



5 DAY PUSH PULL LEGS WORKOUT ROUTINE PDF

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	Exercise	Muscles	Equipment Options	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day 1	Chest Press	Pecs, Anterior Delts, Triceps	Dumbbells, Chest Press Machine, or Cable Machine	15-20	10-12	8-10	8-10
	High Incline Chest Press	Anterior Delts, Pecs, Triceps	Dumbbells, or Smith Machine	15-20	10-12	8-10	8-10
	Decline Chest Press	Pecs	Cable Machine, Decline Chest Press Machine	15-20	10-12	8-10	8-10
	Front Raises, supported, Face forward on high incline bench	Anterior Delts, Serratus Anterior	Dumbbells, Adjustable Bench	15-20	10-12	8-10	8-10
	Triceps Extensions	Triceps	Cable Machine, Dumbbells, Flat Bench	15-20	10-12	8-10	8-10
Day 2: Pull Day 1	Hammer Curls or Palms-up Curls	Biceps, Brachialis, Brachioradialis	Dumbbells, or Cable Machine	15-20	10-12	8-10	8-10
	Pulldowns (or Pullups)	Lats, Teres Major, Mid and Lower Traps	Cable Machine, Pulldown Machine, Supported Pullup Machine	15-20	10-12	8-10	8-10
	Low Row	Lats, Mid and Lower Traps, Posterior Delts	Low Row Machine, or Seated Cable Row Machine	15-20	10-12	8-10	8-10
	Rear Deltoid Flyes	Posterior Delts, Middle Traps	Cable Machine, Dumbbells, or Seated Fly Machine	15-20	10-12	10-12	10-12
	Chest Supported Dumbbell Rows	Lats, Mid and Lower Traps, Posterior Delts	Dumbbells and Incline Bench	15-20	10-12	8-10	8-10
Day3: Leg Day 1	Hack or Pendulum Squats	Quads, Glutes, Adductors	Hack Squat or Pendulum Squat Machine	15-20	10-12	8-10	8-10
	Leg Extensions	Quads	Leg Extension Machine	15-20	10-12	8-10	8-10
	Hip Adductions	Hip Adductors	Hip Adduction Machine	15-20	10-12	8-10	8-10
	Romanian Deadlifts (RDLs), or Single-Leg B-Stance RDLs	Glutes, Hamstrings, Adductors, Spinus Erectors	Dumbbells, Hex Bar or Barbell, Smith Machine	15-20	10-12	8-10	8-10
	Leg Curls, Seated (preferred) or Prone	Hamstrings	Leg Curl Machine	15-20	10-12	8-10	8-10
	Calf Raises	Gastrocnemius, Soleus	Calf Raise Machine, or Dumbbells from a Step	15-20	15-20	15-20	15-20
Day 4	REST						

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Day 5: Hybrid Push-Pull	DB Pullovers	Pecs (Sterno-costal division), Lats	Single Dumbbell	15-20	10-12	8-10	8-10
	Low to High Flyes, Palms Up	Pecs (Clavicular division), Anterior Delts	Cable Machine, or Dumbbells	15-20	10-12	8-10	8-10
	Lateral Raises. If DB, face forward on high incline bench, arms slightly to the front (scaption, 15-20 degrees)	Middle Delts	Dumbbells, Side Lateral machine, or Cable Machine	15-20	10-12	8-10	8-10
	Triceps Extensions	Triceps	Cable Machine, Dumbbells, Flat Bench	15-20	12-15	12-15	10-12
	Biceps Curls	Biceps, Brachialis, Brachioradialis	Barbell, Cable Machine, or Dumbbells, Standing or Seated on Bench	15-20	10-12	8-10	8-10
	Dumbbell Rows, Supported, Face forward on incline bench	Posterior Delts Lats, Mid and Lower Traps	Dumbbells, Adjustable Bench	10-12	10-12	8-10	8-10
	Dumbbell "I" or "Y" Raises, Supported, Face forward on high incline bench	Mid and Lower Traps, Rhomboids, Posterior Delts, Upper Traps	Barbell Plate, or Dumbbells	15-20	10-12	10-12	10-12
	Face Pulls	Posterior Delts, Upper Traps	Cable Machine	15-20	10-12	10-12	10-12
	Day 6: Leg Day 1	Bulgarian (RFE) Split Squats	Quads, Glutes, Hamstrings	Dumbbells	15-20	10-12	8-10
Tibialis Anterior Raises		Tibialis Anterior	Bodyweight	20	20	20	
Leg Extensions		Quads	Leg Extension Machine	15-20	10-12	8-10	8-10
45 Degree Hyperextensions, or Cable Hip Extensions		Glutes (Glute max focus)	Hyperextension Bench, or Cable Machine	15-20	10-12	8-10	8-10
Leg Curls, Seated (preferred) or Prone		Hamstrings	Leg Curl Machine	15-20	10-15	10-12	8-10
Hip Abductions		Glute medius	Cable Machine	15-20	15-20	15-20	15-20
Calf Raises		Gastrocnemius, Soleus	Calf Raise Machine, or Dumbbells from a Step	15-20	15-20	15-20	15-20
LISS**		Cardio-pulmonary system	Treadmill or Exercise Bike	45 min LISS			
Day 7	REST						

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Application Notes:

- Warm up with a few light sets of the exercise you'll be doing before performing your working sets. Doing 30 to 50 reps of ultra-light resistance for warm-up isn't unreasonable.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Go by feel. Don't watch the clock.
- Three minutes of rest time for your "working sets".
- Progressive overload always applies. Once the suggested rep range becomes easy, increase the resistance.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Select the equipment that allows you to get maximal load on the muscle. This does *not* mean "hardest". Pick the equipment that allows you to apply the most intense effort using good stable form.

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Disclaimer: The information provided in this 5-day push-pull-leg workout routine is for general informational and educational purposes only and is not a substitute for professional advice or treatment. This workout plan is designed to offer a structured approach to strength training, but it may not be suitable for everyone. Individual fitness levels, health conditions, and physical capabilities vary. If you have any health concerns, medical conditions, or are new to exercise, please consult with a healthcare or fitness professional before starting this or any exercise program. Always listen to your body and adjust the exercises according to your own abilities. If you experience any pain, discomfort, or adverse reactions during the workout, stop immediately and seek medical attention if necessary. Safety and adherence to your own limits should be your primary concern when engaging in any physical activity.