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| 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 |

Push Pull Legs 6 days Workout Routine

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| 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 |

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| 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 |

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| 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 |
| Single Hand Cable Tricep Crossover | 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 |

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| 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 |

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| 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 |