

TRAINING PROGRAM

INTERMEDIATE 6-DAY SPLIT

SS.
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INTRODUCTION



THE WHY

I am not a Personal Trainer. Just a random university student who likes to train and do sport. I have been striving to improve my physical fitness ever since I was 15 years old. I played football at that time. And improving my physical fitness would mean training for sport-specific purposes. Then I began to become interested in training to improve strength, hypertrophy, conditioning and fitness in general. I have spent innumerable hours informing myself in the last 4 or 5 years of my life. This has allowed me to design training programs for myself just because I enjoy the process of crafting a thoughtfully-organized list of exercises to be repeated over time whose progress can be tracked in order to be aware of the improvements happening.

As I have no certification and official competences in the fitness field, this training program is just the result of a lot of research and experience I have accumulated over time.

THE PROGRAM

This training program is a 6-day split designed for intermediate lifters. The split is: Legs, Pull, Push, Arms, Total Body A, Total Body B.

The core focus of the plan is hypertrophy, strength, as well as some conditioning, keeping in mind that the actual focus of a training plan depends on the type of diet regimen in place in the trainee's life (calorie deficit, calorie surplus, maintenance).

Apart from the single training session, in the last page of this document there can be found the volume per muscle group and a graphic depicting the volume per muscle group.

I have taken inspiration from [Jeff Nippard](#) as for the layout of the tables and the volume graph.



LOWER BODY

This session is mainly focused on muscle hypertrophy, with medium-high rep ranges and moderate volume.

- The first exercise is a compound movement (Back Squat), which allows for heavy load. The focus in this session is, however, more skewed towards perfect execution, mind-muscle connection and moderately slow tempo. So, use *moderate to heavy weight* on the Barbell Squat and aim at arriving very close to technical failure.
- The Romanian Deadlift can be executed with a barbell or dumbbells. Using a barbell would be a more appropriate choice, since this allows for greater load and progressive overload over time.
- Execute the Bulgarian Split Squat using a pair of dumbbells. This is an isolation exercise (lunge pattern) and the rep range is medium-high, so do not go too heavy. Use controlled tempo and implement a pause at the bottom of every repetition (2 seconds).
- Box Squats and Cossack squats are to be done in a *superset* fashion. Go through the exercises one after the other resting for 20 seconds in between each movement. Repeat for 2 sets (rounds) in total. The Cossack squat is an exercise aimed at working mainly adductor mobility and leg strength in the frontal plane. You can use a dumbbell in a goblet position if you feel confident in the execution.
- The Superset technique is also applied in the exercises **B1** and **B2** (Leg Curl and Calf Raises). The leg curl can be done on a seated leg curl machine/lying leg curl machine/with feet on a physioball/nordic hamstring curl. As for calf raises, choose a variation between legs straight or legs bent on this day and then switch variation on Day 6.

EXERCISE NAME	SETS	REPS	REST TIME	NOTES
BACK SQUAT	3	8	2 MIN	
ROMANIAN DEADLIFT	3	6,8,10	1-2 MIN	
BULGARIAN SPLIT SQUAT	3	12RM EACH LEG	1-2 MIN	Short pause at the bottom
A1. BOX JUMPS	2	10	20 SEC	
A2. COSSACK SQUAT	2	8 EACH LEG	20 SEC	
B1. LEG CURL	2	15		
B2. CALF RAISES	2	MAX	1 MIN	

Total Set Volume: 17



PULL

This session is mainly focused on muscle hypertrophy, with medium-high rep ranges and moderate volume.

- The first exercise is a compound movement (Pull Ups). As the rep range is low-medium, use weight (weight vest, dip belt, etc.) if 6 reps are very easy to perform with your bodyweight only. Aim at reaching an RPE of 7-8 (2-3 reps in the tank) in the first 2 sets. Reach technical failure in the last set.
- In the Pendlay Row, the goal is explosiveness while keeping perfect form. Perform 3 sets in a reverse-pyramid fashion, increasing the weight each set.
- The cable rope pullover is a straight-arm pull exercise, which must be executed in a controlled manner with a slow tempo and a 2-second contraction at the bottom of every repetition.
- Next up, in order to perform the unilateral cable row, use a handle as the cable attachment and 'squeeze' your back muscles at every repetition, while slightly twisting the body during the eccentric phase of the exercise in order to create a greater stretch.
- Face Pulls should be preferably performed using the rope. Slow tempo.
- Exercises A1 and A2 are designed to be done in a superset fashion, resting 20 seconds after each of them. The target here is the biceps and brachioradialis.
- Finally, you can optionally do a conditioning finisher to conclude the session. This is an AMRAP (as many rounds as possible) which lasts 10 minutes and whose objective is to increase your cardiovascular capacity and add some conditioning ability in the program. I took this finisher from Obi Vincent. You can find the video [here](#).

