



Routine: Push/Pull/Legs (2)

Push/Pull/Legs Workout Plan

This routine is more suited for the beginner to advanced gym rat who has less time on their hands and can only train each muscle group once a week.

NOTE: Every exercise needs to pick a weight that is not too low where you can easily do 10+ reps, instead pick a weight where you would be hitting failure between 5-7 reps!

Day 1: Pushday (chest, shoulders and triceps) + abs

- (smith machine) Flat Benchpress: 1 warmup set + 2 sets to failure
- Pec fly: 2-3 sets to failure
- Overhead press: 2-3 sets to failure
- Lateral raises: 2-3 sets to failure
- Front raises: 2-3 sets to failure
- Tricep pushdowns: 2-3 sets to failure (USE A STRAIGHT BAR, NOT ROPES!)
- Weighted leg raises: 3 sets to failure (you can make use of resistance bands or dumbbells etc.)

Day 2: Rest

Day 3: Pullday (back and biceps & deltoids)

- Lat pulldown (close grip): 1 warmup set + 2 sets to failure
- Lat pulldown (wide grip): 2 sets to failure
- Seated Row: 2 sets to failure
- Pull-ups: 1 set to failure

- Cable rope bicep curls: 2 sets to failure

Day 4: rest

Day 5: Legday (glutes, quads, hamstrings and calves) + abs

- Warmup: 3-5 min on stair climber
- leg press/Barbell back squat: 2-3 sets to failure
- lying/seated leg curls: 2-3 sets to failure
- leg extensions: 2-3 sets to failure
- Smith machine calve raises: 2 sets to failure
- Weighted back extensions: 2 sets to failure
- Weighted leg raises: 3 sets to failure (you can use resistance bands or dumbbells etc.)

Day 6 and 7: Rest day (can do cardio or other leg exercises)