



# Routine: Push/Pull/Legs & Arms/shoulders

## Push/Pull/Legs + Arms & Shoulders Workout Plan

This routine is more suited for the Intermediate to advanced gym rat who has less time on their hands and can only train each muscle group once a week (only shoulders and arms are trained 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: 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: 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 3: 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 4: Rest**

## **Day 5: Arms+Shouldersday**

- Overhead presses: 1 warmup set + 2 sets to failure
- Lateral raises: 2-3 sets to failure

- Front raises: 2-3 sets to failure
- seated dumbbells shoulder press: 2 sets to failure
- seated bicep curls: 2 sets to failure
- preacher curls: 2 sets to failure
- tricep pushdown: 3 sets to failure (USE A STRAIGHT BAR INSTEAD OF ROPES!)
- EZ bar bicep curls: 2 sets to failure

## **Day 6 and 7: Rest**