

Push Pull Legs Bodybuilding Routine

Schedule: How you execute these days on a weekly basis is up to you. I'd recommend rotating through A/B/C/Rest or A/rest/B/rest/C/rest/rest. A/B/C/A/B/C/rest is a possibility if it's the main focus of your exercise regimen. This type of workout is flexible, the cycle allows extra days of rest when necessary without breaking the balance between the different workouts. Aim for 1-2 minutes of rest between sets.

The primary goal of this program is to build muscle mass, so go slow on the negative portion of the exercise (slowing the weight down instead of letting gravity doing the work) and try to focus on the contraction of the muscle with each exercise. Explode through the contraction portion as fast as possible. The weight isn't important- leave the ego at the door for this. Proper concentration and contraction will make even light weights challenging. At the same time, make sure the weight is heavy enough to end each set close to (but not at) failure.

You can add some isolation exercises at the end of the workouts if you want, but they won't do much and could hinder your recovery for the next session. Not necessarily going 100% everyday is better because you'll get more weekly volume, which is better for overall muscle growth. When you're doing this try to keep track of the weights you use for the main barbell movements (bench, overhead press, row, squat) and try to either increase the reps by 1 or the weight by 5 lbs every workout. Progressive overload forces your body to adapt.

Day A: Upper Body Push

1. Tabata Interval Burpees warmup (w/pushup)
2. Barbell bench press: build up to 4x8 working sets (four working sets of 6-10 reps) you should be stopping about one rep before failure- no need to go all out yet. This applies to #3 as well
3. Barbell overhead press: 4x8
4. Superset x4: (Do these exercises back to back as one set for four sets)
 - a. Dips (assisted or weighted as needed) x12
 - b. Cable chest fly x12-15
5. Dumbbell lateral raises 3x12-15
6. Slightly close grip pushups til failure: do this twice, rest 2 minutes between. Literally go until you can't push up anymore- this is a burnout

*For this day I didn't focus on triceps that much because they're used a lot in all of the movements so you're probably getting more than enough stimulation (dips). If you feel up to it, you could add close grip bench press after #3 for 4x10-12 for extra tricep work, or incline dumbbell bench press 4x10-12 for extra upper chest/shoulders work. These are things you could add in depending on the day and your energy levels.

Day B: Upper Body Pull

1. Some sort of warmup- you could run for ten minutes or something
2. Chinups (palms facing towards you): 4x6??? Do whatever you can do
3. Cable rows: 5x8-10
4. Pulldowns (palms facing away): 4x8-12
5. Barbell/dumbbell bicep curl: 3x12
6. Bent over rear delt fly OR cable face pulls: 3x12

Day C: Lower Body

1. Tabata Interval Alternating Jumping Lunges warmup (jump as high as possible)
2. Barbell back squat: 5x8
3. Single legged lunges (step into lunge, push off and bring back so feet are together) holding a dumbbell in each hand 5x7

You can do some other stuff here, but to be honest 5x8 backsquat is enough to build muscle, especially if you're increasing the weight over time. Other possibilities include:

front squat 3x10 (good for posture, quads, overall back health/stability)
deadlifts 5x3