

Push Pull Legs Workout Routine Part 1

Push Day (Chest, Shoulders and Triceps Workout)

1	Barbell Flat Bench Press:	4 sets	12,10, 8f and 8f (f referred to failure)
2	Seated Dumbbell Shoulder Press:	4 sets	12,10, 8f and 8f
3	Incline Dumbbell Flyes:	3 sets	15,12,10f
4	Parallel Bar Triceps Dips: (if you can easily able to do 6+ reps so you have to add weight belt to add more intensity)	3 sets	f, f, f
5	Dumbbell Side Lateral Raises: (the last one 10f+8f is a drop set of 10 fail reps follow by 8 fail reps)	3 sets	15, 12,10f+8f
6	Triceps Rope Pushdowns:	3 sets	15, 15, 12f

Pull Day (Back and Biceps Workout)

1	Bent Over Barbell Rows (curl grip):	4 sets	10, 8, 8, f reps
2	Wide Grips Pull-Ups: (if you can easily able to do 6+ reps so you have to add weight belt to add more intensity)	3 sets	f, f, f reps
3	V Bar Grip Lat Pulldowns:	4 sets	12,10,8,8f reps
3	T Bar Rows:	3 sets	12,10,8f reps
4	Face Pulls with Rope:	3 sets	15,15,12f reps
5	E-Z Standing Barbell Curl:	4 sets	12,12,10,8f reps
6	Hammer Curls:	3 sets	12,10,8f reps

Legs (Quads, Hamstrings, Gluts and Calves Workout)

1	Barbell Squats:	4 sets	12,10,8,8f reps
2	Leg Press:	4 sets	20,16,12,8f reps
3	Leg Extensions:	3 sets	15,15,12f reps
4	Seated Leg Curls:	4 sets	20,20,16,12f reps
5	Barbell Romanian Deadlifts:	3 sets	12,10,8f reps
6	Standing Calves Raises:	4 sets	25,25,20f,20f reps