




PUSH:PULL:LEG Workout Plan

Target Muscle Group (It is important to know what muscle you are hitting)		Exercise	Reps	Sets	
	Legs	Quads: Squats Hamstrings: Leg curls, Romanian Deadlift Glutes & Hips: Lunges, Hip Thrusts	10-12	3	} LEGS
	Chest	Flat Chest Press Inclined press Declined press OR Cable cross over (high to low)	10-12	3	
	Shoulders	Overhead Shoulder Press OR Arnold Press Lateral raises	10-12	3	} PUSH
	Triceps	Triceps extensions Closed grip bench press Dips (bench or parallel bars)	10-12	3	
	Back	Barbell OR dumbbell rows Wide grip pull downs OR Pullups Head Pulls Trap Pulls Rope Pull Downs	10-12	3	} PULL
	Biceps	Dumbbell OR barbell curls Drag curls Preacher curls Hammer curls	10-12	3	



	<p>Core</p>	<p>Crunches Side crunches/woodchoppers Leg Raises</p>	<p>20</p>	<p>3</p>
---	--------------------	---	-----------	----------

Sets – 4 including warmup set | Rep Range – 8 to 12 | Rest between sets: 60 secs.

Intensity - Weight with which you can perform 10 reps with last 2-3 reps being challenging.

Core to be worked out in every session across the week

Weekly PPL Routine

Day	Activity	Duration
Monday	PUSH	45-60 mins
Tuesday	REST	20 mins
Wednesday	PULL	45-60 mins
Thursday	REST	20 mins
Friday	LEGS	25-60 mins
Saturday	Rest	
Sunday	Cardio Activity	30-60 mins

Important Notes

1. Start every exercise with a 5 mins warm-up. Recommended warm-up is to replicate the same movement without external resistance/weights.
2. Conclude the entire workout with a 5 mins cool-down. Recommended cool-down is to stretch all your major muscle groups
3. Keep yourself hydrated during the workout
4. Keep your diet clean – low in processed carbs and sugar, high on healthy fats and protein
5. Sleep at least 7-8 hours (uninterrupted) every night
6. In case during any exercise, there is a feeling of discomfort, sharp striking pain in the target muscle, light headedness, difficulty in breathing; immediately STOP exercise and seek professional help
7. Stay consistent and be patient