

6-Day Push Pull Legs (PPL) Workout Routine pdf

Day 1: Push (Chest, Shoulders, Triceps)

1. Bench Press - 4 sets of 8-10 reps



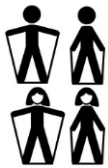
2. Overhead Press - 3 sets of 8-10 reps



3. Incline Dumbbell Flye – or cable fly: 3 sets of 10-12 reps



4. Lateral Raises - 3 sets of 12-15 reps



5. Tricep Dips - 4 sets of 10-12 reps



6. Skull Crushers - 3 sets of 10 reps



Day 2: Pull (Back, Biceps)

1. Pull-Ups - 4 sets of 6-8 reps



2. Barbell Rows - 3 sets of 8-10 reps



3. Seated Cable Rows - 3 sets of 10-12 reps



4. Face Pulls – or pull ups: 3 sets of 12-15 reps



5. Bicep Curls - 4 sets of 10-12 reps



6. Hammer Curls - 3 sets of 10 reps



Day 3: Legs (Quads, Hamstrings, Glutes)

1. Squats - 4 sets of 8-10 reps



2. Romanian Deadlifts - 3 sets of 8-10 reps



3. Leg Press - 3 sets of 10-12 reps



4. Bulgarian Split Squats - 3 sets of 12-15 reps per leg



5. Leg Extensions - 4 sets of 10-12 reps



6. Hamstring Curls - 3 sets of 10 reps



Day 4: Rest

Day 5: Push (Chest, Shoulders, Triceps)

1. Bench Press - 4 sets of 8-10 reps



2. Overhead Press - 3 sets of 8-10 reps



3. Decline Dumbbell Press - 3 sets of 10-12 reps



4. Front Raises - 3 sets of 12-15 reps



5. Close-Grip Bench Press - 4 sets of 10-12 reps



6. Tricep Kickbacks - 3 sets of 10 reps



Day 6: Pull (Back, Biceps)

1. Pull-Ups - 4 sets of 6-8 reps



2. Single-Arm Dumbbell Rows - 3 sets of 8-10 reps per arm



3. Lat Pulldowns - 3 sets of 10-12 reps



4. Cable Face Pulls – or upright row: 3 sets of 12-15 reps



5. Reverse Grip Barbell Curls - 4 sets of 10-12 reps



6. Concentration Curls - 3 sets of 10 reps

Day 7: Legs (Quads, Hamstrings, Glutes)

1. Squats - 4 sets of 8-10 reps



2. Stiff-Legged Deadlifts - 3 sets of 8-10 reps



3. Hack Squats - 3 sets of 10-12 reps



4. Lunges - 3 sets of 12-15 reps per leg



5. Seated Leg Curls - 4 sets of 10-12 reps



6. Calf Raises - 4 sets of 12-15 reps



This 6-day PPL workout routine provides a balanced approach to training your muscles and promoting overall strength and development. Remember to warm up before each workout, and cool down with stretching afterward. Additionally, ensure you're eating a balanced diet and getting adequate rest for optimal results. As always, consult a fitness professional before starting any new workout routine, especially if you have any underlying health conditions or concerns.