

3 Days Push Pull Legs Workout Plan

About the 3 Days PPL Workout

This is a **3-day workout program** where you train different muscle groups on each day:

- **Day 1** – Push
- **Day 2** – Pull
- **Day 3** – Legs

If you are a beginner, I recommend taking **one rest day between each workout**. This helps your body recover properly and prepares you for the next session.

I know when you start, you feel very motivated and may think doing more workouts will give faster results. But as a trainer, I can tell you—**recovery is just as important as training**.

Right now, you don't need a very heavy or complicated plan. This routine is enough to help you:

- **Build strength**
- **Improve muscle growth**
- **Reduce injury risk**

All exercises in this program are selected to give you **maximum results with minimum complexity**. If you want to change any exercise, you can replace it with a similar movement that targets the same muscle group.

These workouts are designed with proper sets and reps so you feel productive. But remember, at this stage, it's actually better to **leave the gym feeling you could do a little more**, rather than overtraining your body.

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Push Pull Legs Weekly Schedule

Day 1	Push Day Workout (Chest + Shoulders + Triceps)
Day 2	Rest or Light Cardio
Day 3	Pull Day Workout (Back + Biceps)
Day 4	Rest or Light Cardio
Day 5	Leg Day Workout (Legs + Core)
Day 6	Rest or Light Cardio
Day 7	Rest

This workout plan gives your body enough recovery time.

Push Day Workout (Chest + Shoulders + Triceps)

Exercise	Sets	Reps	Rest
Barbell or Dumbbell Bench Press	4	8-12	60-90 Secs
Incline Dumbbell Bench Press	3	10-12	60-90 Secs
Dumbbell Shoulder Press	3	8-12	60-90 Secs
Dumbbell Lateral Raise	3	12-15	60-90 Secs
Triceps Push Down Cable	3	12-15	60-90 Secs
DB Overhead Triceps Extension	3	10-12	60-90 Secs

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Pull Day Workout (Back + Biceps)

Exercise	Sets	Reps	Rest
Pull-Ups	3	8-10	60-90 Secs
Lat Pulldown	4	8-12	60-90 Secs
Seated Cable Row	3	10-12	60-90 Secs
Cable Face Pull	3	12-15	60-90 Secs
Barbell or Dumbbell Biceps Curl	3	10-12	60-90 Secs
Dumbbell Hammer Curl	3	10-12	60-90 Secs

Leg Day Workout (Legs + Core)

Exercise	Sets	Reps	Rest
Body Weight Squat	3	10-12	60-90 Secs
Barbell Squat	4	8-12	60-90 Secs
Barbell or Dumbbell Romanian Deadlift	3	8-10	60-90 Secs
Leg Press	3	10-12	60-90 Secs
Leg Curl	3	12-15	60-90 Secs
Calf Raise (Standing)	3	15-20	60-90 Secs
Plank	3	30-60 Secs	60-90 Secs

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Important note

- Warm-up for 5–10 minutes
- Follow progressive overload
- Take proper rest between sets
- Eat high protein diet
- Sleep at least 7–8 hours

Common Mistakes to Avoid

- Skipping warm-up
- Using heavy weight with bad form
- Not following diet
- Overtraining
- Being inconsistent

Diet Tips for Push Pull Legs Workout

To get the best results:

- Eat protein (eggs, chicken, paneer, whey)
- Include carbs (rice, roti, oats)
- Add healthy fats (nuts, seeds)
- Drink enough water