



# PPL

🕒 Created	@July 27, 2022 3:40 AM
▼ Lesson Type	
▼ Format	



If the rest time is not specified, assume a rest time between **30-90s**

**Format:** **Exercise Name** - **SetsxReps**(optional: extra info) - **Rest Time**

## PUSH (1)

1. BB Press (incline/flat) - **2x5-8(heavy)**, **1x10-12(moderate)**
  2. Alternated DB OHP **3x10-12**
  3. Any Chest Flys + Superset Tricep Ext - **3x10-12 flys**, **4x7-10 triceps ext**
  4. Lateral Raises - **4x10-12(rest < 1min)**
  5. Dips - **3 sets to failure(stay upright keep tension on triceps over chest)**
- 

## PULL (1)

1. Pull Downs - **2 Warmup sets, 3x8-10(drop set)**

2. Bent over rows - 2 Warmup sets, 2x6-8(heavy), 1x10-12(moderate)
  3. Slight Incline seated DB curls - 4x10-12
  4. Pull ups - 3 sets to failure
  5. EZ Bar Curls - 2x8-10, 2x40seconds
- 

## LEGS (1)

1. Lunges - 3 Warmup sets, 3x12-15(ea leg)
  2. RDL or DL - 2 Warmup sets, 3x10-12 RDL or 3x6-8 DL
  3. MEGA MANLY HIP THRUSTS - 3x10-12(REMEMBER: SEXUAL VIOLENCE!)
  4. Seated Calf Raises - 2x10-12
  5. Seated Calf Raise Superset Hamstring Curls - 4x10-12 calf, 2x8-10 then 2x40seconds
- 

## PUSH (2)


1. Close Grip BB Bench - 3x8-10
  2. Standing BB OHP - 3x10-12
  3. Pec Deck Flys - 1x8-10, 2x40seconds
  4. Overhead Triceps - 3x10-12
  5. Lateral Raises Superset Push Ups - 4x10-12 LR and 3 sets to failure push ups
- 

## PULL (2)

1. Pull Ups - 3 Warmup sets
  2. Rack Pulls - 3 Warmup sets, 2x8-10
  3. Hammer Curls - 3x10-12
  4. Reverse Grip Row or Reverse Pull Down - 3x10-12
  5. Cable Curls - 3x10-12
  6. Cable Rows - 2x20 drop sets
  7. DB Curls - drop set to failure (start on a weight you can do ~ 6 reps of)
- 

## LEGS (2) – TBC

### Glossary

 Superset