

6-DAY PPL SPLIT WORKOUT

1-DAY: Push

EXERCISE 1 BENCH PRESS

Equipment: Barbell, Bench, Full Gym



4
SETS

12, 10, 8, 6
REPS

45-60"
REST

EXERCISE 2 INCLINE BARBELL BENCH PRESS

Equipment: Barbell, Bench, Full Gym



4
SETS

10, 10, 8, 6
REPS

45-60"
REST

EXERCISE 3 PEC DECK FLY

Equipment: Full Gym, Machine



5
SETS

12, 10, 10, 8 - 12
REPS

45-60"
REST

EXERCISE 4 BARBELL MILITARY PRESS (OVERHEAD PRESS)

Equipment: Barbell, Full Gym



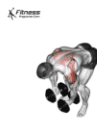
4
SETS

10, 10, 8, 8
REPS

45-60"
REST

EXERCISE 5 BENT OVER LATERAL RAISE

Equipment: Dumbbells, Full Gym



4
SETS

10, 10, 10, 10
REPS

45-60"
REST

EXERCISE 6 DUMBBELL FRONT RAISE

Equipment: Dumbbells, Full Gym



3
SETS

12, 12, 12
REPS

45-60"
REST

EXERCISE 7 PUSH-DOWN

Equipment: Cable, Full Gym



3
SETS

12, 12, 12
REPS

45-60"
REST

EXERCISE 8 CABLE TRICEP KICKBACK

Equipment: Cable, Full Gym



3
SETS

12, 12, 12
REPS

45-60"
REST

6-DAY PPL SPLIT WORKOUT

2-DAY: Pull

EXERCISE 1

PULL-UP

Equipment: Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 2

BARBELL BENT OVER ROW

Equipment: Barbell, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 3

CLOSE GRIP CABLE ROW

Equipment: Cable, Full Gym



4
SETS

10, 10, 10, 10
REPS

45-60"
REST

EXERCISE 4

BARBELL UPRIGHT ROW

Equipment: Barbell, Full Gym



4
SETS

10, 10, 10, 10
REPS

45-60"
REST

EXERCISE 5

BARBELL CURL

Equipment: Barbell, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 6

SEATED INCLINE DUMBBELL CURL

Equipment: Dumbbells, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 7

CONCENTRATION CURL

Equipment: Dumbbells, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 8

WRIST CURL

Equipment: Barbell, Dumbbells, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

6-DAY PPL SPLIT WORKOUT

3-DAY: Leg

EXERCISE 1 SQUAT

Equipment: Barbell, Full Gym



4
SETS

10,10,10,10
REPS

45-60"
REST

EXERCISE 2 ROMANIAN DEADLIFT

Equipment: Barbell, Full Gym



3
SETS

10,10,10
REPS

45-60"
REST

EXERCISE 3 DUMBBELL BULGARIAN SPLIT SQUAT

Equipment: Bench, Dumbbells, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 4 LEG CURL

Equipment: Full Gym, Machine



4
SETS

10,10,10,10
REPS

45-60"
REST

EXERCISE 5 BARBELL HIP THRUSTS

Equipment: Barbell, Full Gym



4
SETS

10,10,10,10
REPS

45-60"
REST

EXERCISE 6 CALF RAISE

Equipment: Dumbbells, Full Gym



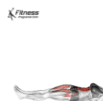
4
SETS

12, 12, 12, 12
REPS

45-60"
REST

EXERCISE 7 LEG RAISE

Equipment: Full Gym, NO EQUIPMENT



3
SETS

15, 15, 15
REPS

45-60"
REST

EXERCISE 8 DECLINE SIT-UP

Equipment: Bench, Full Gym



3
SETS

15, 15, 15
REPS

30"
REST

6-DAY PPL SPLIT WORKOUT

4-DAY: Push

EXERCISE 1 BENCH PRESS

Equipment: Barbell, Bench, Full Gym



4
SETS

12, 10, 8, 6
REPS

45-60"
REST

EXERCISE 2 INCLINE BARBELL BENCH PRESS

Equipment: Barbell, Bench, Full Gym



4
SETS

10, 10, 8, 6
REPS

45-60"
REST

EXERCISE 3 PEC DECK FLY

Equipment: Full Gym, Machine



5
SETS

12, 10, 10, 8 - 12
REPS

45-60"
REST

EXERCISE 4 BARBELL MILITARY PRESS (OVERHEAD PRESS)

Equipment: Barbell, Full Gym



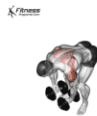
4
SETS

10, 10, 8, 8
REPS

45-60"
REST

EXERCISE 5 BENT OVER LATERAL RAISE

Equipment: Dumbbells, Full Gym



4
SETS

10, 10, 10, 10
REPS

45-60"
REST

EXERCISE 6 DUMBBELL FRONT RAISE

Equipment: Dumbbells, Full Gym



3
SETS

12, 12, 12
REPS

45-60"
REST

EXERCISE 7 PUSH-DOWN

Equipment: Cable, Full Gym



3
SETS

12, 12, 12
REPS

45-60"
REST

EXERCISE 8 CABLE TRICEP KICKBACK

Equipment: Cable, Full Gym



3
SETS

12, 12, 12
REPS

45-60"
REST

6-DAY PPL SPLIT WORKOUT

5-DAY: Pull

EXERCISE 1

PULL-UP

Equipment: Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 2

BARBELL BENT OVER ROW

Equipment: Barbell, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 3

SEATED CABLE ROW

Equipment: Cable, Full Gym



3
SETS

12, 12, 12
REPS

45-60"
REST

EXERCISE 4

FACE PULL

Equipment: Cable, Full Gym



4
SETS

10,10,10,10
REPS

45-60"
REST

EXERCISE 5

Z-BAR PREACHER CURL

Equipment: Barbell, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 6

SEATED INCLINE DUMBBELL CURL

Equipment: Dumbbells, Full Gym



3
SETS

10,10,10
REPS

45-60"
REST

EXERCISE 7

CONCENTRATION CURL

Equipment: Dumbbells, Full Gym



3
SETS

10,10,10
REPS

45-60"
REST

EXERCISE 8

WRIST CURL

Equipment: Barbell, Dumbbells, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

6-DAY PPL SPLIT WORKOUT

6-DAY: Leg

EXERCISE 1 SQUAT

Equipment: Barbell, Full Gym



4
SETS

10,10,10,10
REPS

45-60"
REST

EXERCISE 2 ROMANIAN DEADLIFT

Equipment: Barbell, Full Gym



3
SETS

10,10,10
REPS

45-60"
REST

EXERCISE 3 DUMBBELL BULGARIAN SPLIT SQUAT

Equipment: Bench, Dumbbells, Full Gym



3
SETS

10, 10, 10
REPS

45-60"
REST

EXERCISE 4 LEG CURL

Equipment: Full Gym, Machine



4
SETS

10,10,10,10
REPS

45-60"
REST

EXERCISE 5 BARBELL HIP THRUSTS

Equipment: Barbell, Full Gym



4
SETS

10,10,10,10
REPS

45-60"
REST

EXERCISE 6 CALF RAISE

Equipment: Dumbbells, Full Gym



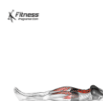
4
SETS

12, 12, 12, 12
REPS

45-60"
REST

EXERCISE 7 LEG RAISE

Equipment: Full Gym, NO EQUIPMENT



3
SETS

15, 15, 15
REPS

45-60"
REST

EXERCISE 8 DECLINE SIT-UP

Equipment: Bench, Full Gym



3
SETS

15, 15, 15
REPS

30"
REST