

6-Week Push-Pull Legs Workout Plan

Muscle Group	Exercise	Reps/Sets
Week 1, 3 & 5		
Push	Push-Up	10x4
	Barbell Bench	5x5
	Chest Press Machine	10x4
	Pec Fly Machine	10x3
	Shoulder Press Machine	10x4
	Lateral Raises	10x3
Pull	Lat Pulldown Wide	10x4
	Lat Pulldown V	10x3
	Seated Row Machine	10x4
	Single Arm Row	5x5
	Superman	10x3
	Barbell Bicep Curl	10x4
	Peacher Curl	5x5
Legs	Leg Press	10x4
	Cable Front Squats	10x4
	Leg Extensions	10x3
	Leg Curls	10x4
	Glute Bridges	10x3
	Reverse Lunges	10x3
	Calf Raises	10x4

Muscle Group	Exercise	Reps/Sets
Week 2, 4 & 6		
Push	Dumbbell Bench Press	10x4
	Incline Bench Press	5x5
	Cable Crossover	10x4
	Dumbbell Shoulder Press	5x5
	Lateral Raises	10x3
	Tricep Dips	10x3
	Tricep Kickbacks	10x3
Pull	Lat Pulldown	10x4
	TRX Row	5x5
	Low Row	10x4
	Deadlift	5x5
	Hyperextension	10x3
	Chin Up	5x5
	Dumbbell Curl	10x4
Legs	Barbell Back Squats	10x4
	Front Squats	5x5
	Kettlebell Swing	12x4
	Glute Bridges	10x3
	Romanian Deadlift	10x4
	Lunges with a Pass	10x3
	Calf Raises	10x4

For help follow the links below:

<https://www.exercise.co.uk/learn/6-week-push-pull-legs-workout/>