



GetFitArchitect

PREMADE WORKOUT PROGRAM

# 6 Day Push Pull Legs Workout Program

6 days a week · Push/pull/legs (6-day) · Muscle building

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## EQUIPMENT

Barbell · Dumbbells · Bench · Squat rack · Pull-up bar

## LEVEL

Intermediate

## SESSION LENGTH

60-75 minutes

Free tools. No account. Built around the equipment you own.

[getfitarchitect.com](https://getfitarchitect.com)

# The plan at a glance

6 days a week · Push/pull/legs (6-day) · Muscle building · Intermediate

## DAY 1

### Push

41 min

|                         |          |
|-------------------------|----------|
| Barbell Bench Press     | 4 × 8-12 |
| Overhead Barbell Press  | 2 × 8-12 |
| Close-Grip Bench Press  | 2 × 8-12 |
| Dumbbell Bench Press    | 4 × 8-12 |
| Dumbbell Shoulder Press | 2 × 8-12 |

## DAY 2

### Pull

41 min

|                        |           |
|------------------------|-----------|
| Pull-Up                | 4 × 8-12  |
| Barbell Bent-Over Row  | 4 × 8-12  |
| Rear Delt Dumbbell Fly | 2 × 10-15 |
| Dumbbell Bicep Curl    | 3 × 10-15 |
| Dumbbell Upright Row   | 2 × 10-15 |

## DAY 3

### Legs

61 min

|                     |           |
|---------------------|-----------|
| Barbell Back Squat  | 4 × 8-12  |
| Romanian Deadlift   | 5 × 8-12  |
| Barbell Hip Thrust  | 5 × 8-12  |
| Dumbbell Lunge      | 4 × 8-12  |
| Dumbbell Calf Raise | 5 × 10-15 |

## DAY 4

### Push

41 min

|                         |          |
|-------------------------|----------|
| Dumbbell Floor Press    | 4 × 8-12 |
| Overhead Barbell Press  | 2 × 8-12 |
| Parallel Bar Dip        | 2 × 8-12 |
| Barbell Bench Press     | 4 × 8-12 |
| Dumbbell Shoulder Press | 2 × 8-12 |

## DAY 5

### Pull

41 min

|                        |           |
|------------------------|-----------|
| T-Bar Row              | 4 × 8-12  |
| Pull-Up                | 4 × 8-12  |
| Rear Delt Dumbbell Fly | 2 × 10-15 |
| EZ-Bar Curl            | 3 × 10-15 |
| Dumbbell Upright Row   | 2 × 10-15 |

## DAY 6

### Legs

61 min

|                            |           |
|----------------------------|-----------|
| Dumbbell Front Rack Squat  | 4 × 8-12  |
| Dumbbell Romanian Deadlift | 5 × 8-12  |
| Barbell Hip Thrust         | 5 × 8-12  |
| Dumbbell Reverse Lunge     | 4 × 8-12  |
| Seated Dumbbell Calf Raise | 5 × 10-15 |

#### EQUIPMENT

Barbell · Dumbbells · Bench · Squat rack · Pull-up bar

#### SESSION LENGTH

60-75 min

#### EFFORT

Stop 1-3 reps short of failure

Build a version around your own equipment, free: [getfitarchitect.com/workout-generator](https://getfitarchitect.com/workout-generator)

# How to use this program

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This is a 6-day push/pull/legs program for an intermediate lifter training with a barbell, dumbbells, a bench, a squat rack, and a pull-up bar. Each muscle group is trained twice a week across six focused sessions: pressing on push days, back and biceps on pull days, and the whole lower body on leg days. It suits someone who has been training consistently for a while, recovers well, and can realistically commit to six sessions most weeks.

## What you need

**Barbell · Dumbbells · Bench · Squat rack · Pull-up bar**

Each day mixes barbell and dumbbell work, with the barbell handling the heavier main lifts. The pull-up bar matters most on pull days, where every session pairs a vertical pull with a row so the back is trained from both directions.

## Why this structure

Six days gives you enough volume capacity to run push/pull/legs twice through, which is one of the most common approaches among intermediate and advanced lifters for balancing high volume with solid recovery.

## THE THREE RULES

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1

### Warm up first

Start every session with the warm-up block on that day's page, then do 2-3 ramp-up sets on your first exercise before you reach working weight.

2

### Rest as listed

Moderate rests keep each set hard enough to build muscle without dragging the session out. Stick to the times listed.

3

### Keep a few reps in reserve

Finish most working sets feeling like you could have done one to three more good reps. Sets close to failure build the most muscle, but stopping just short keeps your form and recovery intact.

