

6-Day Hypertrophy Program for a 19-Year-Old Intermediate Ectomorph

This Push/Pull/Legs x 2 program is designed to maximize muscle hypertrophy through high training volume, progressive overload, and adequate recovery.

| Day | Workout |
|-------|--------------------------------|
| Day 1 | Push A (Chest Focus) |
| Day 2 | Pull A (Thickness Focus) |
| Day 3 | Legs A (Quad Focus) |
| Day 4 | Push B (Shoulder Focus) |
| Day 5 | Pull B (Width Focus) |
| Day 6 | Legs B (Posterior Chain Focus) |
| Day 7 | Rest |

Day 1 – Push A

- Barbell Bench Press — 4 x 6–8
- Incline Dumbbell Press — 4 x 8–10
- Weighted Chest Dips — 3 x 8–12
- Cable Fly — 3 x 12–15
- Seated Dumbbell Shoulder Press — 3 x 8–10
- Rope Triceps Pushdown — 3 x 12–15
- Overhead Dumbbell Triceps Extension — 3 x 10–12

Day 2 – Pull A

- Conventional Deadlift — 4 x 5–6
- Bent-Over Barbell Row — 4 x 8–10
- Pull-Up or Lat Pulldown — 4 x 8–12
- Seated Cable Row — 3 x 10–12
- Face Pull — 3 x 15
- Barbell Curl — 3 x 8–10
- Incline Dumbbell Curl — 3 x 10–12

Day 3 – Legs A

- Back Squat — 4 x 6–8
- Leg Press — 4 x 10–12
- Bulgarian Split Squat — 3 x 10 each leg
- Leg Extension — 3 x 12–15
- Standing Calf Raise — 5 x 12–20
- Hanging Leg Raise — 4 x 12–15

Day 4 – Push B

- Standing Barbell Overhead Press — 4 x 6–8
- Incline Barbell Press — 4 x 8–10
- Dumbbell Lateral Raise — 4 x 12–20
- Machine Chest Press — 3 x 10–12

- Rear Delt Fly — 3 x 15
- Skull Crusher — 3 x 8–10
- Cable Triceps Pushdown — 3 x 12–15

Day 5 – Pull B

- Weighted Pull-Up — 4 x 6–8
- T-Bar Row — 4 x 8–10
- Single-Arm Dumbbell Row — 3 x 10–12
- Straight-Arm Pulldown — 3 x 12–15
- Hammer Curl — 3 x 10–12
- Preacher Curl — 3 x 12–15
- Shrugs — 4 x 12–15

Day 6 – Legs B

- Romanian Deadlift — 4 x 8–10
- Front Squat — 4 x 6–8
- Walking Lunges — 3 x 20 steps
- Lying Leg Curl — 3 x 12–15
- Seated Calf Raise — 5 x 15–20
- Cable Crunch — 4 x 15–20

Progressive Overload: Increase weight or reps when you hit the top of the rep range with proper form.

Rest Periods: 2–3 min for heavy compounds, 90–120 sec for moderate compounds, 45–75 sec for isolation work.

Nutrition: 300–500 kcal surplus, protein 1.8–2.2 g/kg, carbs 4–7 g/kg, fats 0.8–1.0 g/kg.

Sleep: 7.5–9 hours per night.

Deload: Every 6–8 weeks, reduce volume by 40–50%.