



MUSCLEN | BEGINNER PPL
PROGRAM OVERVIEW

WHAT IS PUSH / PULL / LEGS?

Push / Pull / Legs — usually shortened to PPL — organizes training around three types of workouts. The cycle is repeated twice per week so each major muscle group is trained about two times every seven days.

THE THREE TRAINING DAYS

PUSH — Chest, shoulders, and triceps. These muscles work together during pressing movements such as the bench press and overhead press.

PULL — Back, rear delts, and biceps. These muscles are trained through pulling movements such as rows, pulldowns, chin-ups, and deadlifts.

LEGS — Quads, hamstrings, glutes, and calves. Leg day is built around lower-body strength and muscle development.

WHY THIS VERSION IS FOR BEGINNERS

This program combines frequent gym training with simple linear progression. The main lifts are trained heavier, while accessory exercises use moderate-to-high repetition ranges to build muscle and practice movement quality.

Designed for newer lifters who want to train frequently.

Six training days per week with one recovery day.

Main lifts progress by gradually adding weight.

Accessory exercises progress through a rep range.

Each major muscle group is trained approximately twice per week.



WEEKLY SCHEDULE

DAY	TRAINING
Monday	Pull
Tuesday	Push
Wednesday	Legs
Thursday	Pull
Friday	Push
Saturday	Legs
Sunday	Rest

Alternative: Run PPL → Rest → PPL if a mid-week recovery day works better for your schedule.



PULL DAY

Primary focus: back, rear delts, biceps, and pulling strength.

MAIN LIFT — ALTERNATE EACH PULL DAY

EXERCISE	SETS	REPS
Pull A — Deadlift	1	5+
Pull B — Barbell Row	4 + 1	4×5 + 1×5+

Alternate the main lift. Example: Deadlift on Monday, Barbell Row on Thursday, then repeat the rotation.

ACCESSORY WORK

EXERCISE	SETS	REPS
Lat Pulldown OR Pull-Up OR Chin-Up	3	8–12
Seated Cable Row OR Chest-Supported Row	3	8–12
Face Pull	5	15–20
Hammer Curl	4	8–12
Dumbbell Curl	4	8–12

COACHING NOTES

Keep your torso controlled on rows and avoid turning the movement into a lower-back swing.

Use a full, comfortable range of motion on pulldowns and pull-ups.

Face pulls should be controlled and focused on the rear delts / upper back.

For the 5+ set, perform additional quality reps only while your form remains strong.



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WORKOUT 02 / 05

PUSH DAY

Primary focus: chest, shoulders, triceps, and pressing strength.

MAIN LIFT — ALTERNATE EACH PUSH DAY

EXERCISE	SETS	REPS
Push A — Bench Press	4 + 1	4×5 + 1×5+
Secondary — Overhead Press	3	8–12
Push B — Overhead Press	4 + 1	4×5 + 1×5+
Secondary — Bench Press	3	8–12

If Bench Press is the heavy main lift, Overhead Press is performed for 3×8–12. When Overhead Press is the heavy main lift, Bench Press becomes the 3×8–12 secondary movement.

ACCESSORY WORK

EXERCISE	SETS	REPS
Incline Dumbbell Press	3	8–12
Triceps Pushdown	3	8–12
Lateral Raise	3	15–20
Overhead Triceps Extension	3	8–12
Lateral Raise	3	15–20

SUPERSET OPTION

The classic routine pairs Triceps Pushdowns with Lateral Raises, and Overhead Triceps Extensions with another set of Lateral Raises. Perform each pair back-to-back, then rest before repeating.



LEG DAY

Primary focus: quads, hamstrings, glutes, calves, and lower-body strength.

EXERCISE	SETS	REPS
Barbell Squat	2 + 1	2×5 + 1×5+
Romanian Deadlift	3	8–12
Leg Press	3	8–12
Leg Curl	3	8–12
Calf Raise	5	8–12

COACHING NOTES

Use a squat depth you can control with stable technique.

On Romanian deadlifts, hinge at the hips and maintain control rather than chasing maximum range.

