

PUSH-PULL-LEGS WORKOUT PLAN

PUSH-DAY

WORKOUT PLAN FOR CHEST,
SHOULDERS, TRICEPS + ABS

MUSCLE GROUP	EXERCISE	SETS/REPS
	<ul style="list-style-type: none">• Warm-up	
<ul style="list-style-type: none">• Chest	<ul style="list-style-type: none">• Machine fly• Dumbbell fly	<ul style="list-style-type: none">• 3 sets, 12 - 15 reps• 3 sets, 12 - 15 reps
<ul style="list-style-type: none">• Shoulders	<ul style="list-style-type: none">• Dumbbell shoulder press• Dumbbell lateral raise• Dumbbell rear delt raise	<ul style="list-style-type: none">• 3 sets, 15 reps• 3 sets, 12 - 15 reps• 3 sets, 12 - 15 reps
<ul style="list-style-type: none">• Triceps	<ul style="list-style-type: none">• Dumbbell kickbacks• Rope triceps extension	<ul style="list-style-type: none">• 3 sets, 15 - 20 reps• 3 sets, 15 - 20 reps
<ul style="list-style-type: none">• Abs	<ul style="list-style-type: none">• Leg raise• Tuck crunch• Stretching	<ul style="list-style-type: none">• 3 sets, 15 - 20 reps• 3 sets, 15 - 20 reps

PUSH-PULL-LEGS WORKOUT PLAN

PULL-DAY

WORKOUT PLAN FOR BACK,
REAR DELTS AND BICEPS

MUSCLE GROUP	EXERCISE	SETS/REPS
<ul style="list-style-type: none">• Upper back• Lower back• Rear delts• Biceps	<ul style="list-style-type: none">• Warm-up• Machine row• Dumbbell row• Back extensions• Rear delt machine fly• Dumbbell rear delt fly• Dumbbell curl• Hammer curls• Stretching	<ul style="list-style-type: none">• 3 sets, 12 - 15 reps• 3 sets, 12 - 15 reps• 3 sets, 15 reps• 3 sets, 12 - 15 reps• 3 sets, 12 - 15 reps• 3 sets, 15 - 20 reps• 3 sets, 15 - 20 reps