



Routine: Push/Pull/Legs

Push/Pull/Legs Workout Plan

This routine is more suited for the advanced gym rat who has more time on their hands and wants to work every muscle group twice 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: Push day (chest, shoulders, 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: pull day(back, biceps)

- 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 3: Leg day (quadriceps, hamstrings, 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 4: push day (chest, shoulders, triceps)

- (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!)

Day 5: Pull day (back, biceps) + abs

- 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
- Weighted leg raises: 3 sets to failure (you can make use of resistance bands or dumbbells etc.)

Day 6: Rest day

Day 7: Leg day (quadriceps, hamstrings, 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.)

For any questions/comments, feel free to send me an email to arashmirshahi14@gmail.com or shoot me a DM on my insta: [@arash.liftz](https://www.instagram.com/arash.liftz)