

Push Pull Legs Routine

Day 1 | PULL 1

Exercises	Sets & Reps
Deadlifts	1st: 3-5 reps 2nd: 6-8 reps
Underhand Pulldowns	2 x 8-12 reps
Dumbbell One Rows	1st: 6-8 reps 2nd: 12-15 reps
Pendlay Rows	1st: 6-8 reps 2nd: 12-15 reps
Skull Crushers	3 x 8-12 reps
Rope Hammer Curls	2 x 12-15 reps

Day 2 | PUSH 1

Exercises	Sets & Reps
Incline Bench Press	1st: 6-8 reps 2nd: 8-12 reps
Flat Dumbbell Press	2 x 8-12 reps
Wide-Grip Dips	3 (Bodyweight > failure)
Dumbbell Shoulder Press	2 x 8-12 reps
Arnold Press	2 x 12-15 reps
Skull Crushers	3 x 8-12 reps
Underhand Pushdowns	2 x 12-15 reps

Day 4 | LEGS 1

Exercises	Sets & Reps
Front Squats	1st: 6-8 reps 2nd: 12-15 reps
Feet Low & Close Leg Press	2 x 15-20 reps
Stiff-legged deadlifts	6-8reps > 8-12 reps

Glute Ham raises	Bodyweight > Failure
Walking lunges	2 x 20 each leg

Day 5 | PULL 2

Exercises	Sets & Reps
Bent Over Rows	1st: 6-8 reps 2nd: 8-12 reps
T-Bar Row	2 x 6-8 reps
Close Grip Chin-ups	3 (Bodyweight > failure)
Rack Deadlifts	1st: 3-5 reps 2nd: 6-8 reps
Barbell Curls	3 x 8-12 reps
Reverse Grip Cable Curls	2 x 12-15 reps

Day 7 | PUSH 2

Exercises	Sets & Reps
Decline Bench Press	1st: 6-8 reps 2nd: 8-12 reps
Incline Dumbbell Press	2 x 8-12 reps
Flat Machine Press	2 x 10-12 reps
Seated Smith Machine Shoulder Press	2 x 8-12 reps
Wide-Grip Upright Rows	2 x 12-15 reps
Close-Grip Bench Press	2 x 6-8 reps
Overhead Rope Extensions	3 x 12-15 reps

Day 8 | LEGS 2

Exercises	Sets & Reps
Squats	1st: 6-8 reps 2nd: 8-12 reps
Lying Leg Curls	2 x 12-15 reps
Hack Squats	2 x 15-20 reps

Smith Machine Front Squats	2 x 15-20 reps
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