

PLUL SPLIT

Mike Thurston-Inspired | ~60 Minutes | Hypertrophy Focus

Primary Goals

1. Leg development — priority
2. Aesthetic upper body — shoulders, V-taper & arms
3. Forearm development — thickness + grip
4. Strong core — Dragon Flags + weighted core
5. Progressive overload
6. Controlled tempo and full ROM

DAY 1 — PUSH

Chest / Shoulders / Triceps + Core

~60 min

Warm-Up — 5 min

- Band External Rotations — 2×15
- Band Pull-Aparts — 2×20
- Push-Ups — 1×12–15

Chest

Incline Dumbbell Press — 4×6–8

Machine Chest Press — 3×8–10

Cable Fly — 2×12–15

Shoulders

Seated Dumbbell Shoulder Press — 3×8–10

Dumbbell Lateral Raise — 4×12–20

Triceps

Rope Overhead Extension — 3×10–15

Core

Weighted Cable Crunch — 3×12–15

Hanging Knee Raise — 2×12–15

DAY 2 — LEGS

Quad + Glute Priority

Tuesday | ~60 min

Warm-Up — 5 min

- Bodyweight Squats — 2×15

Quads / Glutes

Smith Machine Squat — 4×6–10

Leg Press — 3×10–12

Bulgarian Split Squat — 3×8–12/leg

Hamstrings

Seated Hamstring Curl — 3×10–15

Glutes

Hip Abductor Machine — 2×15–20

Calves

Standing Calf Raise — 3×10–15

Core

Ab Wheel Rollout — 2×10–12

Cable Oblique Crunch — 2×12–15/side

DAY 3 — PULL

Back / Rear Delts / Biceps / Forearms + Core

~60 min

Back Width

Weighted Pull-Ups — 4×6–10
Lat Pulldown — 3×8–12

Back Thickness

Chest-Supported Row — 3×8–10
Seated Cable Row — 3×10–12

Rear Delts

Rear Delt Fly — 4×15–20

Biceps

Incline Dumbbell Curl — 3×8–12
Hammer Curl — 3×10–12

Forearms

Reverse EZ-Bar Curl — 3×10–15
Wrist Curl — 2×15–20
Reverse Wrist Curl — 2×15–20

Core

Dragon Flags — 3×6–10
Weighted Cable Crunch — 2×12–15

Time saver: Superset wrist curls + reverse wrist curls with your core work.

DAY 4 — LOWER

Posterior Chain + Glutes

Thursday | ~60 min

Strength Focus

Romanian Deadlift — 4×6–8
Smith Squat — 3×8–12
Bulgarian Split Squat — 2×10/leg

Posterior Chain

Seated Hamstring Curl — 3×12–15

Glutes

Hip Abductor Machine — 3×15–20

Calves

Seated Calf Raise — 3×12–20

Core

Hanging Leg Raise — 3×10–15

Plank — 2×60 sec

DAY 5 — UPPER

Mike Thurston Aesthetic Day

Chest / Back / Shoulders / Arms / Forearms + Core
~60 min

Chest

Incline Dumbbell Press — 3×8–12

Machine Chest Press — 3×10–12

Back — V-Taper

Neutral-Grip Lat Pulldown — 3×10–12

Cable Row — 3×10–12

Shoulders — PRIORITY

Dumbbell Lateral Raise — 4×15–20

Cable Lateral Raise — 3×15–20

Rear Delt Machine — 3×15–20

Arms Superset

EZ-Bar Curl — 3×10–12

Rope Pushdown — 3×10–15

Forearms

Hammer Curl — 2×10–12

Core Finisher

Ab Wheel Rollout — 2×10–12

Weighted Cable Crunch — 2×12–15

Time saver: Superset wrist work with the core finisher.

WEEKLY PRIORITY

Legs

2× weekly

- Tuesday = Quad/Glute priority
- Thursday = Posterior Chain/Glute priority

Shoulders

High priority

- Lateral delts 2× weekly
- Rear delts 2× weekly
- Shoulder press 1×

Back / V-Taper

- Pull-ups
- Lat pulldowns
- Rows
- High-volume lateral delts

Arms

- Biceps 2×
- Triceps 2×
- Forearms 2×

Forearms

Direct work: ~13 sets/week

- Day 3 = heavier forearm emphasis
- Day 5 = hypertrophy/pump emphasis
- Plus indirect stimulus from pull-ups, rows, RDLs, curls and pressing

Core

Every training day

- Dragon Flags
- Ab Wheel
- Weighted Cable Crunch
- Hanging Raises
- Oblique Work
- Planks

60-MINUTE RULE

To stay under 60 minutes:

Compounds: 2–3 min rest

Isolation: 45–90 sec rest

Supersets: 30–60 sec between paired movements

Priority if you're running out of time:

1. Main compound
2. Priority muscle
3. Secondary compound
4. Isolation
5. Core/finisher

Never rush your main lifts just to finish every isolation exercise.

TRAINING STANDARD

Every rep should look intentional.

Eccentric: 2–3 sec

Stretch: controlled

Concentric: powerful but controlled

RIR: 1–2 on most sets

Failure: primarily final isolation sets

Daily Targets

Protein: 205g

Carbs: ~132g

Fat: 50g

Calories: ~1,800

Meal 1

40P / 20C / 10F

~330 cal

Meal 2 — Pre-Workout

45P / 40C / 8F

~412 cal

Meal 3 — Post-Workout

50P / 35C / 7F

~403 cal

Meal 4

40P / 25C / 10F

~350 cal

Meal 5

30P / 12C / 15F

~303 cal

Daily Total

205P / 132C / 50F = ~1,798 calories