

4-Week Push-Pull-Legs Workout Routine for Beginner

Program Overview:

This **4-Week Push-Pull-Legs Workout Routine for Beginners** is created for people who have already completed the basic beginner stage and want to train with a slightly higher workout volume.

In this routine, different muscle groups are trained on separate days so that each muscle gets proper focus and enough time to recover.

The goal of this routine is steady progress, proper recovery, and long-term fitness results without overtraining or burnout.

Weekly Training Schedule (Beginner-Friendly PPL Split)

Days	Workout Split
Monday	Push Workout (Chest, Shoulders, Triceps)
Tuesday	Rest or Light Cardio / Mobility
Wednesday	Pull Workout (Back, Biceps, Rear Delts)
Thursday	Rest
Friday	Legs Workout (Quads, Hamstrings, Glutes, Calves)
Saturday	Optional Active Recovery
Sunday	Rest

DAY 1 – PUSH WORKOUT (CHEST, SHOULDER, TRICEPS)

Exercise	Set	Reps	Rest
Barbell Bench Press	3	10-12	60 Secs
Machine Chest Press	3	10-12	60 Secs
DB Shoulder Press	3	10-12	60 Secs
DB Lateral Raise	3	12-15	60 Secs
Cable Triceps Push Down	3	12-15	60 Secs
Bench Dips or Assisted Bar Dips	3	10-12	60 Secs

DAY 2 – PULL WORKOUT (BACK AND BICEPS)

Exercise	Set	Reps	Rest
Pull Ups	3	10,10,10	60 Secs
Lat Pulldown (Wide or Neutral Grip)	3	10-12	60 Secs
Seated Cable Row	3	12-15	60 Secs
Chest-Supported Machine Row	3	10-12	60 Secs
Face Pull (Cable)	3	12-15	60 Secs
Dumbbell Biceps Curl	3	12-15	60 Secs
Dumbbell Hammer Curl	3	12-15	60 Secs

DAY 3 – LEGS (QUADS, HAMS, AND CALVES)

Exercise	Set	Reps	Rest
Body weight Squat	3	10,10,10	60 Secs
Leg Press	3	10-12	60 Secs
Seated Leg Ext.	3	10-12	60 Secs
Seated Leg Curl	3	10-12	60 Secs
Walking Lunges (Dumbbells)	2-3	10-12	60 Secs
Standing Calf Raise Machine	3	15-20	60 Secs
Cable Crunch or Ab Machine	3	15-20	60 Secs

WEEK 2

DAY 1 – PUSH WORKOUT (CHEST, SHOULDER, TRICEPS)

Exercise	Set	Reps	Rest
Barbell Bench Press	3	10-12	60 Secs
Incline Bench Press	3	10-12	60 Secs
DB Shoulder Press	3	10-12	60 Secs
DB Lateral Raise	3	12-15	60 Secs
Cable Triceps Push Down	3	12-15	60 Secs
DB Overhead Triceps Extension	3	10-12	60 Secs

DAY 2 – PULL WORKOUT (BACK AND BICEPS)

Exercise	Set	Reps	Rest
Pull Ups	3	10,10,10	60 Secs
Lat Pulldown (Wide or Neutral Grip)	3	10-12	60 Secs
Seated Cable Row	3	12-15	60 Secs
Chest-Supported Machine Row	3	10-12	60 Secs
Face Pull (Cable)	3	12-15	60 Secs
Dumbbell Biceps Curl	3	12-15	60 Secs
Dumbbell Hammer Curl	3	12-15	60 Secs

DAY 3 – LEGS (QUADS, HAMS, AND CALVES)

Exercise	Set	Reps	Rest
Body weight Squat	3	10-12	60 Secs
Barbell Romanian Deadlift	3	10-12	60 Secs
Leg Press	3	10-12	60 Secs
Lying or Seated Leg Curl	3	10-12	60 Secs
Standing Calf Raise Machine	3	15-20	60 Secs
Hanging Knee Raise	3	15-20	60 Secs

WEEK 3

DAY 1 – PUSH WORKOUT (CHEST, SHOULDER, TRICEPS)

Exercise	Set	Reps	Rest
Barbell Bench Press	3-4	8-10	60 Secs
Incline DB Bench Press	3	10-12	60 Secs
DB Shoulder Press	3	10-12	60 Secs
DB Lateral Raise	3	12-15	60 Secs
Cable Triceps Push Down	3	12-15	60 Secs
DB Overhead Triceps Extension	3	10-12	60 Secs

DAY 2 – PULL WORKOUT (BACK AND BICEPS)

Exercise	Set	Reps	Rest
Pull Ups	3	10-12	60 Secs
Lat Pulldown (Wide or Neutral Grip)	4	8-10	60 Secs
Barbell Bent Over Row	3	8-10	60 Secs
One-Arm Dumbbell Row	3	10-12	60 Secs
Face Pull (Cable)	3	12-15	60 Secs
EZ-Bar Biceps Curl	3	10-12	60 Secs
Dumbbell Hammer Curl	3	12-15	60 Secs

DAY 3 – LEGS (QUADS, HAMS, AND CALVES)

Exercise	Set	Reps	Rest
Body weight Squat	3	12-15	60 Secs
Barbell Back Squat	4	8-10	60 Secs
Hack Squat	3	10-12	60 Secs
Lying or Seated Leg Curl	3	10-12	60 Secs
Standing Calf Raise Machine	3	15-20	60 Secs
Knee Tuck	3	15-20	60 Secs

WEEK 4

DAY 1 – PUSH WORKOUT (CHEST, SHOULDER, TRICEPS)

Exercise	Set	Reps	Rest
Barbell Bench Press	4	8-10	60 Secs
Incline DB Bench Press	3	10-12	60 Secs
DB Shoulder Press	3	10-12	60 Secs
DB Lateral Raise	3	12-15	60 Secs
Cable Triceps Push Down	3	12-15	60 Secs
DB Overhead Triceps Extension	3	10-12	60 Secs

DAY 2 – PULL WORKOUT (BACK AND BICEPS)

Exercise	Set	Reps	Rest
Pull Ups	3	10-12	60 Secs
Lat Pulldown (Wide or Neutral Grip)	4	8-10	60 Secs
Barbell Bent Over Row	3	8-10	60 Secs
One-Arm Dumbbell Row	3	10-12	60 Secs
Face Pull (Cable)	3	12-15	60 Secs
EZ-Bar Biceps Curl	3	10-12	60 Secs
Dumbbell Hammer Curl	3	12-15	60 Secs

DAY 3 – LEGS (QUADS, HAMS, AND CALVES)

Exercise	Set	Reps	Rest
Body weight Squat	3	12-15	60-90 Secs
Barbell Back Squat	4	8-10	60-90 Secs
Hack Squat	3	10-12	60-90 Secs
Lying or Seated Leg Curl	3	12-15	60-90 Secs
Standing Calf Raise Machine	3	15-20	60-90 Secs
Plank Hold	3	30 Secs	60-90 Secs