

Workout Split: Push-Pull-Legs

Monday - Push Day

Barbell Bench Press: 4 sets of 5 reps (working set)
Back Supported Flys: 3 sets of 12 reps (medium to high weight)
Incline Dumbbell Bench Press: 4 sets of 10 reps (heavy weight)
Triceps: Cable Kickbacks (Single Arm): 3 sets of 12 reps (controlled)
EZ Bar Skull Crushers: 3 sets of 12-10 reps
Shoulder Press: 4 sets of 10-12 reps
Shoulders: Lateral Raises: 4 sets of 12-10 reps (drop set: lower weight 5-10 pounds, rep to failure)
Rear Delt Pulls: 4 sets of 12 reps

Tuesday - Pull Day

Lat Pulldown: 4 sets of 8-12 reps (increase weight after each set)
Chest Supported Rows: 3 sets of 10 reps (heavy)
Single Arm Pulldowns: 3 sets of 12 reps (controlled)
Cable Pullovers: 2 sets (burnout)
Biceps: Spider Curls: 3 sets of 12 reps
Incline Curls: 3 sets of 10 reps
Hammer Curls: 2 sets to failure

Wednesday - Leg Day (Quad Focused)

Back Squat (Heels Elevated): 4 sets of 12-10 reps (controlled)
Leg Extensions: 4 sets of 15 reps
Bulgarian Split Squats: 3 sets of 12 reps
Calf Raises: 3 sets of 15 reps
Abs: Sit-ups: 4 sets of 12 reps (weighted)
Russian Twists: 4 sets of 12 reps (weighted)

Thursday - Rest Day

Friday - Chest/Back

Incline Bench Press: 5 sets of 5 reps
Dumbbell Bench Press: 4 sets of 10 reps

Cable Flys: 4 sets of 12 reps (controlled)
Lat Pulldown (Close Grip): 4 sets of 12-8 reps
Seated Rows: 4 sets of 10 reps (increase weight if necessary)
Pull-ups: 3-2 sets to failure

Saturday - Leg Day (Hamstring Focused)

Romanian Deadlifts (RDLs): 4 sets of 12-8 reps (increase weight)
Leg Curls: 4 sets of 12 reps
Lunges with Dumbbells: 3 sets of 12-10 reps
Calf Raises: 4 sets of 12 reps
Squat (One Set Burnout)
Crunches: 4 sets of 25 reps

Sunday - Rest Day

Remember to warm up before each workout and cool down/stretch afterward. Also, adjust the weight, sets, and reps based on your fitness level and progress over time. Always prioritize proper form and technique to prevent injuries and make consistent progress.

Thank you all for purchasing my workout routine. Also, please feel free to dm me on ig if you have any questions about the workouts, maybe you don't have a certain machine and are looking for an alternative, or maybe you just want to share your progress, I'd be happy to answer. Enjoy :)