

Push Pull Legs Split

3 DAYS PER WEEK



DAY 1 – PUSH

Exercise	Set 1	Set 2	Set 3	Set 4
Chest				
Incline Smith Press	15 reps	12 reps	10 reps	8 reps
Flat Dumbell Press	12 reps	10 reps	8 reps	
Pec Dec	15 reps	12 reps	10 reps	
Shoulders				
DB Shoulder Press	15 reps	12 reps	10 reps	8 reps
Lateral Raise	12 reps	10 reps	8 reps	
Rear Delt Fly	12 reps	10 reps	8 reps	
Triceps				
Tricep Pushdowns	12 reps	10 reps	8 reps	
Dips / Assisted Dips	12 reps	10 reps	8 reps	

- Rest 60–90 seconds between sets
- Increase weight each set, as reps decrease (last set should be taken to failure)
- Tempo – Lift in 2 seconds, lower in 3 seconds

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DAY 2 – PULL

Exercise	Set 1	Set 2	Set 3	Set 4
Back				
Lat Pulldowns	15 reps	12 reps	10 reps	8 reps
Tbar Row	12 reps	10 reps	8 reps	
Seated cable row	12 reps	10 reps	8 reps	
One Arm Db or Machine Row	12 reps	10 reps	8 reps	
Biceps				
EZ Bar Curls	15 reps	12 reps	10 reps	8 reps
Preacher Machine Curls	12 reps	10 reps	8 reps	
Abs				
Rope Crunch	20 reps	20 reps	20 reps	
Lying Leg Raise	20 reps	20 reps	20 reps	

- Rest 60–90 seconds between sets
- Increase weight each set, as reps decrease (last set should be taken to failure)
- Tempo – Lift in 2 seconds, lower in 3 seconds

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DAY 3 – LEGS

Exercise	Set 1	Set 2	Set 3	Set 4
Quads				
Leg Extension	20 reps	15 reps	12 reps	10 reps
Leg Press	20 reps	15 reps	12 reps	10 reps
Hack Squat	15 reps	12 reps	10 reps	
Adductor	15 reps	12 reps	10 reps	
Hamstrings				
Seated Leg Curls	15 reps	12 reps	10 reps	8 reps
RDLs or Hip Thrust	15 reps	12 reps	10 reps	
Calves				
Standing Calf Raise	15 reps	12 reps	10 reps	8 reps
Seated Calf Raise	12 reps	10 reps	8 reps	

- Rest 60–90 seconds between sets
- Increase weight each set, as reps decrease (last set should be taken to failure)
- Tempo – Lift in 2 seconds, lower in 3 seconds