EXERCISE NAME	SETS	REPS	REST TIME	NOTES
WEIGHTED PULL UPS	3	6	1-2 MIN	RPE 7-8 in the first 2 sets
PENDLAY ROW	3	10,8,6	1-2 MIN	
CABLE ROPE PULLOVER	3	10-12	1 MIN	
UNILATERAL CABLE ROW	2	15 EACH ARM	30 SEC-1 MIN	
FACE PULLS	3	12-15	30 SEC-1 MIN	
A1. CABLE CURL	2	15-20	20 SEC	
A2. DB HAMMER CURL	2	15-20	20 SEC	

Total Set Volume: 18

CONDITIONING FINISHER		CONSISTING OF
OPTIONAL	AMRAP X 10 MINUTES	<ul style="list-style-type: none"> - 500 m ROWER* - DEVIL PRESSES (starting from 2 reps and increasing of one rep every round)

**Can be substituted with stationary bike/treadmill/100 double unders*



PUSH

This session is mainly focused on muscle hypertrophy, with medium-high rep ranges and moderate volume.

- The first exercise is a compound movement (Dips). As the rep range is low-medium, use weight (weight vest, dip belt, etc.) if 6 reps are very easy to perform with your bodyweight only. Aim at reaching an RPE of 7-8 (2-3 reps in the tank) in the first 2 sets. Reach technical failure in the last set.
- Exercises A1 and A2 are to be performed as a superset with 20 seconds rest in between each exercise. On the Db Standing shoulder press, increase the weight every set, as the number of repetitions decreases in a reverse-pyramid fashion.
- Also exercises B1 and B2 compose a superset. Rest 20 seconds in between each exercise. On the Db bench press, start heavy and decrease the weight used every set, as the number of repetitions increases.
- Skullcrushers can be executed with either dumbbells or a barbell.

EXERCISE NAME	SETS	REPS	REST TIME	NOTES
WEIGHTED DIPS	3	6	2 MIN	
A1. DB STANDING NEUTRAL GRIP SHOULDER PRESS	3	10,8,6	20 SEC	
A2. LATERAL RAISES	3	10 to 15	20 SEC	
B1. DB BENCH PRESS	3	6,8,10	20 SEC	
B2. CABLE FLIES	3	10 TO 15	20 SEC	
SKULLCRUSHERS	2	15 to 20	1 MIN	
ROPE PUSHDOWNS	2	15 to 20	1 MIN	

Total Set Volume: 19



ARMS (& CARDIO)

This session is mainly focused on muscle hypertrophy, with medium-high rep ranges and moderate volume.

- On the Barbell Curl, perform a triple drop set each set. Use quite heavy weight in the first drop for 6 reps; decrease the weight by about 25% and do max reps; decrease the weight by about 25% and do max reps. This is one set. Repeat for 3.
- Exercises A1 and A2 are to be performed in superset.
- The same goes for exercises B1 and B2.
- At the end of the arms training session, you can do 20-30 minutes of LISS (Low-Intensity Steady-State Cardio). Ideally, start at the lower end of the spectrum in the first week (20 minutes) and then increase the time each week of the program.

EXERCISE NAME	SETS	REPS	REST TIME	NOTES
CLOSE-GRIP BENCH PRESS	3	8-10	1 MIN	
BARBELL CURL	3	6 MAX MAX*	1-2 MIN	<i>Perform Drop Sets</i>
A1. OVERHEAD ROPE PUSHAWAYS	3	10-12	20 SEC	
A2. ROPE PUSHDOWNS	3	12-15	20 SEC	
B1. INCLINE DB CURLS	2	10-12	20 SEC	
B2. DB SPIDER CURLS	2	12-15	20 SEC	

Total Set Volume: 16

CONDITIONING FINISHER		CONSISTING OF
OPTIONAL	STEADY STATE CARDIO X 20-30 MINS	TREADMILL/BIKE/ROPE JUMP/ROWER/...

DAY 5



TOTAL BODY A

This session is focused on strength & muscle hypertrophy, with low to medium rep ranges and low to moderate volume.

