



Push-Pull-Legs Workout Planner

DAY	EXERCISES	NOTES
PUSH: CHEST, SHOULDERS, & TRICEPTS	BENCH PRESS: 3 SETS OF 8-10 REPS INCLINE DUMBBELL PRESS: 3 SETS OF 10-12 REPS OVERHEAD PRESS: 3 SETS OF 8-10 REPS LATERAL RAISES: 3 SETS OF 12-15 REPS TRICEPS PUSHDOWN: 3 SETS OF 12-15 REPS DUMBBELL SKULL-CRUSHERS: 3 SETS OF 10-12 REPS	
PULL: BACK, BICEPS, & FOREARMS	PULL-UPS: 3 SETS OF AS MANY REPS AS POSSIBLE BARBELL ROW: 3 SETS OF 8-10 REPS DUMBBELL ROW: 3 SETS OF 10-12 REPS FACE PULLS: 3 SETS OF 12-15 REPS BARBELL CURL: 3 SETS OF 10-12 REPS HAMMER CURL: 3 SETS OF 12-15 REPS	
LEGS: QUADS, HAMST- RINGS, & CALVES	SQUAT: 3 SETS OF 8-10 REPS ROMANIAN DEADLIFT: 3 SETS OF 10-12 REPS LEG PRESS: 3 SETS OF 12-15 REPS LEG CURL: 3 SETS OF 15-20 REPS CALF RAISE: 4 SETS OF 15-20 REPS	

