



LEAN MUSCLE: 5-DAY PUSH, PULL, LEGS HYPERTROPHY SPLIT

 Main Goal
LOSE WEIGHT & FAT LOSS

 Workout Type
STRENGTH TRAINING

Program Duration
12 Weeks

Days Per Week
5 Days

Time Per Workout
30-45 Mins

Target Gender
Male & Female

Training Level
Intermediate

WORKOUT SCHEDULE

WEEK 1	Days 1-7
<input type="radio"/> 1 Push	
<input type="radio"/> 2 Pull	
<input type="radio"/> 3 Legs 1	
<input type="radio"/> 4 Push and Pull	
<input type="radio"/> 5 Legs 2	
<input type="radio"/> 6 Rest	
<input type="radio"/> 7 Rest	

WEEK 2	Days 8-14
<input type="radio"/> 8 Push	
<input type="radio"/> 9 Pull	
<input type="radio"/> 10 Legs 1	
<input type="radio"/> 11 Push and Pull	
<input type="radio"/> 12 Legs 2	
<input type="radio"/> 13 Rest	
<input type="radio"/> 14 Rest	

WEEK 3	Days 15-21
<input type="radio"/> 15 Push	
<input type="radio"/> 16 Pull	
<input type="radio"/> 17 Legs 1	
<input type="radio"/> 18 Push and Pull	
<input type="radio"/> 19 Legs 2	
<input type="radio"/> 20 Rest	
<input type="radio"/> 21 Rest	

WEEK 4	Days 22-28
<input type="radio"/> 22 Push	
<input type="radio"/> 23 Pull	
<input type="radio"/> 24 Legs 1	
<input type="radio"/> 25 Push and Pull	
<input type="radio"/> 26 Legs 2	
<input type="radio"/> 27 Rest	
<input type="radio"/> 28 Rest	

WEEK 5	Days 29-35
<input type="radio"/> 29 Push	
<input type="radio"/> 30 Pull	
<input type="radio"/> 31 Legs 1	
<input type="radio"/> 32 Push and Pull	
<input type="radio"/> 33 Legs 2	
<input type="radio"/> 34 Rest	
<input type="radio"/> 35 Rest	

WEEK 6	Days 36-42
<input type="radio"/> 36 Push	
<input type="radio"/> 37 Pull	
<input type="radio"/> 38 Legs 1	
<input type="radio"/> 39 Push and Pull	
<input type="radio"/> 40 Legs 2	
<input type="radio"/> 41 Rest	
<input type="radio"/> 42 Rest	

WEEK 7	Days 43-49
<input type="radio"/> 43 Push	
<input type="radio"/> 44 Pull	
<input type="radio"/> 45 Legs 1	
<input type="radio"/> 46 Push and Pull	
<input type="radio"/> 47 Legs 2	
<input type="radio"/> 48 Rest	
<input type="radio"/> 49 Rest	

WEEK 8	Days 50-56
<input type="radio"/> 50 Push	
<input type="radio"/> 51 Pull	
<input type="radio"/> 52 Legs 1	
<input type="radio"/> 53 Push and Pull	
<input type="radio"/> 54 Legs 2	
<input type="radio"/> 55 Rest	
<input type="radio"/> 56 Rest	

WEEK 9	Days 57-63
<input type="radio"/> 57 Push	
<input type="radio"/> 58 Pull	
<input type="radio"/> 59 Legs 1	
<input type="radio"/> 60 Push and Pull	
<input type="radio"/> 61 Legs 2	
<input type="radio"/> 62 Rest	
<input type="radio"/> 63 Rest	

WEEK 10	Days 64-70
<input type="radio"/> 64 Push	
<input type="radio"/> 65 Pull	
<input type="radio"/> 66 Legs 1	
<input type="radio"/> 67 Push and Pull	
<input type="radio"/> 68 Legs 2	
<input type="radio"/> 69 Rest	
<input type="radio"/> 70 Rest	

WEEK 11	Days 71-77
<input type="radio"/> 71 Push	
<input type="radio"/> 72 Pull	
<input type="radio"/> 73 Legs 1	
<input type="radio"/> 74 Push and Pull	
<input type="radio"/> 75 Legs 2	
<input type="radio"/> 76 Rest	
<input type="radio"/> 77 Rest	

WEEK 12	Days 78-84
<input type="radio"/> 78 Push	
<input type="radio"/> 79 Pull	
<input type="radio"/> 80 Legs 1	
<input type="radio"/> 81 Push and Pull	
<input type="radio"/> 82 Legs 2	
<input type="radio"/> 83 Rest	
<input type="radio"/> 84 Rest	



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WORKOUTS Use the workouts below along with your workout schedule to know exactly when to perform each workout. If you need assistance with understanding how to perform an exercise visit www.trainest.com.

