

## Push-Pull-Legs (PPL) Workout Split:

### Push Day:

- Chest:
  - Barbell Bench Press: 4x8-10
  - Dumbbell Incline Bench Press: 3x10-12
  - Chest Dips: 3xfailure
- Shoulders:
  - Overhead Barbell Press: 4x8-10
  - Lateral Raises: 3x12-15
  - Front Raises: 3x12-15
- Triceps:
  - Tricep Dumbbell Kickbacks: 3x12/arm
  - Tricep Rope Pushdowns: 3x12-15
  - Close-Grip Bench Press: 3x8-10

### Pull Day:

- Back:
  - Deadlifts: 4x6-8
  - Pull-Ups: 3xfailure
  - Barbell Rows: 4x8-10
- Biceps:
  - Barbell Bicep Curls: 3x10-12
  - Hammer Curls: 3x10-12
  - Preacher Curls: 3x10-12
- Rear Deltoids:
  - Face Pulls: 3x12-15
  - Bent Over Dumbbell Rows: 3x10-12
  - Reverse Flyes: 3x12-15

### Leg Day:

- Quadriceps:
  - Squats: 4x8-10
  - Leg Press: 3x10-12
  - Lunges: 3x12/leg
- Hamstrings:
  - Romanian Deadlifts: 4x8-10
  - Leg Curls: 3x10-12
  - Good Mornings: 3x8-10
- Calves:
  - Standing Calf Raises: 4x12-15
  - Seated Calf Raises: 3x12-15
  - Donkey Calf Raises: 3x12-15