

## Push Pull Legs Workout Routine Part 2

### Push Day (Chest, Shoulders and Triceps Workout)

1	Smith machine Incline Bench Press:	4 sets	12,10,10f,8f reps
2	Weighted Parallel Bar Chest Dips:	3 sets	f, f, f reps
3	Cable Cross Over:	3 Sets	15,12,10f
4	Overhead Smith Machine Barbell Press:	4 sets	12,10,8f,8f reps
5	Both Arm Cable 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 reps
6	Close-Grip Bench Press:	4 sets	20(with light weight), 12,10,8f reps
7	Triceps Kickbacks (with dumbbells):	3 sets	15,12,10f reps

### Pull Day (Back and Biceps Workout)

1	Conventional Deadlifts:	4 sets	12,10,8,6f reps
2	Weighted Pull-Ups: (try to do 5+ reps in each set)	4 sets	f, f, f, f reps
3	Barbell Bent Over Rows Chest Supported (over hand Grip): (for chest support you can use t bar machine or incline bench for better control)	3 sets	10, 10, 8f reps
4	Rear Dumbbell fly or Reverse Pec Dec Fly:	3 sets	15, 15,12f reps
5	Seated Alternative dumbbell Curl:	3 sets	12,10,8f reps
6	Dumbbell Preacher Curl or One Arm Cable Preacher Curl:	3 sets	15,12,10f reps

### Legs (Quads, Hamstrings, Gluts and Calves Workout)

1	Smith Machine Front Squats:	4 sets	12,10,8,6f reps
2	Bulgarian Split Squats:	3 sets	12,10,8f reps each leg
3	Leg Press (feet high and close):	3 sets	20,16,12f reps
4	Seated Leg Curls:	3 sets	20,16,12f, reps
5	Dumbbell Sumo Squats:	4 sets	15,12,10f,8f reps
6	Hip Thrust:	4 sets	15, 12, 10, 10f reps
7	Donkey Calves Raises:	4 sets	20f all reps