PUSH	
WARM UP	EXECUTION
YTW	1 x 1 Min
Band Pull Apart	1 x 1 Min
Incline Push-ups	30 Sec
MAIN EXERCISE	EXECUTION
Barbell Bench Press	3 Sets, 6-8 Reps
Cable Fly	2 Sets, 8-10 Reps
Seated Barbell Military Press	3 Sets, 6-8 Reps
Dumbbell Lateral Raise	2 Sets, 8-10 Reps
Barbell JM Press	2 Sets, 6-8 Reps
COOL DOWN	EXECUTION
Active Hang from Bar	1 x 1 Min
<p>Time Per Workout: 41.5 Minutes Equipment Required: Barbells, Dumbbells, Flat Bench, Squat Rack, Cables, Resistance Bands</p>	

PULL	
WARM UP	EXECUTION
Cat Cow	1 x 1 Min
Floor Angel	1 x 1 Min
Scapular Retraction Plank	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Dumbbell Bent-Over Row	3 Sets, 6-8 Reps
Wide Grip Pull-up	3 Sets, 6-8 Reps
Cable Face Pull	2 Sets, 8-10 Reps
Dumbbell Shrug	2 Sets, 8-10 Reps
Dumbbell Preacher Hammer Curl	2 Sets, 8-10 Reps
COOL DOWN	EXECUTION
Thread the Needle	1 x 1 Min (30sec each side)
<p>Time Per Workout: 41.5 Minutes Equipment Required: Dumbbells, Cables, Incline Bench, Pull-Up Bar</p>	

LEGS 1	
WARM UP	EXECUTION
90/90 Hip Rotation	1 x 1 Min
Bootstrapper Squat	1 x 30 Sec
Bodyweight Squat	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Stability Ball Leg Curl	2 Sets, 8-10 Reps
Barbell Bulgarian Split Squat	3 Sets, 6-8 Reps
Dumbbell Romanian Deadlift	3 Sets, 6-8 Reps
Sissy Squat	2 Sets, 8-10 Reps
Dumbbell Calf Raise	2 Sets, 8-10 Reps
COOL DOWN	EXECUTION
Saddle Stretch	1 x 30 Sec
Lying Hamstring Stretch	1 x 30 Sec
<p>Time Per Workout: 41 Minutes Equipment Required: Stability Ball, Barbells, Plyometric Box, Dumbbells</p>	

WORKOUT TIPS


- Follow the exercise order: Stick to the sequence to maximize efficiency and muscle engagement without unnecessary fatigue.
- Focus on compounds: Prioritize progressive overload on compound lifts as they are key to tracking progress.
- Respect rest periods: Consistent rest times optimize recovery and maintain intensity for maximum muscle growth.

WORKOUT COMMON MISTAKES

- Progression isn't always linear: Focus on standard form and ROM instead of forcing overload with poor technique. Progress steadily, whether by adding weight or increasing reps.
- Don't neglect weak areas: Train every muscle group equally to ensure balanced development and maximize results.
- Rest days matter: Avoid overloading rest days with extra workouts; recovery is key to better performance and progress.

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PUSH AND PULL	
WARM UP	EXECUTION
PVC Pipe Figure 8	1 x 1 Min
PVC Pipe Pass Through	1 x 1 Min
Push-Up Plus	1 x 1 Min
MAIN EXERCISE	EXECUTION
A1. Incline Dumbbell Row	2 Sets, 6-8 Reps
A2. Incline Dumbbell Bench Press	2 Sets, 6-8 Reps
B1. Dumbbell Bench Press	2 Sets, 6-8 Reps
B2. Neutral Grip Pull-up	2 Sets, 6-8 Reps
C1. Cable Bicep Curl	2 Sets, 8-10 Reps
C2. Triceps Pushdown	2 Sets, 8-10 Reps
Wide Grip Barbell Upright Row	2 Sets, 8-10 Reps
COOL DOWN	EXECUTION
Active Hang from Bar	1 x 1 Min
Quadruped Thoracic Rotation	1 x 1 Min (30sec each side)

*A,B, And C Are Supersets. For Example, After Completing A1, Move Directly To A2 With Little To No Rest In Between.
 Time Per Workout: 43 Minutes
 Equipment Required: Incline Bench, Dumbbells, Cables, Barbells, Pull-Up Bar

LEGS 2	
WARM UP	EXECUTION
PVC Pipe Overhead Squat	1 x 30 Sec
Glute Bridge Walkout	1 x 30 Sec
Bodyweight Squat	1 x 30 Sec
MAIN EXERCISE	EXECUTION
Barbell Squat	3 Sets, 6-8 Reps
Stiff-Legged Dumbbell Deadlift	3 Sets, 6-8 Reps
Hip Thrust	2 Sets, 6-8 Reps
Sissy Squat	2 Sets, 8-10 Reps
Barbell Calf Raise	2 Sets, 8-10 Reps
COOL DOWN	EXECUTION
Prone Quad Stretch	1 x 30 Sec
Glute Stretch	1 x 30 Sec


Time Per Workout: 41.5 Minutes
 Equipment Required: Dumbbells, Cables, Incline Bench, Pull-Up Bar

This 12-week 5-day Push, Pull, Legs Split is an excellent approach for improving body composition. Its balanced design ensures high-frequency training without compromising recovery, making it effective and sustainable. By following the outlined schedule and applying proper technique, progressive overload, and smart recovery, you'll set yourself up for consistent progress. Stick to the plan, stay consistent, and watch your results improve week by week.

Post your post-workout selfies in IG and tag @trainestapp, #trainest, or DM them to us to get a shoutout on Trainest Stories!

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