EaseFit

TRAIN YOUR WAY.

14-DAY TRAINING PROGRAMME

Advanced PPL - 75 min

A high-frequency push/pull/legs split repeated twice each week with seven-exercise sessions and movement rotation between exposures.

16 Nov 2026 - 29 Nov 2026

6 training days/week | Advanced | Muscle



Structured training. Clear progression. Built around your schedule.

easefit.co.za

PLAN AT A GLANCE

Advanced PPL - 75 min

A high-frequency push/pull/legs split repeated twice each week with seven-exercise sessions and movement rotation between exposures.

GOAL	LEVEL	LOCATION	DURATION
Muscle	Advanced	Gym	14 days

YOUR SCHEDULE

16 Nov 2026 - 29 Nov 2026

Training days: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday

Recovery days: Sunday

Strength: 75 min per session

Cardio: Not included

6 training days every week

WEEKLY STRUCTURE

01	**Push A**
02	**Pull A**
03	**Legs A**
04	**Push B**
05	**Pull B**
06	**Legs B**

WEEK 1

MONDAY 16 Nov 2026 - Push

Chest - Shoulders - Triceps

1. Decline Barbell Bench Press - Chest | 4 x 6-10 reps
2. Barbell Incline Bench Press - Medium Grip - Chest | 4 x 6-10 reps
3. Low Cable Crossover - Chest | 3 x 10-15 reps
4. Dumbbell Shoulder Press - Shoulders | 4 x 6-10 reps
5. Side Lateral Raise - Shoulders | 3 x 10-15 reps
6. Body Tricep Press - Triceps | 3 x 10-15 reps
7. Dip Machine - Triceps | 4 x 6-10 reps

Estimated session: ~75 min

TUESDAY 17 Nov 2026 - Pull

Lats - Middle Back - Shoulders

1. Close-Grip Front Lat Pulldown - Lats | 4 x 6-10 reps
2. Bent Over Barbell Row - Middle Back | 4 x 6-10 reps
3. Bent Over Two-Dumbbell Row With Palms In - Middle Back | 4 x 6-10 reps
4. Bent Over Dumbbell Rear Delt Raise With Head On Bench - Shoulders | 3 x 10-15 reps
5. Close-Grip Standing Barbell Curl - Biceps | 3 x 10-15 reps
6. Close-Grip EZ Bar Curl - Biceps | 3 x 10-15 reps
7. Bent Over Two-Arm Long Bar Row - Middle Back | 4 x 6-10 reps

Estimated session: ~75 min

WEDNESDAY 18 Nov 2026 - Legs

Quadriceps - Hamstrings - Calves

1. Front Barbell Squat - Quadriceps | 4 x 6-10 reps
2. Sumo Deadlift - Hamstrings | 4 x 6-10 reps
3. Elevated Back Lunge - Quadriceps | 4 x 6-10 reps
4. Single-Leg Leg Extension - Quadriceps | 3 x 10-15 reps
5. Standing Leg Curl - Hamstrings | 3 x 10-15 reps
6. Calf Press On The Leg Press Machine - Calves | 3 x 10-15 reps
7. Barbell Hip Thrust - Glutes | 4 x 6-10 reps

Estimated session: ~75 min

THURSDAY 19 Nov 2026 - Push

Shoulders - Chest - Triceps

1. Dumbbell One-Arm Shoulder Press - Shoulders | 4 x 6-10 reps
2. Incline Cable Chest Press - Chest | 4 x 6-10 reps
3. Cable Seated Lateral Raise - Shoulders | 3 x 10-15 reps
4. One-Arm Flat Bench Dumbbell Flye - Chest | 3 x 10-15 reps
5. Reverse Grip Triceps Pushdown - Triceps | 3 x 10-15 reps
6. Triceps Pushdown - Triceps | 3 x 10-15 reps
7. Dumbbell Bench Press - Chest | 4 x 6-10 reps

Estimated session: ~75 min

FRIDAY 20 Nov 2026 - Pull

Middle Back - Lats - Traps

1. Dumbbell Incline Row - Middle Back | 4 x 6-10 reps
2. Chin-Up - Lats | 4 x 6-10 reps
3. Calf-Machine Shoulder Shrug - Traps | 3 x 10-15 reps
4. Dumbbell Lying Rear Lateral Raise - Shoulders | 3 x 10-15 reps
5. Barbell Curl - Biceps | 3 x 10-15 reps
6. Alternate Incline Dumbbell Curl - Biceps | 3 x 10-15 reps
7. Bent Over Two-Dumbbell Row - Middle Back | 4 x 6-10 reps

Estimated session: ~75 min

SATURDAY 21 Nov 2026 - Legs

Hamstrings - Quadriceps - Glutes

1. Reverse Band Sumo Deadlift - Hamstrings | 4 x 6-10 reps
2. One Leg Barbell Squat - Quadriceps | 4 x 6-10 reps
3. Butt Lift (Bridge) - Glutes | 4 x 6-10 reps
4. Seated Leg Curl - Hamstrings | 3 x 10-15 reps
5. One-Arm Side Deadlift - Quadriceps | 4 x 6-10 reps
6. Barbell Seated Calf Raise - Calves | 3 x 10-15 reps
7. Barbell Lunge - Quadriceps | 4 x 6-10 reps

