

THE ULTIMATE PPL WORKOUT SPLIT

A time-tested method for building muscle and strength, broken down into a simple, effective plan.



PUSH

Upper body muscles used to push weight away from you.

Muscles: Chest, Shoulders, Triceps



PULL

Upper body muscles used to pull weight towards you.

Muscles: Back, Biceps



LEGS

Entire lower body workout for a strong foundation.

Muscles: Quads, Hamstrings, Glutes, Calves



WHY PPL IS SO EFFECTIVE

High Training Frequency

Allows you to train each muscle group twice a week in a 6-day split, which is optimal for muscle growth (hypertrophy).

Optimal Recovery

Separating muscle groups gives them ample time to recover, allowing you to train with greater intensity each session.



SAMPLE PPL PROGRAM

Push Day

- Bench Press
3 Sets / 6-8 Reps
- Overhead Press
3 Sets / 8-10 Reps
- Incline Dumbbell Press
3 Sets / 10-12 Reps
- Tricep Pushdown
3 Sets / 10-12 Reps

Pull Day

- Deadlifts or Barbell Rows
3 Sets / 5-8 Reps
- Pull-Ups or Lat Pulldowns
3 Sets / 8-10 Reps
- Seated Cable Rows
3 Sets / 10-12 Reps
- Dumbbell or Barbell Curls
3 Sets / 10-12 Reps

Legs Day

- Barbell Squats
3 Sets / 6-8 Reps
- Romanian Deadlifts
3 Sets / 8-10 Reps
- Leg Press or Lunges
3 Sets / 10-12 Reps
- Calf Raises
4 Sets / 15-20 Reps



SCHEDULE

3-Day Split (Beginner)

Perform each workout once a week with rest days in between. Ex: Mon (Push), Wed (Pull), Fri (Legs).

6-Day Split (Advanced)

Run through the cycle twice per week. Ex: P-P-L-P-P-L-Rest.



PPL AT HOME

Yes! A PPL routine is entirely possible at home. Use dumbbells, resistance bands, and bodyweight exercises.

For example, swap Bench Press for Dumbbell Press or Push-ups, and Lat Pulldowns for Banded Pull-aparts or Dumbbell Rows.