

REM Hypertrophy Training Program – 6-Day Pull/Push/Legs Split

	Muscle Group	Exercise	Sets × Reps	Rest	Pro Tips
Pull Workout A	Lats	Lat Pulldowns (Wide or Neutral Grip)	3 × 8–12	30–60s	3–5s eccentric; Full stretch at the top
	Lats	Single Arm Cable or Bench-Supported Pulldown	3 × 10–12/side	30–60s	Drive elbow down toward hip; Full stretch at top
	Upper Back	Bentover Smith/BB Row	3 × 8–12	30–60s	45°–90° at hips; Slow eccentric; Full stretch at bottom
	Mid Back	Cable Rows (close or wide grip)	3 × 10–12	30–60s	3–5 sec eccentric; Full stretch; Don't swing back
	Rear Delts	Standing Cable Reverse Fly / Machine reverse Fly	3 × 10–12	30s	Superset with back for burnout
	Biceps	Seated DB Curls SS w/ EZ bar curls	3 × 8–12 each	30–60s	Don't swing elbows; Full stretch at bottom
	Biceps	Preacher Curls	2 × failure sets	30–60s	Final drop set: reduce to 30–40 lbs and rep out
	Muscle Group	Exercise	Sets × Reps	Rest	Pro Tips
Pull Workout A	Mid Back	1-Arm Bentover Row	3 × 8–12/side	30–60s	Engage the lats by retracting scapula
	Lats	Lat Pulldowns (Wide or Neutral Grip)	3 × 8–12	30–60s	3–5s eccentric; Full stretch at the top
	Mid Back	Pull ups Superset w/ Lat Pullovers	3 × 8–12	30–60s	Add weight belt (optional)
	Traps	Shrugs (Machine or DB)	3 × 8–12	30–60s	Shrug up and back
	Biceps	Seated DB Curls (Bilateral or Alternating)	3 × 8–12	30–60s	Don't swing elbows; Full stretch at bottom
	Biceps	Standing Bilateral Cable Curls	2 × 10–12	30–60s	Add 1–2 forced reps or full length partials at end
	Biceps	Preacher Curl	2–3 × 8–12	30–60s	Final burnout; Pyramid down
	Muscle Group	Exercise	Sets × Reps	Rest	Pro Tips
Push Workout A	Chest	Smith Machine Incline Bench	3 × 8–12	60–90s	3–5s eccentric; Partial pause at bottom
	Chest	DB Flat Bench Press	3 × 8–12	60–90s	3–5s eccentric; Full length partials if failing
	Chest	Seated Cable Flys	3 × 10–12	30–60s	3–5s eccentric; Full stretch; Keep scapula retracted
	Shoulders	(Superset) DB Shoulder Press	3 × 10–12	30–60s	Seated; elbows 45°; 3–5s eccentric
	Shoulders	(Superset) DB Lateral Raises	3 × failure	30–60s	Eccentric focused; Decrease weight to failure
	Triceps	Incline Skull Crushers	2–3 × 10–12	30–60s	Slight incline; Bring bar behind head; Full extension
	Triceps	Tricep Pushdowns (Cable)	3 × 10–15	30–60s	Full extension; No elbow swinging; Slow eccentric
	Optional Finisher	Weighted Dips / Dip Machine	3 × 8–10	30–60s	Chest-leaning, full lockout
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Push Workout B	Chest	Steep Incline DB Press	3 × 8–12	60–90s	~45° angle, 3–5s eccentric
	Chest	Machine Chest Press	3 × 8–12	60–90s	3–5s eccentric; Full length partials if failing
	Chest	Seated Cable Flys	3 × 10–12	45–60s	3–5s eccentric; Full stretch; Keep scapula retracted
	Shoulders	Smith Machine Seated Military Press	3 × 8–12	60–90s	Bar to clavicle level; Slow descent (3–5s eccentric)
	Shoulders	Cable Lateral Raises	3 × 10–12/side	30–60s	Drive up with elbows; Control eccentric
	Triceps	Overhead Rope/Bar Extensions (Cable)	3 × 10–12/side	30–60s	Stand slightly forward, Full extension; Slow eccentric
	Triceps	Tricep Pushdowns (Cable)	3 × 10–15	30–60s	Full extension; No elbow swinging; Slow eccentric
	Abs	Cable Crunches	3 × Failure	30–60s	Perform slowly; Squeeze and exhale on crunch
	Muscle Group	Exercise	Sets × Reps	Rest	Pro Tips
Legs Workout A	Glutes/Quads	Smith Machine Squats / Back Squat	3 × 8–12	60–90s	Heel elevation optional; Last set = drop set
	Glutes/Hamstring	RDLs (Smith, DB, or Machine)	3 × 8–12	60–90s	3–5s eccentric; Hips pushed back; Soft knees
	Quads	Bulgarian Split Squats	3 × 8–12/side	60–90s	Back foot elevated; Explosive concentric
	Quads	(Superset) Leg Extensions	3 × 10–12	30–60s	Control Eccentric; Keep hips seated.
	Hams	(Superset) Lying or Kneeling Leg Curls	3 × 10–12	30–60s	Superset w/ leg extensions; Slow eccentric control
	Calves	Standing/Seated Calf Raises	3 × 12–15	30–60s	Full ROM; Hold deep stretch after last rep (20s)
	Abductors	Hip Abduction	2–3 × 12–15	30s	Slow movement; Brief pause at peak contraction
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Legs Workout B	Glutes/Quads	Leg Press (Low-Mid Foot Placement)	3 × 8–12	60–90s	5s eccentric; Don't lift hips & low back
	Quads	Hack Squats	2–3 × 8–10	60–90s	Slow descent; Maintain tension; Don't lock out knees
	Glutes/Quads	Walking Lunges / DB Step-Ups	3 × 8–12/side	60–90s	Controlled; No bounce; Full range
	Adductors	Hip Adduction Machine	2–3 × 12–15	30–60s	Slow movement; Brief pause at peak contraction
	Quads/Hamstring	Leg Extensions SS w/ Leg Curls	3 × 10–12	30–60s	Emphasize 5-sec eccentric phase
	Calves	Calf Raises (Seated/Standing)	3 × 10–12	30–60s	Full ROM; Hold deep stretch after last rep (20s)
	Abs	Cable Crunches	3 × Failure	30–60s	Perform slowly; Squeeze and exhale on crunch