

EVIDENCE-BASED COACHING

PPL+UL

THE ULTIMATE HYPERTROPHY SPLIT

P Push P Pull L Legs + U Upper L Lower

Five sessions. Two rest days. A full hypertrophy split for blokes who already train and are tired of walking into the gym with the same problems they had last time.

Programmed by **Harry Austin** Run it for **8-12 weeks** nxtlvl.aesthetics.fit

READ THIS FIRST

WHO THIS IS FOR

This isn't a beginner plan, and I'm not going to pretend it is.

You've been training a while, maybe on and off, maybe hard, and you know your way around a gym.

You're busy. Work, long days, maybe two jobs. Training has to fit around life, not the other way round.

You're doing the work, but the mirror hasn't caught up.

You want structure, so you stop making it up as you go.

Run it as written for 8–12 weeks. Same lifts, same order, beat your numbers. **Changing the plan every week is why the last one didn't stick.**

THE WEEK

HOW IT LAYS OUT

Two rest days, one after three straight sessions, one at the end. Move them if your week demands it. Just don't stack all five back to back.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
PUSH	PULL	LEGS	REST	UPPER	LOWER	REST
Chest, tri's, delts	Back, bi's	Quad focus		Delts, chest, core	Hamstring focus	

HOW TO READ IT

THE NUMBERS BESIDE EACH LIFT

3 × 8–10

Three working sets of 8 to 10 reps. Beat the top number and go heavier next session. Can't reach the bottom number, stay there and add reps.

90s

Rest between sets, in seconds. **Actually time it.** Cutting rest short is the fastest way to make a heavy set look like a light one.

RIR 1–2

Reps in reserve. Stop with **one to two reps left in the tank**, before your form goes, not after.

Failure

Genuine failure. The rep you **couldn't** finish, not the rep you didn't fancy.

3-1-1-1

Tempo. Four numbers, in seconds, always in this order:

3 lower it 1 pause at the bottom 1 lift it
1 pause at the top

DAY 01 / PUSH

CHEST, TRI'S & DELTS

01	Bamboo Stick	3 × 30 sec	90s
Warm up shoulders and chest. 30 seconds a set.			
02	Machine Chest Press, Incline	3 × 6-8	120s
03	Machine Chest Press	2 × 6-8	90s
04	Machine Fly	2 × 8-10	80s
05	Overhead Tricep Extension	3 × 8-10	80s
06	Chest Dip	2 × Failure	60s
07	Single-Arm Cable Lateral Raise	3 × 10-12	60s

DAY 02 / PULL

BACK & BI'S

01	Pull Up, Wide Grip	2 × Max	90s	RIR 1-2
Use this to warm the back up. Add a set if you need it.				

02	Cable One-Arm Lat Pulldown	2 × 8-10	120s	2-1-1-1
03	Standing Lat Cable Pullover	2 × 10-12	60s	3-1-1-1
04	Single-Arm Row	2 × 8-10	90s	3-1-1-1
05	T-Bar Row	2 × 6-8	90s	3-1-1-1
06	Cable Bicep Curl, Back to Bar	3 × 8-10	80s	3-1-1-1
07	Single-Arm Preacher Hammer Curl	2 × 10-12	60s	2-1-1-1

DAY 03 / LEGS

QUAD FOCUS

01	Hamstring Stretch	2 × 30 sec	90s	
02	Hip Flexor & Quad Stretch	2 × 30 sec	90s	
03	Seated Hip Abductor Machine	3 × 12-15	90s	2-1-1-1
04	Hack Squat	2 × 8-10	120s	3-1-1-1
05	Hack Squat	1 × 6-8	120s	3-1-1-1
06	Leg Extension	2 × 8-10	90s	2-1-1-1
07	Lying Leg Curl Machine	3 × 8-10	90s	3-1-1-1
08	Seated Calf Machine	4 × 10-12	60s	2-1-1-1
09	Decline Bench Ab Crunch	4 × 12-15	60s	2-1-1-1

DELTS, CHEST & CORE

01	Bamboo Stick	3 × 30 sec	90s	
Warm up shoulders and chest. 30 seconds a set.				
02	Single-Arm Cable Lateral Raise	3 × 10-12	90s	2-1-1-1
03	Shoulder Press Machine	3 × 8-12	120s	3-1-1-1
04	Reverse Pec Deck	3 × 10-12	60s	2-1-1-1
05	Machine Incline Hammer Chest Press	2 × 8-10	100s	3-1-1-1
06	Machine Incline Hammer Chest Press	1 × 6-8	100s	3-1-1-1
07	Machine Fly	3 × 10-12	60s	2-1-1-1
08	Cable Crunch	4 × 8-10	60s	2-1-1-1

HAMSTRING FOCUS

01	Hip Flexor & Quad Stretch	2 × 30 sec	90s	
02	Hamstring Stretch	2 × 30 sec	90s	
03	Seated Hip Abductor Machine	3 × 12-15	60s	2-1-1-1
04	Leg Press, Wide Stance	3 × 6-8	90s	3-1-1-1
05	Lying Leg Curl Machine	3 × 8-10	60s	2-1-1-1
06	Standing Calf Raise	4 × 10-12	60s	2-1-1-1

PROGRESSION

THREE RULES THAT MAKE IT WORK

01 DON'T CHANGE THE PLAN

Same lifts, same order, every week. If everything changes you've got nothing to measure against, which is exactly why the last plan felt like it went nowhere.

02 WRITE DOWN EVERY SET

Weight and reps. Notes app is fine. If you're not tracking it you're guessing, and you'll turn up next week and repeat last week's numbers without realising.

03 BEAT ONE NUMBER EVERY SESSION

One more rep, a bit more weight, or the same set with cleaner tempo. One number. That's the whole game, repeated for twelve weeks.

STRAIGHT UP

WHAT THIS WON'T DO ON ITS OWN

This is a good training plan. It's still only a third of the job.

Every bloke I've coached who actually changed shape had the same three things running at once: **training that progresses**, **food that matches the goal**, and **someone checking in** so they didn't quietly fall off in week three.

Train hard for twelve weeks and eat the way you're eating now, and you'll be stronger, a bit fuller, and looking roughly the same. That's not me selling you something. It's just how it works.

Most plans break because life got in the way, not because the plan was wrong. **A plan that can't bend around a big week at work was never going to last.**

NEXT STEP

IF YOU WANT THE OTHER TWO-THIRDS

Send me the word **coach** on Instagram and I'll tell you straight whether coaching makes sense for you, or whether you just need to run this properly for twelve weeks first.

You don't need to write a paragraph or explain yourself. Most blokes who message me have been putting it off for months and open with "everything's alright, could probably use some help." That's plenty.

MESSAGE ME COACH →

@harry96a Free intro call No obligation Reply within 24 hours

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