

Intermediate P-P-L

Push (Day 1 & Day 4) *Signifies a superset

EXERCISE	SETS	REPS	TEMPO
Bench Press (Barbell or Dumbbell)	3	10-12	2/2
Incline Bench Press (Barbell or Dumbbell)	3	10-12	2/2
*Lateral Raise (Dumbbell or Cable) Rear Delt Fly (Dumbbell or Cable)	3	10-12	2/2
Shoulder Press (Barbell or Dumbbell)	3	12-15	2/2
Dips	3	12-15	2/2
Tri-cep Rope Pushdown	3	12-15	2/2
Leg Raises	4	25	

Pull (Day 2 & Day 5)

EXERCISE	SETS	REPS	TEMPO
Pull-ups (Day 2) Lat-Pulldowns (Day 5)	4	Until failure 12-15	2/2
Pullovers (Dumbbell or Cable)	3	12-15	2/2
Bent-over Rows (Barbell or Dumbbell)	3	10-12	2/2
Seated Rows	3	12-15	2/2
Rack Pulls	3	8-10	2/2
Barbell Curls	3	12-15	2/2
Concentration Curls	3	12-15	2/2
Decline Sit-up	4	25	

Legs (Day 3 & Day 6) *Signifies a superset

EXERCISE	SETS	REPS	TEMPO
Barbell Squats	4	20	2/2
Hack Squats (Day 3) Romanian Deadlifts (Day 6)	4	8-10	2/2
Leg Press (Day 3) Bulgarian Split Squats (Day 6)	3	20	2/2
*Leg Extensions Leg Curls	4	20	2/2
Standing Calf Raise	4	20	2/2
Kneeling Cable Crunch	4	25	