

The “Push Pull Legs” PPL Workout Routine

The **Push Pull Legs Routine (PPL)** is one of the most effective workout routines you can use to build muscle and gain strength. The push pull legs workout split is focused on the major muscle groups based around these movements. This article is on the basic PPL workout to get you started. We will add more focused PPL for [Hypertrophy](#), Endurance and Strength and Powerlifting.

Regardless if you are experienced or just starting your road to fitness, we are going to give you the know how to build and plan your best 3-day or 6-day workout split for adding muscle and building strength.

The most effective mass and strength building routines revolve around well-established splits that use [barbell exercises](#), including the best compound movements ([squats](#), [bench press](#), etc.), along with effective isolation movements (bicep curls, etc.). And yes, along with a great diet and cardio to control extra calories. But if you [eat clean](#) and control your calories, you'll need a bit less cardio.

The 6-Day PPL is not easy and you'll need some time to adjust to the increase in work (and likely more calories). This split is a perfect solution for those who have the time and energy to achieve what you can get from a PPL routine. If you have been doing a 4-day split, you can move to the PPL, or try a [5-Day Workout Split](#) or another 5 day routine such as the [PHAT Workout Routine](#)

The Push Pull Legs Workout Split

We typically recommend the PPL workout for those experienced lifters who have a good understanding of both compound and isolation movements, have had success with a

5-day workout split for 6 months or more and understand the importance of **balanced nutrition and diet** to support muscle building. Ideally its a 6-day workout routine, however, its so flexible it can become a 3, 4, 5 or 6-day workout routine depending on your schedule.

If you're ready for a great way to program your training, you've probably seen the **Push Pull Legs** split, commonly called the **PPL**. This is a classic training method, and many athletes have found it flexible and effective. The Push Pull Legs split routine is a great way to structure your weekly workouts by dividing your training into three categories:

- **Push Exercises** (Chest, Shoulders and Triceps)
- **Pull Exercises** (Back, Bicep
- **Legs** (Quads, Hamstrings, Glutes, Calves).

Is the Push Pull Split for Me?

There are many reasons to set up a new workout training split routine. While setting up your routine remember these 5 components (and be realistic).

Consider the following:

- 1) Your strength training experience (4, 5, 6-Day Routines, diet, etc.)
- 2) Your personal goals (Reach a new PR, add muscle and strength, etc.)
- 3) Your weekly schedule (Available days to train, etc.)
- 4) Age and ability to rest and recover (20's, 40's, etc.)
- 5) Injuries or other health concerns. (Shoulder, back, etc.)

6 Day PPL: Build Muscle & Strength

We like to look at the PPL as a 6-Day routine. Although in concept its (2) 3-day PPL. The best part of the split is you train similar movements together. This allows you to train push muscles such as chest and triceps together, work them hard, and then give them time to recover while working pull and leg days before training them again.

Additionally, you can easily manage your PPL Split Workout routines around to fit with your school, work or family schedules, or maybe one that will better fit with your goals.

You should also you need to change your workout split every 8-12 weeks to your mind and body challenged and engaged. You can stay with the 6 day, just mix up the exercises. Don't forget to take some **de-load weeks**.

Traditional 6-Day Push, Pull & Legs Routine

Day 1 – Chest, Shoulder and Triceps

Day 2 – Back, Biceps and Abs

Day 3 – Legs

Day 4 – Chest, Shoulder and Triceps

Day 5 – Back, Biceps and Abs

Day 6 – Legs

Day 7 – OFF

Push/Pull/Legs Workout Schedule

- Newer lifters should follow the routine in an every-other-day split:
Push/Rest/Pull/Rest/Legs/Rest (Repeat).
- Intermediate lifters should perform the routine in a 3-on/1-off split:
Push/Pull/Legs/Rest (Repeat)
- Advanced lifters should perform the routine in a 6-on/1-off manner:
Push/Pull/Legs/Push/Pull/Legs/Rest (Repeat).

Push Workout	Chest, Shoulders & Triceps
Exercise	Sets x Reps
Flat Barbell Bench Press	4 x 6-10
Incline Bench Press	3 x 10-12
Seated Shoulder Press	3 x 10-12
Flat Bench Dumbbell Flyes	3 x 12-15
Standing Dumbbell Lateral Raises	3 x 10-12
Tricep Rope Pushdown	3 x 12-15
EZ Bar Skullcrusher	3 x 10-12



Pull Workout	Back, Biceps & Abs
Exercise	Sets x Reps
Barbell Row	3 x 6-8
Neutral Lat Pulldown	3 x 8-10
Dumbbell Shrug	2 x 12-15
Face Pull	2 x 12-15
Barbell Curl	3 x 8-12
Hammer Curl	3 x 12-15
Leg Raises	3 x 12-15

Leg Workout	Quads, Hams. Glutes & Calves
Exercise	Sets x Reps
Barbell Squat	3 x 6-8
Romanian Deadlift	3 x 10-12
Leg Press	3 x 8-10
Barbell Lunges	3 x 10-12
Leg Curl	3 x 15-20
Calf press	3 x 10-12