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Workouts



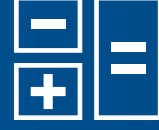
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6 DAY PUSH/PULL/LEGS PLANET FITNESS WORKOUT

In this edition of a series of Planet Fitness appropriate workouts, we provide a Push/Pull/Legs workout one could do with the equipment at Planet Fitness.

Link to Workout: <https://www.muscleandstrength.com/workouts/6-day-push-pull-legs-planet-fitness-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 6 Days

Time Per Workout: 45 - 70 Mins

Equipment: Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: Josh England

Planet Fitness Push Workout A

Exercise	Sets	Reps
1. Dumbbell Bench Press	4	8 - 12
2. Incline Smith Machine Bench Press	3	8 - 10
3. Dips	3	10 - 15
4. Seated Arnold Press	4	8 - 12
5. Lateral Raise	3	10 - 15
6. Cable Overhead Tricep Extension	4	12 - 15

Planet Fitness Pull Workout A

Exercise	Sets	Reps
1. Dumbbell Row	4	8 - 12
2. Seated Cable Row	4	8 - 12
3. Pull Up	3	8 - 12
4. Inverted Row	3	8 - 12
5. Dumbbell Curl	4	10 - 15

Planet Fitness Legs Workout A

Exercise	Sets	Reps
1. Leg Press	4	8 - 10
2. Smith Machine Front Squat	4	8 - 10
3. Dumbbell Stiff Leg Deadlift	4	8 - 12
4. Lying Leg Curl	3	8 - 12
5. Bodyweight Hip Thrust	3	10 - 15
6. Standing Calf Raise	4	15

Planet Fitness Push Workout B

Exercise	Sets	Reps
1. Standing Dumbbell Press	4	8 - 12
2. Seated Lateral Raise	3	10 - 15
3. Lateral Raise Machine	3	12 - 15
4. Incline Dumbbell Bench Press	4	8 - 12
5. Push Ups	4	10 - 15
6. Lying Dumbbell Tricep Extensions	4	12 - 15

Planet Fitness Pull Workout B

Exercise	Sets	Reps
1. Lat Pull Down	4	8 - 12
2. Cable Face Pull	4	10 - 15
3. Smith Machine Row	4	8 - 10
4. Straight Arm Lat Pull Down	4	10 - 15
5. Cable Curl	4	10 - 15

Planet Fitness Legs Workout B

Exercise	Sets	Reps
1. Dumbbell Rear Lunge	4	8 - 12 Each
2. Goblet Squat	4	8 - 15
3. Seated Leg Curl	3	10 - 15
4. Dumbbell Deadlift	3	8 - 12
5. Glute Hyperextension	3	12 - 15
6. Leg Press Calf Press	4	15