

## P-P-L WORKOUTS

➔ This workout is designed to increase your muscle mass as much as possible in 10 weeks. Works each muscle group hard once per week using mostly heavy compound exercises.

➔ Website Link:

- Push Workouts

Exercise	Sets	Reps
1.INCLINE BARBELL BENCH PRESS	4	60-90 sec
2.INCLINE DUMBBELL FLY	3	60-90 sec
3.DUMBBELL BENCH PRESS	4	60-90 sec
4.BARBELL BENCH PRESS	3	60-90 sec
5.CABLE CROSSOVER	4	60-90 sec
6.INCLINE PUSH-UP	3	60-90 sec

## P-P-L WORKOUTS

- Pull Workouts

Exercise	Sets	Reps
1.INCLINE BARBELL BENCH PRESS	4	60-90 sec
2.INCLINE DUMBBELL FLY	3	60-90 sec
3.DUMBBELL BENCH PRESS	4	60-90 sec
4.BARBELL BENCH PRESS	3	60-90 sec
5.CABLE CROSSOVER	4	60-90 sec
6.INCLINE PUSH-UP	3	60-90 sec

- Legs Workouts

Exercise	Sets	Reps
1.INCLINE BARBELL BENCH PRESS	4	60-90 sec
2.INCLINE DUMBBELL FLY	3	60-90 sec
3.DUMBBELL BENCH PRESS	4	60-90 sec
4.BARBELL BENCH PRESS	3	60-90 sec
5.CABLE CROSSOVER	4	60-90 sec
6.INCLINE PUSH-UP	3	60-90 sec