

# 3 DAY PUSH PULL LEGS WORKOUT ROUTINE PDF

## Thank you for downloading our 3 Day Push Pull Legs Workout Routine PDF!

The provided schedule is a guide. Don't feel obligated to do Push, then Pull, then Legs. Legs, Push, Pull is a legit way to go about it. Or Push, Legs, Pull. **Just pay attention to your rest days in between.**

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  
ThisIsWhyImFit.com

DAY 1 (PUSH)				
CHEST, ANTERIOR SHOULDERS, TRICEPS	Set 1	Set 2	Set 3	Set 4
Dumbbell Bench Press	15-20	10-12	8-10	8-10
Underhand Dumbbell Press	15-20	10-12	8-10	8-10
High Incline Dumbbell Shoulder Press or Smith Machine	15-20	10-12	8-10	8-10
Lateral Raises, Cable or Dumbbell	15-20	10-12	8-10	8-10
Cable Triceps Extensions	15-20	10-12	8-10	8-10
Day 2				
REST				
DAY 3 (PULL)				
BACK (LATS, TRAPEZIUS, POSTERIOR SHOULDERS) & BICEPS	Set 1	Set 2	Set 3	Set 4
Dumbbell Hammer Curls or Palms-up Curls	15-20	10-12	8-10	8-10
Lat Pull-ins (seated 45 degrees pulling high to low)	15-20	10-12	8-10	8-10
Pull-ups or Lat Pulldowns	10-12	10-12	10-12	
Cable Rows	10-12	10-12	10-12	
Cable Reverse Flys, Reverse Fly machine, Or Incline Reverse Dumbbell Flys	15-20	10-12	8-10	8-10
Day 4				
REST				
DAY 5 (LEGS)				
QUADS, HAMS, LOWER LEGS, GLUTES (AND SOME LOWER BACK STUFF)	Set 1	Set 2	Set 3	Set 4
Dumbbell Goblet Squats Or VMO Heel Elevated Dumbbell squats	15-20	10-12	8-10	8-10
Dumbbell Lunges, Walking	16-20	16-20	16-20	
Leg Extensions	15-20	10-12	8-10	
Romanian Deadlifts with Dumbbells	15-20	10-12	8-10	8-10
Leg Curls	15-20	10-15	10-12	8-10
Standing Calf Raises with Dumbbells	15-20	15-20	15-20	
Tibialis Anterior Raises	20	20	20	
Day 6				
REST				
Day 7				
REST				