Estimated session: ~75 min

SUNDAY 22 Nov 2026 - REST / RECOVERY

WEEK 2

MONDAY 23 Nov 2026 - Push

Chest - Shoulders - Triceps

1. Decline Barbell Bench Press - Chest | 4 x 6-10 reps
2. Barbell Incline Bench Press - Medium Grip - Chest | 4 x 6-10 reps
3. Low Cable Crossover - Chest | 3 x 10-15 reps
4. Dumbbell Shoulder Press - Shoulders | 4 x 6-10 reps
5. Side Lateral Raise - Shoulders | 3 x 10-15 reps
6. Body Tricep Press - Triceps | 3 x 10-15 reps
7. Dip Machine - Triceps | 4 x 6-10 reps

Estimated session: ~75 min

TUESDAY 24 Nov 2026 - Pull

Lats - Middle Back - Shoulders

1. Close-Grip Front Lat Pulldown - Lats | 4 x 6-10 reps
2. Bent Over Barbell Row - Middle Back | 4 x 6-10 reps
3. Bent Over Two-Dumbbell Row With Palms In - Middle Back | 4 x 6-10 reps
4. Bent Over Dumbbell Rear Delt Raise With Head On Bench - Shoulders | 3 x 10-15 reps
5. Close-Grip Standing Barbell Curl - Biceps | 3 x 10-15 reps
6. Close-Grip EZ Bar Curl - Biceps | 3 x 10-15 reps
7. Bent Over Two-Arm Long Bar Row - Middle Back | 4 x 6-10 reps

Estimated session: ~75 min

WEDNESDAY 25 Nov 2026 - Legs

Quadriceps - Hamstrings - Calves

1. Front Barbell Squat - Quadriceps | 4 x 6-10 reps
2. Sumo Deadlift - Hamstrings | 4 x 6-10 reps
3. Elevated Back Lunge - Quadriceps | 4 x 6-10 reps
4. Single-Leg Leg Extension - Quadriceps | 3 x 10-15 reps
5. Standing Leg Curl - Hamstrings | 3 x 10-15 reps
6. Calf Press On The Leg Press Machine - Calves | 3 x 10-15 reps
7. Barbell Hip Thrust - Glutes | 4 x 6-10 reps

Estimated session: ~75 min

THURSDAY 26 Nov 2026 - Push

Shoulders - Chest - Triceps

1. Dumbbell One-Arm Shoulder Press - Shoulders | 4 x 6-10 reps
2. Incline Cable Chest Press - Chest | 4 x 6-10 reps
3. Cable Seated Lateral Raise - Shoulders | 3 x 10-15 reps
4. One-Arm Flat Bench Dumbbell Flye - Chest | 3 x 10-15 reps
5. Reverse Grip Triceps Pushdown - Triceps | 3 x 10-15 reps
6. Triceps Pushdown - Triceps | 3 x 10-15 reps
7. Dumbbell Bench Press - Chest | 4 x 6-10 reps

Estimated session: ~75 min

FRIDAY 27 Nov 2026 - Pull

Middle Back - Lats - Traps

1. Dumbbell Incline Row - Middle Back | 4 x 6-10 reps
2. Chin-Up - Lats | 4 x 6-10 reps
3. Calf-Machine Shoulder Shrug - Traps | 3 x 10-15 reps
4. Dumbbell Lying Rear Lateral Raise - Shoulders | 3 x 10-15 reps
5. Barbell Curl - Biceps | 3 x 10-15 reps
6. Alternate Incline Dumbbell Curl - Biceps | 3 x 10-15 reps
7. Bent Over Two-Dumbbell Row - Middle Back | 4 x 6-10 reps

Estimated session: ~75 min

SATURDAY 28 Nov 2026 - Legs

Hamstrings - Quadriceps - Glutes

1. Reverse Band Sumo Deadlift - Hamstrings | 4 x 6-10 reps
2. One Leg Barbell Squat - Quadriceps | 4 x 6-10 reps
3. Butt Lift (Bridge) - Glutes | 4 x 6-10 reps
4. Seated Leg Curl - Hamstrings | 3 x 10-15 reps
5. One-Arm Side Deadlift - Quadriceps | 4 x 6-10 reps
6. Barbell Seated Calf Raise - Calves | 3 x 10-15 reps
7. Barbell Lunge - Quadriceps | 4 x 6-10 reps

Estimated session: ~75 min

SUNDAY 29 Nov 2026 - REST / RECOVERY

HOW TO USE THIS PLAN

Keep the programme simple: follow the calendar, log your work, then progress gradually.

01 **FOLLOW THE REAL CALENDAR**

Complete the workout assigned to the real calendar day shown in this programme. Recovery days are part of the plan.

02 **TRAIN WITH CONTROL**

Choose a load that lets you complete the prescribed rep range with good technique. Do not sacrifice form just to add weight.

03 **PROGRESS GRADUALLY**

When you reach the top of the rep range across all working sets with good control, increase the load slightly the next time you perform that exercise.

04 **USE WEEK 2 TO MEASURE**

Week 2 repeats the same movement selections so you can compare reps, load and effort against Week 1.

05 **ADAPT WHEN NEEDED**

If an exercise causes pain, is unavailable or is unsuitable for you, use an appropriate alternative that targets the same movement or muscle group.

TRAINING NOTES

Use EaseFit to record weights, reps, effort and completed sessions.

Your history helps you make the next 14-day block more useful than the last.

EaseFit

ABOUT EASEFIT

EaseFit helps people build structured training plans, track workouts and stay consistent with goal-based fitness programming.

Built to make personalised fitness planning simple, accessible and practical - whether you train at home, in a gym or around a busy schedule.



POWERED BY

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Your training. Your schedule. Your progress.