5-DAY SPLIT

Push / Pull / Legs + Specialisation

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Five sessions for experienced lifters: classic PPL plus two specialisation days. Progressive overload is mandatory — log every session.

01 Day 1 — Push

- **Bench Press** — 4 sets of 6–8
- **Overhead Press** — 3 sets of 8–10
- **Incline DB Press** — 3 sets of 10–12
- **Lateral Raise** — 4 sets of 15
- **Tricep Pushdown** — 3 sets of 15

02 Day 2 — Pull

- **Deadlift** — 4 sets of 4–5
- **Barbell Row** — 3 sets of 8–10
- **Pull-Ups** — 3 sets of 8–10
- **Face Pull** — 3 sets of 15
- **Hammer Curl** — 3 sets of 12

03 Day 3 — Legs

- **Back Squat** — 4 sets of 6–8
- **Romanian Deadlift** — 3 sets of 8–10
- **Leg Press** — 3 sets of 12
- **Leg Curl** — 3 sets of 12
- **Calf Raise** — 4 sets of 20

04 Day 4 — Upper Specialisation

- **Close Grip Bench** — 3 sets of 8–10
- **Weighted Pull-Ups** — 3 sets of 6–8
- **Cable Fly** — 3 sets of 12–15
- **Preacher Curl** — 3 sets of 12

05 Day 5 — Lower Specialisation

- **Front Squat** — 3 sets of 6–8
- **Good Morning** — 3 sets of 10
- **Step-Ups** — 3 sets of 12 each leg
- **Nordic Curl** — 3 sets of 8

KEY TAKEAWAYS

Progressive overload is the whole game: when you hit the top of a rep range on every set, add a small amount of weight next session and start again at the bottom of the range. Log every session — memory lies.

TODAY'S ACTION

Training only works alongside the eating. Track it in FoodSussed: it works in your browser at nononsensefitness.ie/tracker (account needed). Subscription with a 7-day free trial for eligible new subscribers; current price and availability at nononsensefitness.ie/app. Android app coming soon to Google Play.

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