



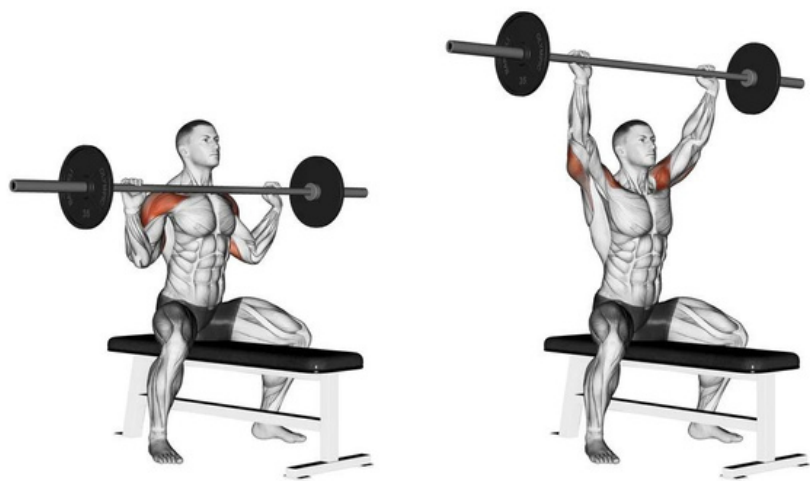
# PUSH-PULL-LEG WORKOUT

[WWW.FITNESSANDWELLNESSCORNER.COM](http://WWW.FITNESSANDWELLNESSCORNER.COM)

