

6 DAY PUSH PULL LEGS WORKOUT ROUTINE PDF

Thank you for downloading our 6 Day Push Pull Legs Workout Routine PDF!

This program uses a 6-day split over 7 days.

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
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Day 1						
	LEGS	Warm up	Set 1	Set 2	Set 3	Set 4
LEGS 1	Warm-up with unloaded squats	50				
	Pendulum Machine or Sissy Squats		10-12	10-12	10-12	8-10
	Heel-To-Calf Split Squats	20	10-12	10-12	8-10	8-10
	Leg Extensions	30	15-20	12-15	10-12	
	Romanian Deadlift (RDL)	20	10-12	10-12	8-10	
	Leg Curls	20	10-12	10-12	8-10	
	Toe raises		20-30	20-30		
Day 2						
	PUSH	Warm up	Set 1	Set 2	Set 3	Set 4
CHEST 1	Decline DB Presses or Cable Chest Presses	30	15-20	12-15	10-12	8-10
	Dumbbell Presses, overhand flat bench	20	15-20	12-15	10-12	8-10
	Pec Deck	20	15-20	12-15	10-12	8-10
SHOULDERS 1	Side Lateral Raises, Cable or DB	20	15-20	12-15	12-15	10-12
	Rear Delt Cable or DB Flyes	20	15-20	12-15	12-15	10-12
TRICEPS	Triceps extensions	20	12-15	12-15	10-12	8-10
Day 3						
	PULL	Warm up	Set 1	Set 2	Set 3	Set 4
BACK 1	Lat Pull-Ins	20	15-20	12-15	10-12	10-12
	Chest-supported DB row		15-20	12-15	10-12	
	Back Extensions	20	15-20	12-15		
ARMS	Biceps Curls, single arm	20	15-20	12-15	12-15	
	Gironda Drag Curls	20	12-15	12-15	10-12	
ABS	Crunches	30 to 40	20	20	20	
	Sit Ups with a Twist		10 per side	10 per side		
	Side Bends	20 per side	15-20 per side	15-20 per side		

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Day 4						
	LEGS	Warm up	Set 1	Set 2	Set 3	Set 4
LEGS 2	Warm-up with unloaded squats	50				
	Squats, heel elevated	20	12-15	10-12	8-10	
	Walking Lunges	20-30	10-12	10-12	8-10	
	Hip Extensions		12-15	10-12	8-10	
	Hip Abductions		12-15	10-12	8-10	
	Hip Adductions	20	12-15	10-12		
	Hip Flexions (Knee raises)	25	15-20	15-20	15-20	
	Standing Calf raises					
Day 5						
	PUSH	Warm up	Set 1	Set 2	Set 3	Set 4
CHEST 2	Underhand Chest Press	20-25	15-20	12-15	10-12	10-12
	Single or Two-arm High-to-Low Cable Fly	20-25	15-20	12-15	10-12	10-12
	Thumbs Up Front Raises, Cable or DB		15-20	12-15	10-12	
SHOULDERS 2	Hammer Grip Shoulder Press	20	10-12	10-12	10-12	
TRICEPS	Triceps extensions	20	12-15	12-15	10-12	8-10
Day 6						
	PULL	Warm up	Set 1	Set 2	Set 3	Set 4
BACK 2	Lat Pull-Downs	20	15-20	12-15	10-12	10-12
	Motorcycle Rows	20	15-20	12-15	10-12	10-12
	Chest Supported DB rows	20	15-20	12-15	10-12	
TRAPS	Shrugs	20	15-20	12-15	12-15	10-12
	Scapula Shrugs	20	15-20	12-15	10-12	
	DB "Y" Raises (or Plate Raises)	20	12-15	10-12	10-12	
BICEPS	Hammer Curls	30	15-20	12-15	12-15	10-12
ABS	Crunches	30-40	20	20	20	
	Sit Ups with a Twist		10 per side	10 per side		
	Side Bends	20 per side	15-20 per side	15-20 per side		
Day 7						
REST						