

5-Day PPL + Specialisation

Irish Peptides and Nutrition - irishpeptides.ie

Evidence-based training. Not medical advice.

5-DAY PUSH/PULL/LEGS + SPECIALISATION

Day 1 - Push

Bench Press 4x6-8

Overhead Press 3x8-10

Incline DB Press 3x10-12

Lateral Raise 4x15

Tricep Pushdown 3x15

Day 2 - Pull

Deadlift 4x4-5

Barbell Row 3x8-10

Pull-Ups 3x8-10

Face Pull 3x15

Hammer Curl 3x12

Day 3 - Legs

Back Squat 4x6-8

Romanian Deadlift 3x8-10

Leg Press 3x12

Leg Curl 3x12

Calf Raise 4x20

Day 4 - Upper Specialisation

Close Grip Bench 3x8-10

Weighted Pull-Ups 3x6-8

Cable Fly 3x12-15

Preacher Curl 3x12

Day 5 - Lower Specialisation

Front Squat 3x6-8

Good Morning 3x10

Step-Ups 3x12 each

Nordic Curl 3x8

Progressive overload is mandatory. Log every session.