# PUSH DAY



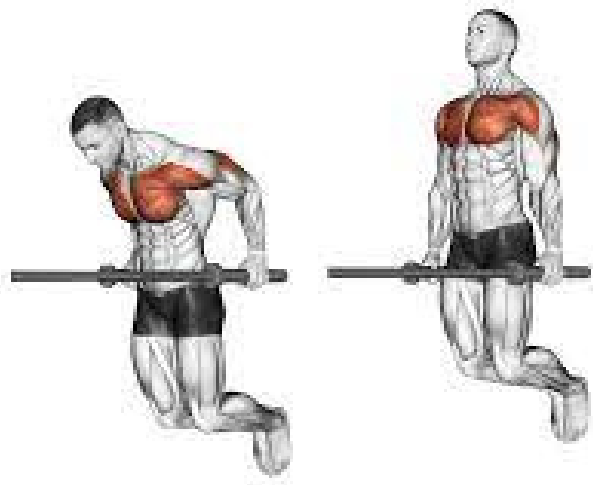
**BENCH PRESS:** 4 SETS OF 5-7 REPS



**OVERHEAD PRESS:** 3 SETS OF 6-8 REPS

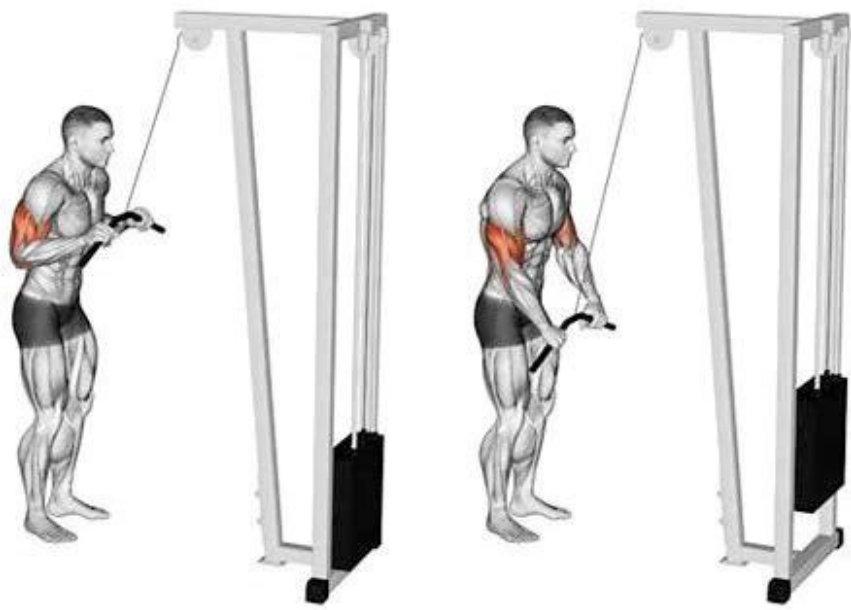


**INCLINE DUMBBELL  
PRESS:** 3 SETS OF 8-10 REPS



**DIPS:**

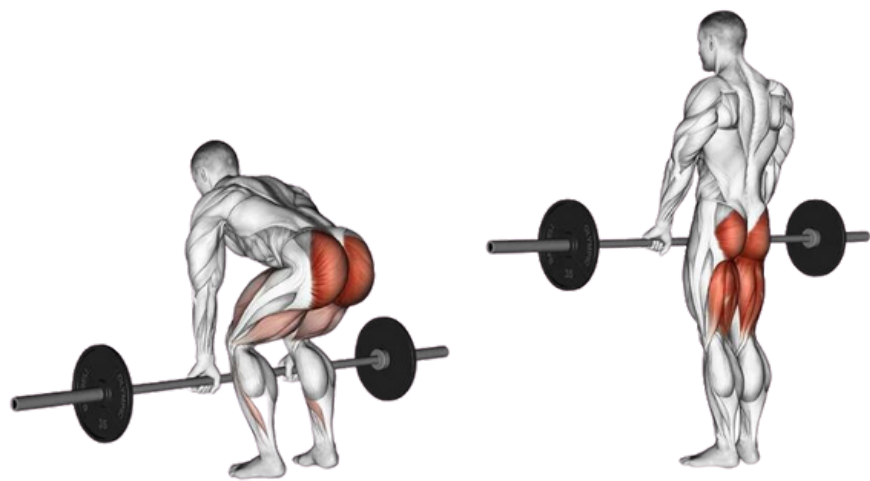
3 SETS OF 8-10 REPS



**TRICEP PUSHDOWN:**

3 SETS OF 10-12 REPS

# PULL DAY

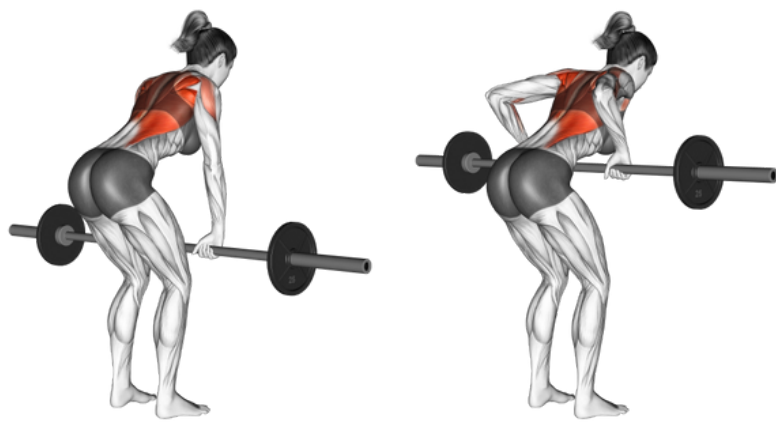


**DEADLIFT:**

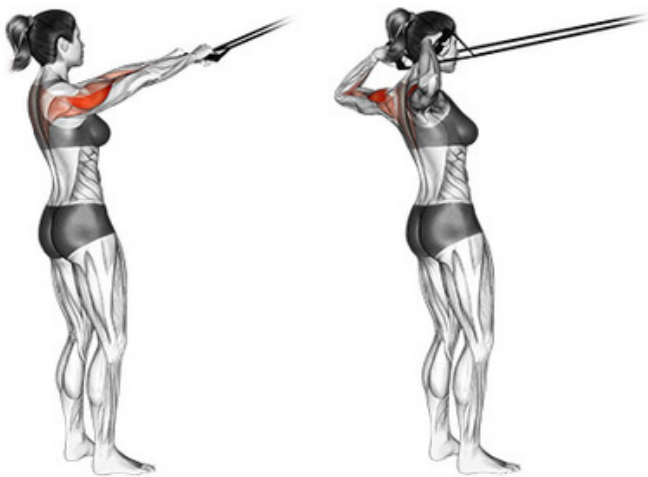
4 SETS OF 6-10 REPS



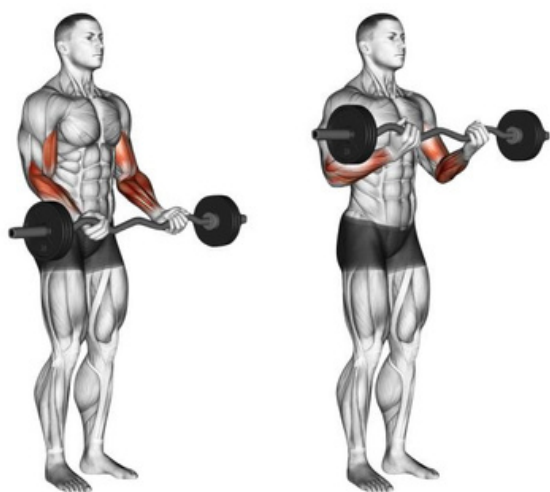
**PULL-UPS:** 3 SETS TO FAILURE



**BENT-OVER ROWS:** 3 SETS OF 6-8 REPS



**FACE PULLS:** 3 SETS OF 10-12 REPS



**BICEP CURLS:** 3 SETS OF 8-10 REPS

# LEG DAY



**SQUATS:**

4 SETS OF 5-7 REPS