# Push

41 min

## WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

| EXERCISE                | SETS | REPS | REST       |
|-------------------------|------|------|------------|
| Barbell Bench Press     | 4    | 8-12 | 90-120 sec |
| Overhead Barbell Press  | 2    | 8-12 | 90-120 sec |
| Close-Grip Bench Press  | 2    | 8-12 | 90-120 sec |
| Dumbbell Bench Press    | 4    | 8-12 | 90-120 sec |
| Dumbbell Shoulder Press | 2    | 8-12 | 90-120 sec |

## COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

# Pull

41 min

## WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

| EXERCISE               | SETS | REPS  | REST       |
|------------------------|------|-------|------------|
| Pull-Up                | 4    | 8-12  | 90-120 sec |
| Barbell Bent-Over Row  | 4    | 8-12  | 90-120 sec |
| Rear Delt Dumbbell Fly | 2    | 10-15 | 60-90 sec  |
| Dumbbell Bicep Curl    | 3    | 10-15 | 60-90 sec  |
| Dumbbell Upright Row   | 2    | 10-15 | 60-90 sec  |

## COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

# Legs

61 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then bodyweight squats and leg swings to open up your hips. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

| EXERCISE            | SETS | REPS  | REST       |
|---------------------|------|-------|------------|
| Barbell Back Squat  | 4    | 8-12  | 90-120 sec |
| Romanian Deadlift   | 5    | 8-12  | 90-120 sec |
| Barbell Hip Thrust  | 5    | 8-12  | 90-120 sec |
| Dumbbell Lunge      | 4    | 8-12  | 90-120 sec |
| Dumbbell Calf Raise | 5    | 10-15 | 60-90 sec  |

COOL-DOWN

A few minutes of static stretching for your quads, hamstrings, and calves, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

# Push

APPROX. TIME

41 min

## WARM-UP

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

| EXERCISE                | SETS | REPS | REST       |
|-------------------------|------|------|------------|
| Dumbbell Floor Press    | 4    | 8-12 | 90-120 sec |
| Overhead Barbell Press  | 2    | 8-12 | 90-120 sec |
| Parallel Bar Dip        | 2    | 8-12 | 90-120 sec |
| Barbell Bench Press     | 4    | 8-12 | 90-120 sec |
| Dumbbell Shoulder Press | 2    | 8-12 | 90-120 sec |

## COOL-DOWN

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

# Pull

41 min

**WARM-UP**

5 minutes of light cardio to raise your heart rate, then arm circles and band pull-aparts to open up your shoulders. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

| EXERCISE               | SETS | REPS  | REST       |
|------------------------|------|-------|------------|
| T-Bar Row              | 4    | 8-12  | 90-120 sec |
| Pull-Up                | 4    | 8-12  | 90-120 sec |
| Rear Delt Dumbbell Fly | 2    | 10-15 | 60-90 sec  |
| EZ-Bar Curl            | 3    | 10-15 | 60-90 sec  |
| Dumbbell Upright Row   | 2    | 10-15 | 60-90 sec  |

**COOL-DOWN**

A few minutes of static stretching for your chest, shoulders, and triceps, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

# Legs

61 min

## WARM-UP

5 minutes of light cardio to raise your heart rate, then bodyweight squats and leg swings to open up your hips. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

| EXERCISE                   | SETS | REPS  | REST       |
|----------------------------|------|-------|------------|
| Dumbbell Front Rack Squat  | 4    | 8-12  | 90-120 sec |
| Dumbbell Romanian Deadlift | 5    | 8-12  | 90-120 sec |
| Barbell Hip Thrust         | 5    | 8-12  | 90-120 sec |
| Dumbbell Reverse Lunge     | 4    | 8-12  | 90-120 sec |
| Seated Dumbbell Calf Raise | 5    | 10-15 | 60-90 sec  |

## COOL-DOWN

A few minutes of static stretching for your quads, hamstrings, and calves, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

# Progressing week to week

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Once you can hit the top of the rep range for every set on this push/pull/legs (6-day) plan, add weight on your barbell, dumbbells, bench, squat rack, and pull-up bar the next session and expect reps to dip back toward the bottom of the range. That cycle of adding reps, then adding weight, is what steadily builds size over time. At an intermediate level, progress typically settles into something closer to this pattern, a small jump every week or two rather than every session.

## COMMON QUESTIONS

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### Is six days a week too much for an intermediate lifter?

Not if the sessions stay manageable, and these are built to: each one covers a single movement pattern, and every muscle group gets several days between its two weekly sessions. If six days doesn't fit your life, a 4-day upper/lower plan trains the same muscles twice a week in fewer sessions, and consistency matters far more than the day count.

### What should I do if I miss a day?

Pick up with the next session in the rotation rather than doubling up or skipping ahead. The order of push, pull, and legs matters more than which weekday each one lands on, so a missed day just shifts the rotation by one.

## Want a plan built around your exact equipment?

The free workout plan tool builds a full weekly program from whatever you own, your goal, your experience, and the time you have. No account needed.

[getfitarchitect.com/workout-generator](https://getfitarchitect.com/workout-generator)

General training information, not medical advice. If you have an injury or a health condition, check with a doctor or physical therapist before starting a new program.