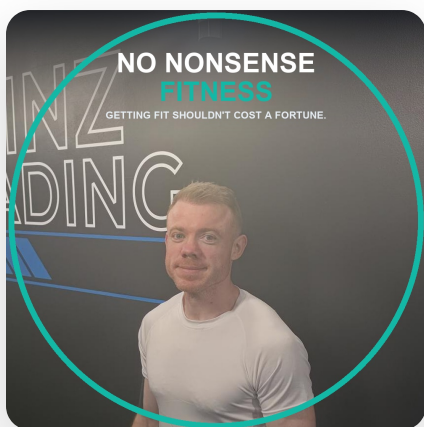


5-DAY SPLIT

Push / Pull / Legs + Specialisation



Keith O'Beirne · nononsensefitness.ie

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

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