- This training day is inspired by [AthleanX's Perfect Full Body Workout video](#), as it has its foundation in structuring the session based on movement patterns (Squat, Hip Hinge, Horizontal push, Vertical pull, Carry, Corrective exercise).
- In the Front Squat and Bench Press, use heavy weight. These are compound movements and focused on developing strength on this day of the program (5 repetitions). If you are not comfortable with doing the Front Squat because you have never done it before, master the technique first. The weight increases will follow once the form is appropriate.

EXERCISE NAME	SETS	REPS	REST TIME	NOTES
FRONT SQUAT	3	5	2-3 MIN	
HIP THRUSTS	4	10-12	1-2 MIN	
BENCH PRESS	3	5	2-3 MIN	
CHIN UPS (WEIGHTED IF NEEDED)	3	6-10	1-2 MIN	
DB FARMER'S CARRY	3	50 STEPS	1 MIN	<i>Use heavy weight: 1/3 or 1/2 of bw</i>
ROPE FACE PULLS	2	12	30 SEC	

Total Set Volume: 18



TOTAL BODY B

This session is focused on strength & muscle hypertrophy, with low to medium rep ranges and low to moderate volume.

- This training day is inspired by [AthleanX's Perfect Full Body Workout video](#), as it has its foundation in structuring the session based on movement patterns (Lunge, Hip Hinge, Vertical push, Horizontal pull, Carry, Corrective exercise).
- In the Deadlift and Overhead Press, use heavy weight. These are compound movements and are focused on developing strength on this day of the program (5 repetitions).
- On the Calf Raise, use a different variation from the one performed on Lower Body day (e.g. choose bent legs if on Lower Body day you did straight legs).

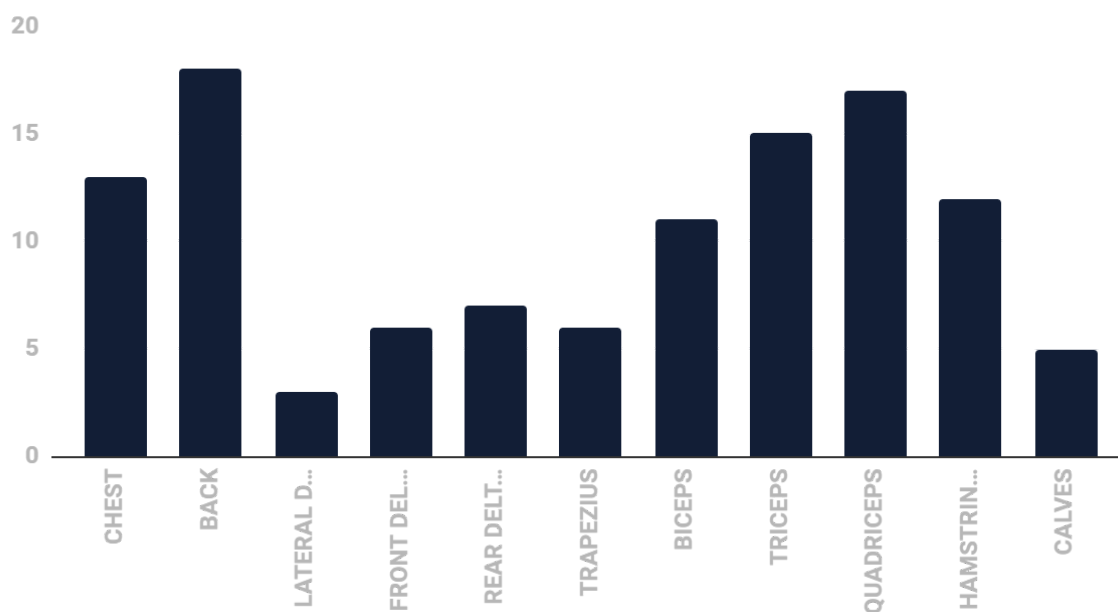
EXERCISE NAME	SETS	REPS	REST TIME	NOTES
DEADLIFT	3	5	2-3 MIN	
REVERSE BB LUNGES	4	10-12	1 MIN	
BB OVERHEAD PRESS	3	5	2-3 MIN	
BB ROWS	4	10-12	1 MIN	
ROPE FACE PULLS	2	12-15	1 MIN	
CALF RAISES	3	10-15	30 SEC	<i>Choose a different variation from the one performed on lower body day</i>

Total Set Volume: 19



BODY PART	WEEKLY VOLUME (sets)
CHEST	13
BACK	18
LATERAL DELTOIDS	3
FRONT DELTOIDS	6
REAR DELTOIDS	7
TRAPEZIUS	6
BICEPS	11
TRICEPS	15
QUADRICEPS	17
HAMSTRINGS	12
CALVES	5
TOTAL	113

Weekly Volume per body part



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