PPL Workout

If you’re stuck in a rut and are looking for a great way to change up your usual workouts, switching with a push pull legs split may just be the thing for you. With this workout structure we target the body’s natural movement groups rather than separating each muscles group. This means we can work out more efficiently by hitting different muscles in the same day. This workout is ideal for people who don’t have time for the standard workout routine that splits the body into 5 different sessions click here if you do want that.

Another bonus is that with the push pull legs split we can leave the recommended 48 hours of rest before hitting the same muscle group, and still hit each body part twice a week! If you would like a more intensive plan check out my 6 day split intensive PPL Plan.

PPL stands for push, pull, legs. Technically all muscles only pull, but the way we will split up the muscle groups for this workout can be thought of muscles you use to push away, muscles you use to pull towards, and then your legs & abs.

The great thing about grouping multiple muscle groups is that we can take advantage of compound movements to hit more than one group. For example press-ups are a chest exercise but they also work the shoulders and triceps. This means that when we do our tricep exercises on push day after doing press-ups, they will already be partly worked. This means you can do less isolation work and save time.

For this workout you will need:

* **Dumbbells**

click here for a review of the best dumbbells for 2021 or here to jump straight to my favourite one

Other useful pieces of equipment are:

* **Yoga Mat** for a comfortable place to exercise

and

* **Barbell** to add variety to the workout

If you don’t have any of the equipment check out my Awesome no equipment workout plan

The workout will go as follows:

|  |  |
| --- | --- |
| Day 1 - Push | Chest, Side Delts, Triceps |
| Day 2 - Pull | Back, Biceps, Rear delts |
| Day 3 – Legs + Abs | Quadriceps, Hamstrings, Glutes, Abs |

Day 1 – Chest, Shoulders, Triceps

* Press-ups 4×10
* Flies (cable, dumbbell) 4×10
* Dumbbell Overhead Press 4×10
* Dumbbell kickbacks 4×12
* Overhead tricep press 4×10

Day 2 – Back, Biceps, Shoulders

* Dumbbell Rows
* Dumbell Curls
* Hammer Curls
* Side Raises
* Rear Delt Flys
* Lower back extensions

Day 3 – Legs, Abs

* Goblet Squats
* Single Leg Romanian Deadlifts
* Wall sit
* Dumbbell Glute Bridges
* Dumbbell Lunges
* ABS

Day 1

**Press-ups 4×10**

I always try to start with a compound movement when your body has lots of energy. Press-ups are probably the best all round at exercise for your chest and triceps.

Make sure to keep your **head** in a **neutral position** and your **core tight** to avoid strain on the neck and back.

*Pro tip: it’s ok to go on your knees if your back starts to bend or you’re struggling. It is better to use correct form to help you really focus on the muscles and avoid injury.*

*To increase difficulty: Put your feet on a raised surface such as a sofa.*

**Dumbbell Flys 4×10**

This is my favourite at home exercise to isolate my chest. Feel free to keep a **slight bend** in your arms to avoid strain on the biceps and elbows. Keep your **shoulder blades tucked back** behind you to stop your deltoid muscles from taking over when things get difficult

*Pro tip: squeeze your hands together at the top of the movement to really activate the chest muscles*

**Dumbbell Overhead Press 4×10**

On to shoulders next. For this workout routine we are going to target the side and rear deltoids in the pull day, and hit the front (and side) delts with this movement. There will not be any isolated front delt movements as for most people this is the deltoid that is more developed than the rest. It also is used quite a lot in the press-ups we did earlier.

Make sure to keep your **core tight** in this movement to stop your back from arching.