Use leg press and leg curls to accumulate quality muscle-building volume after the main lifts.

Calf raises should be controlled rather than bounced through the repetitions.

IMPORTANT

The goal is not to make every set a maximum effort set. The program works by accumulating quality training and progressing over time.

**PROGRESSION SYSTEM**

HOW TO PROGRESS

The classic beginner PPL uses linear progression on the main lifts. When the required work is completed successfully with good technique, add a small amount of weight the next time that lift appears.

MAIN LIFT INCREASES

DAY	TRAINING
Bench Press	+5 lb when successful
Barbell Row	+5 lb when successful
Overhead Press	+5 lb when successful
Squat	+5 lb when successful
Deadlift	+10 lb when successful

WHAT DOES 5+ MEAN?

A 5+ set means complete at least five repetitions, then continue for additional repetitions only while you can maintain strong technique. It is an AMRAP — “as many reps as possible” — but it should not become sloppy, uncontrolled failure.

ACCESSORY PROGRESSION

Use the listed 8–12 or 15–20 rep range. When you can reach the top of the range across all required sets with good form, increase the weight slightly and build your repetitions back up.

Example: Lat Pulldown — 3×8–12. Once you can perform 12, 12, and 12 with good form, increase the load and begin working through the range again.

STARTING WEIGHT

Choose a starting load that allows you to complete the programmed repetitions with confident technique and room to progress. Beginners benefit more from consistent successful sessions than from starting too heavy.



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TRAIN SMART

WARM-UP, REST & RECOVERY

WARM-UP

Use the movement to prepare for the main lift. Start light and gradually work toward your working weight without exhausting yourself.

EXERCISE	SETS	REPS
Example Bench Warm-Up — Empty Bar	1	10
~50% Working Weight	1	8–10
~70% Working Weight	1	5
~90% Working Weight	1	2–3

Warm-ups are individual. Add or remove preparation sets based on your experience and the weight being used.

REST BETWEEN SETS

Main lift: approximately 3–5 minutes when needed.

Accessory exercises: approximately 1–3 minutes.

Rest long enough to maintain good performance and technique.

IF PROGRESS STALLS

One poor workout is not automatically a failed program. Sleep, food, stress, and recovery can temporarily affect performance. If the same main lift fails for three consecutive attempts, reduce the working weight by approximately 10% and build back up.

RECOVERY BASICS

Aim for consistent sleep — commonly 7–9 hours for adults.

Consume enough protein and total calories for your goal.

Stay hydrated and manage fatigue outside the gym.



Use the scheduled rest day instead of adding more hard training.

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MUSCLEN GUIDANCE

HOW TO USE THIS PROGRAM

Follow the schedule consistently before changing exercises every week.

Track your working weights, sets, and repetitions.

Prioritize technique before increasing load.

Use reasonable substitutions when accessory equipment is unavailable.

Keep the main barbell lifts consistent unless there is a legitimate reason to change them.

Move to intermediate programming when workout-to-workout progression is no longer sustainable, not simply because a certain number of months has passed.

WHEN BEGINNER PPL STOPS BEING THE RIGHT FIT

You may be ready for an intermediate program when you have established consistent technique and recovery habits, but can no longer reliably add weight or repetitions from session to session.

Intermediate programming usually progresses over multiple workouts or weeks rather than every session.

PROGRAM CREDIT

This MUSCLEN guide presents the classic beginner Push / Pull / Legs structure commonly known as the Reddit / Metallica/pa Beginner PPL. MUSCLEN does not claim authorship of the original routine. The guide has been organized and explained for client education and practical use.

IMPORTANT DISCLAIMER

This program is provided for general fitness and educational purposes. Exercise involves inherent risk. MUSCLEN does not provide medical diagnosis, medical treatment, physical therapy, or medical nutrition therapy. If you have an injury, medical condition, physical limitation, or concern about beginning an exercise program, consult an appropriate healthcare professional before participating.

Individual results vary. MUSCLEN does not guarantee specific muscle, strength, weight-loss, body-composition, or athletic-performance outcomes.

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