

Push Pull Legs 6 days Workout Routine

Push Workout A (Chest, Shoulders, Triceps)				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Flat Bench Press (Dumbbell or Barbell)	5	5 – 8	2 mins – 3 mins	Overall Chest
Shoulder Press (Dumbbells)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Front Delts
Tricep dips (Weighted)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Triceps Medial Head
Cable Crossovers (High to low)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lower Chest
Single Hand Cable Tricep Extension	3 - 4	8 - 12	1 min 30 sec – 2 mins	Triceps Long Head
Cable Lateral Raises	3 - 4	8 - 12	1 min 30 sec – 2 mins	Middle Delts

Pull Workout A (Back & Biceps)				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Conventional Deadlift	5	3 – 5 reps	2 mins – 3 mins	Lower Back
Chin – ups (Weighted)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lower Lats, Biceps short head
Chest Supported Dumbbell Rows	3 - 4	8 - 12	1 min 30 sec – 2 mins	Rear delts
Cable Rows	3 - 4	8 - 12	1 min 30 sec – 2 mins	Upper Back
Barbell Shrugs	3 - 4	8 - 12	1 min 30 sec – 2 mins	Traps
Incline Bicep Curls (Cable or Dumbbell)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Biceps Long Head

Legs Workout A (Quads, Hamstring, Calves)				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Back Squat	5	3 – 5 reps	2 mins – 3 mins	Quads
Romanian Deadlifts (RDL)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Hamstrings
Leg Press	3 - 4	8 - 12	1 min 30 sec – 2 mins	Quads
Leg Curls	3 - 4	8 - 12	1 min 30 sec – 2 mins	Hamstrings
Seated Calf Raises	3 - 4	12 – 15	1 min 30 sec – 2 mins	Calves

Push Workout B (Chest, Shoulders, Triceps)				
Exercise	Sets	Reps	Rest Time	Muscle Targetted
Standing Overhead Press (OHP)	5	5 – 8	2 mins – 3 mins	Front Delts
Incline Dumbbell Bench Press	3 - 4	8 - 12	1 min 30 sec – 2 mins	Upper Chest
Close Grip Bench Press	3 - 4	8 - 12	1 min 30 sec – 2 mins	Tricep Medial Head
Cable Crossovers (Chest level)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Overall Chest
Cable Tricep Extension	3 - 4	8 - 12	1 min 30 sec – 2 mins	Triceps Lateral Head
Dumbbell Lateral Raises	3 - 4	8 - 12	1 min 30 sec – 2 mins	Middle Delts

Pull Workout B

(Back & Biceps)

Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Conventional Deadlift	5	3 – 5 reps	2 mins – 3 mins	Lower Back
Pull Ups (Weighted)	3 - 4	8 - 12	1 min 30 sec – 2 mins	Upper Back
Lat Pulldowns	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lower Lats
Spider / Preacher Curls	3 - 4	8 - 12	1 min 30 sec – 2 mins	Biceps Shorthead
Cable Rows	3 - 4	8 - 12	1 min 30 sec – 2 mins	Lats
Cable Reverse Fly	3 - 4	8 - 12	1 min 30 sec – 2 mins	Rear Delts

Legs Workout A

(Quads, Hamstring, Calves)

Exercise	Sets	Reps	Rest Time	Muscle Targetted
Barbell Front Squat	5	3 – 5 reps	2 mins – 3 mins	Hamstrings
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
Single leg split squat	3 - 4	8 - 12	1 min 30 sec – 2 mins	Glutes
Standing Calf Raises	3 - 4	12 – 15	1 min 30 sec – 2 mins	Calves