

Push Pull Legs Upper Lower 5 days Workout Routine

Upper Body Workout				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Flat Bench Press (Dumbbell or Barbell)	5	5 – 8	2 mins – 3 mins	Overall Chest
Chin-Ups	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lats, Biceps
Chest Supported Rows	3 - 4	8 - 12	1 min 30 sec – 2 mins	Rear Delts
Incline Dumbbell Bench Press	3 - 4	8 - 12	1 min 30 sec – 2 mins	Upper Chest

Lower Body Workout				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Leg Press	4	8 - 12	1 min 30 sec – 2 mins	Quads
Romanian Deadlift (RDL)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Hamstring
Bulgarian Split Squat	3 - 4	8 - 12	1 min 30 sec – 2 mins	Glutes
Standing Calf Raise	3 - 4	8 - 12	1 min 30 sec – 2 mins	Calves

Pull Workout				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Lat Pulldown	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lats
Seated Cable Row	3 - 4	8 - 12	1 min 30 sec – 2 mins	Upper Back
Reverse Cable Fly	3 - 4	8 - 12	1 min 30 sec – 2 mins	Rear Delts
Barbell Bicep Curls	3 - 4	8 - 12	1 min 30 sec – 2 mins	Biceps

Push Workout				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Flat Bench Dumbbell Press	5	3 – 5 reps	2 mins – 3 mins	Lower Back
Cable Crossover (Chest level)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Overall Chest
Lateral Raise	3 - 4	8 - 12	1 min 30 sec – 2 mins	Mid Delts
Tricep Pushdowns	3 - 4	8 - 12	1 min 30 sec – 2 mins	Triceps Lateral Head

Legs Workout				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Back Squat	5	3 – 5 reps	2 mins – 3 mins	Quads
Hip Thrust	3 - 4	8 - 12	1 min 30 sec – 2 mins	Glutes
Seated Leg Extensions	3 - 4	8 - 12	1 min 30 sec – 2 mins	Quads
Seated Leg Curl	3 - 4	8 - 12	1 min 30 sec – 2 mins	Hamstrings
Standing Calf Raises	3 - 4	12 – 15	1 min 30 sec – 2 mins	Calves