

PPL WORKOUT 1

Push Day 1

[Flat Barbell Bench Press](#)

Warm up and 3 sets of 4 to 6 reps (about 80 to 85% of [one-rep max](#), or 1RM)

[Close-Grip Bench Press](#)

2 sets of 4 to 6 reps

[Standing Military Press](#)

Warm up and 2 sets of 4 to 6 reps

[Dumbbell Lateral Raise](#)

2 sets of 8 to 10 reps (about 70 to 75% of 1RM)

[Cable Crunch](#)

3 sets of 8 to 10 reps until you hit 1 rep shy of failure

Push Day 2

[Incline Barbell Bench Press](#)

Warm up and 3 sets of 4 to 6 reps

[Seated Military Press](#)

Warmup and 2 sets of 4 to 6 reps

[Dumbbell Lateral Raise](#)

2 sets of 8 to 10 reps

[Dumbbell Rear Lateral Raise](#)

2 sets of 8 to 10 reps

Pull Day 1

[Barbell Deadlift](#)

Warm up and 3 sets of 4 to 6 reps

[Barbell Row](#)

3 sets of 4 to 6 reps

[Wide-Grip Pullup or Chin-Up](#)

3 sets of 4 to 6 reps

[One-Arm Dumbbell Row](#)

3 sets of 4 to 6 reps

Pull Day 2

[Barbell Row](#)

Warmup and 4 sets of 4 to 6 reps

[Chin-Up](#)

3 sets of 4 to 6 reps

[One-Arm Dumbbell Row](#)

3 sets of 4 to 6 reps

[Barbell Biceps Curl](#)

3 sets of 8 to 10 reps

Legs Day

[Barbell Back Squat](#)

Warmup and 3 sets of 4 to 6 reps

[Barbell Front Squat](#)

3 sets of 4 to 6 reps

[Bulgarian Split Squat](#)

3 sets of 4 to 6 reps

[Standing Calf Raise](#)

3 sets of 8 to 10 reps

PPL WORKOUT 2

Monday

Chest, Shoulders and Abs "A"

Exercise Sets Reps

Bench Press 3 8

Flat Flyes 3 12

Incline Bench Press 3 12

Incline Flyes 3 12

Decline Bench Press 2 8

Decline Flyes 2 12

Military Press 3 10

Shoulder Flyes 3 12

Lateral Raises 4 8

Upright Rows 4 8

Dips 4 12

Kneeling Cable Crunches	4	12
Tricep Rope Pushdown	4	12
Hanging Leg Lifts	4	AMAP

Tuesday

Back and Biceps "A"

Exercise Sets Reps

Pull-Ups	4	10 (AMAP)
3 Grip Lat Pull Downs:		
Wide	2	10
Narrow	2	10
Palms In	2	10
Bent Barbell Rows	4	12
Seated Cable Rows	4	12
Standing DB Curls	4	8
Preacher Curls	3	10
30 degree Incline Curl	3	10
45d Incline Twist Curl	2	12
Chin Ups	2	AMAP

Wednesday

Legs "A"

Exercise Sets Reps

Back Squats	4	10
Leg Press	4	12
Romanian Deadlift	4	12
Lying Leg Curls	4	12
Standing Calf Raises	4	16
Seated Calf Raises	4	12

Thursday

Chest, Shoulders and Abs "B"

Exercise Sets Reps

Incline Bench Press	3	5
Incline DB Press	3	12
Bench Press	3	5
Flat DB Press	3	12
Military Press	3	8
Arnold Press	3	12
Lateral Raises	4	12
Front Delt Raises	4	12
Bent Reverse Flyes	4	8

Flat Bench Flyes	4	12
Hanging Knee Raises	4	16 (AMAP)
Hanging Leg Lifts	4	AMAP

Friday

Back and Biceps "B"

Exercise Sets Reps

Bent Barbell Rows	4	8
2 Grip Lat Pull Downs:		
Wide	3	16
Palms In	3	12
Pull Ups	2	AMAP
T-Bar Rows	4	12
Seated Cable Rows	2	12
DB Twist Curls	3	12
Concentration Curls	4	10
30d Incline Hammer Curl	3	12
45d Incline Twist Curls	2	12
50% Chin Style Lat Pulls	2	AMAP

Saturday

Legs "B"

Exercise Sets Reps

Back Squats	4	5
Lunges	4	12
Romanian Deadlifts	4	8
Lying Leg Curls	4	20 (AMAP)
Standing Calf Raises	4	8
Seated Calf Raises	4	20 (AMAP)

PPL WORKOUT 3

Push (Chest/Triceps/Shoulders):

Flat Barbell Bench Press: 3x5

Seated (or Standing) Barbell Shoulder/Overhead Press: 3x5

Incline Barbell Bench Press: 3x5

Dumbbell Side Lateral Raise: 3x10-12

Rope Pushdowns (circuit machine): 3x10-12

Overhead Dumbbell Extension or similar triceps exercise: 3x10-12

Shrugs(circuit machine or dumbbells): 3x10-12

Pull (Back/Biceps):

Barbell Rows: 3x5

Lat Pulldowns with (Long Bar or V-bar) (circuit machine): 3x8-10

Seated Rows (circuit machine) - optional if already doing barbell rows: 3x8-10

Face-pulls: 3x-10-12

Barbell Bicep Curls (Alternate between close and normal grip): 4x-10-12

Choice of one other bicep exercise (typically Hammer Curls): 3x10-12

Legs (Quad/Ham/Calves):

Barbell Squats: 4x5-6

Leg Press (optional if already doing above squats): 3x8-10

Leg Extensions (circuit machine): 3x10-12

Hamstring Curls (circuit machine): 3x10-12

Standing Calf Raises (circuit machine): 5x10-12