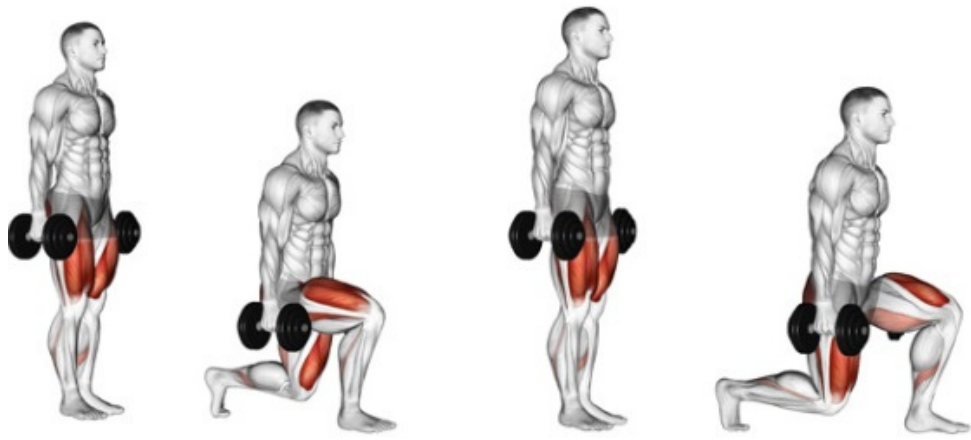
**ROMANIAN DEADLIFTS:**

3 SETS OF 6-8 REPS

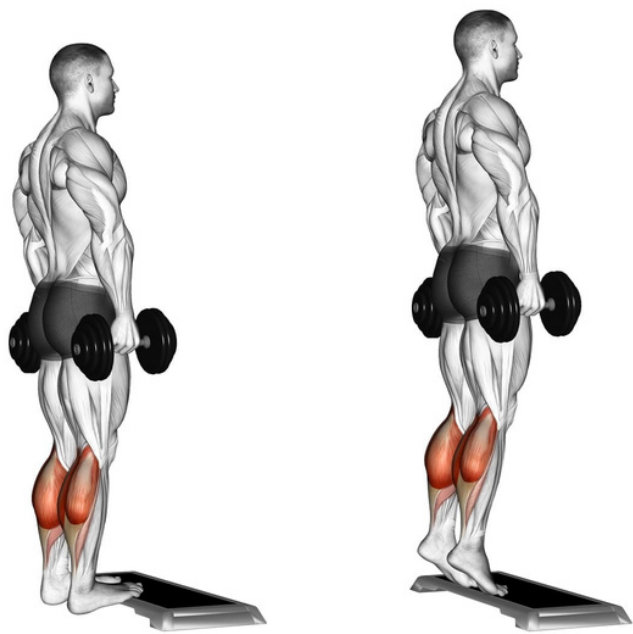


**LEG PRESS:**

3 SETS OF 8-10 REPS



**LUNGES:** 3 SETS PER LEG OF 10-12 REPS



**CALF RAISES:** 4 SETS OF 12-15 REPS

**ADDITIONAL GUIDELINES:**

- **PERFORM THIS ADVANCED PPL WORKOUT ROUTINE 4-5 TIMES PER WEEK, WITH A REST DAY OR TWO AS NEEDED.**
- **WARM UP BEFORE EACH SESSION TO PREVENT INJURIES AND IMPROVE PERFORMANCE.**
- **PROGRESSIVELY INCREASE THE WEIGHT LIFTED OR THE INTENSITY OF THE EXERCISES OVER TIME TO ENSURE CONTINUOUS IMPROVEMENT.**
- **PAY ATTENTION TO PROPER FORM AND TECHNIQUE TO AVOID INJURY.**
- **INCORPORATE STRETCHING AND MOBILITY WORK ON REST DAYS TO MAINTAIN FLEXIBILITY.**