs

Use carbs to fill the rest. Around **30–60g pre-workout** can help fuel the session.

THE PROGRAM ISN'T MAGIC. EXECUTION IS WHAT MATTERS.

TRAIN HARD.

TRACK IT.

EAT PROPERLY.

RECOVER.

REPEAT.

That's the game.

General training information only. Choose exercises and loads appropriate to your ability, and seek qualified medical or exercise advice if you have an injury, health condition or are unsure whether this program is suitable for you.