

PLANET FITNESS WORKOUT PLAN PDF

Thank you for downloading our Planet Fitness Workout Plan PDF!

Our Planet Fitness Workout Plan is a versatile regimen that uses a PPL (Push, Pull, Legs) format, offering a balanced and comprehensive approach to fitness. It's customizable to fit your schedule, with options for a 3-day or 6-day split, making fitness both fun and adaptable to your lifestyle.

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

"A" Exercises						
	EXERCISE	Equipment Options	Set 1	Set 2	Set 3	Set 4
PUSH DAY A	Chest Press	- Chest Press Machine - Smith Machine (Flat)	15-20	10-12	8-10	8-10
	Close Grip Chest Press	Smith Machine (Flat)	15-20	10-12	8-10	8-10
	Neutral or Underhand Press	- Cable Machine - Dumbbells	15-20	10-12	8-10	8-10
	Cable Crossover Standing Decline Cable Press (Bilateral or Single Side, kneeling)	Cable Machine	15-20	10-12	8-10	8-10
	Front Raises	- Dumbbells - Cable Machine (single-side)	15-20	10-12	8-10	8-10
	Cable Triceps Extensions (Attachment of Choice)	EZ Curl, V-bar, Rope, or Stirrup Handles	15-20	10-12	8-10	8-10
	EXERCISE	Equipment Options	Set 1	Set 2	Set 3	Set 4
PULL DAY A	Dumbbell Hammer Curls or Palms-up Curls	- Dumbbells - Cable Machine (Rope or Handle)	15-20	10-12	8-10	8-10
	Lat Pulldowns	- Cable Machine - Lat Pulldown Machine	15-20	10-12	8-10	
	Seated Row	- Dumbbells - Seated Cable Row Machine - Chest-Supported Seated Row Machine	15-20	10-12	8-10	
	Cable Rows, Single Side or Bilateral	Seated Row Machine	10-12	10-12	10-12	
	"Y" Raises, or Lu Raises	- Dumbbells - Seated Row Machine (lying supine)	15-20	10-12	10-12	
	Shrugs	- Dumbbells - Smith Machine	15-20	10-12	10-12	
	Chest Supported Prone Reverse DB Flyes	Dumbbells	15-20	10-12	8-10	8-10
	EXERCISE	Equipment Options	Set 1	Set 2	Set 3	Set 4
LEG DAY A	Heel Elevated Squats	- Dumbbells - Smith Machine**	15-20	10-12	8-10	8-10
	Leg Extensions	Leg Extension Machine	15-20	10-12	8-10	
	Dumbbell Romanian Deadlifts (RDLs), Or Single-Leg B-Stance RDLs	Dumbbells	15-20	10-12	8-10	8-10
	Hip Extensions	- Cable Machine (with ankle cuff) - Kick-Back Machine	15-20	10-12	8-10	8-10
	Seated Leg Curls	Seated Leg Curl Machine	15-20	10-15	10-12	8-10
	Calf Raises	- Dumbbells from a Step - Leg Press - Calf Press Machine	15-20	15-20	15-20	
	Tibialis Anterior Raises	Bodyweight	20	20	20	

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"B" Exercises						
	EXERCISE	Equipment Options	Set 1	Set 2	Set 3	Set 4
PUSH DAY B	Low Incline Chest Press	- Dumbbells - Incline Chest Press Machine - Smith Machine (adjust bench to Setting 3 or 4)	15-20	10-12	8-10	8-10
	High Incline Chest Press	- Dumbbells - High Incline Press Machine - Smith Machine (Adjustable Bench Setting 5 or 6)	15-20	10-12	8-10	8-10
	High-Low Cable Flyes (Single-Side)	Cable Machine	15-20	10-12	8-10	8-10
	Lateral Raises	- Cable Machine - Dumbbell - Shoulder Fly Machine	15-20	10-12	8-10	8-10
	Cable Triceps Extensions	EZ Curl, V-bar, Rope, or Stirrup Handles	15-20	10-12	8-10	8-10
	EXERCISE	Equipment Options	Set 1	Set 2	Set 3	Set 4
PULL DAY B	Biceps Curls	- Bicep Curl Machine - Cable Machine (single-side) - Fixed Weight Barbell (straight or EZ Curl)	15-20	10-12	8-10	8-10
	Pull-ups with BW or Machine-assisted	- Bodyweight - Assisted Pull-Up Machine	10-12	10-12	8-10	8-10
	Motorcycle Rows	Cable Machine (EZ Curl or Straight Bar)	10-12	10-12	10-12	11-12
	BB Plate Raises	Barbell Plate	15-20	10-12	10-12	
	Reverse Flyes	- Reverse Fly Machine - Dumbbells lying prone on incline bench	15-20	10-12	8-10	8-10
	EXERCISE	Equipment Options	Set 1	Set 2	Set 3	Set 4
LEG DAY B	Sissy Squats (Cable Sissies Optional)	- Bodyweight - Holding weight plate - Cable Machine with EZCurl Attachment	15-20	10-12	8-10	8-10
	Leg Extensions	Leg Extension Machine	15-20	10-12	8-10	
	Hip Abductions	- Cable Machine w/ Ankle Cuff - Hip Abduction Machine	15-20	10-12	8-10	8-10
	Seated Leg Curls	Seated Leg Curl Machine	15-20	10-15	10-12	8-10
	Calf Raises	- Dumbbells from a Step - Leg Press - Calf Press Machine	15-20	15-20	15-20	
	Tibialis Anterior Raises	Bodyweight	20	20	20	

NOTES:

- **If you really want to get serious about building quads, do Sissy Squats instead. Start with bodyweight, then advance to holding a barbell plate or wearing a weighted vest.
- Subtract 10 lbs (3kg) from total weight of Smith Machine to account for the support provided by its carriage. Some carriage weights differ. Check the machine label.
- Add cardio work as-tolerated. Suggest alternating between walking backwards on treadmill on very low speed setting, and forward on an incline at higher speed settings.