

Push Pull Legs Workout Routine Part 3

Push Day (Chest, Shoulders and Triceps Workout)

1	Flat Bench dumbbell Press superset with Pec Dec Fly:	3 sets	12,10, and 8f reps
2	Incline Dumbbell Hammer Press:	3 sets	12,10, and 8f reps
3	Decline Weighted Push Ups:	3 sets	10f, 10f, 10f reps
4	Dumbbell Side Lateral Raises superset with Front Plate Lateral:	3 sets	15, 12 and 10f reps
5	Overhead Smith Machine Barbell Super Press: super press means (one reps front press and one rep behind neck press)	3 sets	16 (8 front 8 back press) ,12, 10f reps
6	Triceps Straight Bar Pushdowns:	4 sets	15, 15, 12f reps
7	Bent Over Rope Extension superset with Dip Behind Hips:	3 sets	12,10,8f reps

Pull Day (Back and Biceps Workout)

1	Super Lat Pull Down Super Lat Pull Down means (one reps front and one rep behind neck Lat pull down)	4 sets	16, 14, 12, 10f reps
2	Close Grips Weighted Pull-Ups (if you can easily able to do 6+ reps so you have to add more weight for more intensity)	3 sets	F, F, F reps
3	Low Inclined Dumbbell Pullover	4 sets	12,10,8,8f reps
4	Bent over Rear Dumbbell Flies super set with reverse Pec Dec Flies	3 sets	12,10,8f reps
5	Smith machine Shrugs	3 sets	15,15,12f reps
6	Standing Cable Drag Curl superset with Reverse cable Curl	4 sets	12,12,10,8f reps
7	Dumbbells Concentration Curl	3 sets	12,10,8f reps

Legs (Quads, Hamstrings, Gluts and Calves Workout)

1	Barbells Walking Lunges total 100 reps (40,30,30) including both legs	3 sets	(40,30,30)
2	Hack Squats superset with Wall Sit	3 sets	12,10,8f reps
3	Toes Leg Press	4 sets	16,16,12,8f reps
4	Decline Dumbbell Leg Curls	3 sets	15,12,10f, reps
5	Sumo Deadlift superset with Duck Walk	4 sets	15,12,10f,8f reps
6	Laying abduction and adductor	3 sets	10 all f
7	Toes Walk	3 sets	50 feet
8	Standing Calves Raises	4 sets	25,25,20f,20f reps