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# The complete PPL (Push Pull Legs) program.

Two ready-to-run versions: **3-day beginner** and **6-day intermediate**. Exercises, sets, reps, rest times, progression rules and deloads.

## How Push Pull Legs works.

PPL groups muscles by the movement they perform:

- **Push**: chest, shoulders, triceps.
- **Pull**: back, rear delts, biceps.
- **Legs**: quads, hamstrings, glutes, calves, abs.

Each session trains muscles that work together while the others recover. It's easy to schedule and works just as well at 3 or 6 sessions a week.

## Beginner: 3 days a week.

Example: Monday Push, Wednesday Pull, Friday Legs, with a rest day between sessions. 45 to 60 minutes each.

**PUSH** **Chest · Shoulders · Triceps**

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Barbell bench press | 3 × 6–10 | 2–3 min |
| Dumbbell shoulder press | 3 × 8–12 | 2 min |
| Cable fly (or pec deck) | 2 × 12–15 | 90 s |
| Dumbbell lateral raise | 3 × 12–20 | 60–90 s |
| Cable triceps pushdown | 3 × 10–15 | 60–90 s |

**PULL** **Back · Rear delts · Biceps**

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Lat pulldown<br>or pull-ups if you can do at least 6 | 3 × 8–12 | 2 min |
| Seated cable row | 3 × 8–12 | 2 min |
| Rope face pull | 3 × 12–15 | 60–90 s |
| Dumbbell curl | 3 × 10–12 | 60–90 s |
| Hammer curl | 2 × 10–12 | 60–90 s |

**LEGS** **Quads · Hamstrings · Glutes · Calves · Abs**

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Barbell squat<br>or leg press until your squat technique is solid | 3 × 6–10 | 2–3 min |
| Romanian deadlift | 3 × 8–10 | 2 min |
| Leg extension | 2 × 12–15 | 90 s |
| Leg curl | 3 × 10–15 | 90 s |
| Standing calf raise | 3 × 10–15 | 60 s |
| Plank or crunches | 2–3 sets | 60 s |

## Intermediate: 6 days a week.

After 4 to 6 months of consistent training. Push A, Pull A, Legs A, Push B, Pull B, Legs B, then a rest day. A days focus on strength (heavier, fewer reps), B days on volume. 60 to 75 minutes each.

**PUSH A** **Strength**

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Barbell bench press | 4 × 5–7 | 3 min |
| Barbell overhead press | 3 × 6–8 | 2–3 min |
| Incline dumbbell press | 3 × 8–12 | 2 min |
| Dumbbell lateral raise | 4 × 12–20 | 60–90 s |
| EZ-bar skull crusher | 3 × 8–12 | 90 s |
| Rope pushdown | 2 × 12–15 | 60 s |

**PULL A** **Strength**

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Pull-ups (weighted if possible) | 4 × 5–8 | 3 min |
| Barbell row | 4 × 6–8 | 2–3 min |
| Neutral-grip lat pulldown | 3 × 10–12 | 2 min |
| Rope face pull | 3 × 12–15 | 60–90 s |
| Barbell curl | 3 × 8–10 | 90 s |
| Hammer curl | 3 × 10–12 | 60–90 s |

## LEGS A Strength

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Barbell squat | 4 × 5–7 | 3 min |
| Romanian deadlift | 3 × 6–8 | 2–3 min |
| Leg extension | 3 × 10–15 | 90 s |
| Seated leg curl | 3 × 10–15 | 90 s |
| Standing calf raise | 4 × 8–12 | 60–90 s |
| Hanging leg raise | 3 × 10–15 | 60 s |

## PUSH B Volume

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Dumbbell shoulder press | 4 × 8–10 | 2 min |
| Dumbbell bench press | 3 × 8–12 | 2 min |
| Pec deck (butterfly) | 3 × 12–15 | 90 s |
| Cable lateral raise | 4 × 12–20 | 60 s |
| Dips | 3 × 8–12 | 2 min |
| Overhead cable triceps extension | 3 × 10–15 | 60–90 s |

## PULL B Volume

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Lat pulldown | 4 × 8–12 | 2 min |
| One-arm dumbbell row | 3 × 8–12 | 90 s |
| Seated cable row | 3 × 10–12 | 90 s |
| Dumbbell reverse fly | 3 × 12–20 | 60 s |
| Incline dumbbell curl | 3 × 10–12 | 60–90 s |
| Cable curl | 2 × 12–15 | 60 s |

## LEGS B Volume

| EXERCISE | SETS × REPS | REST |
|---|---|---|
| Leg press | 4 × 10–12 | 2 min |
| Hip thrust | 3 × 8–12 | 2 min |
| Bulgarian split squat | 3 × 8–12 / leg | 90 s |
| Lying leg curl | 3 × 10–15 | 90 s |
| Seated calf raise | 4 × 12–20 | 60 s |
| Cable crunch | 3 × 10–15 | 60 s |

## How to progress.

### Double progression

Every exercise has a rep range, for example **3 × 8–12**. Keep the same weight and add reps from session to session. Once you hit the top of the range on **every** set (3 × 12), add weight: **+2.5 kg (5 lb)** for upper body, **+5 kg (10 lb)** for legs, then start again at the bottom of the range.

### Effort

Finish most sets with **1 to 3 reps in reserve**: you could do one or two more clean reps. There's no need to go to failure on the big lifts.

### Warm-up

Before the first exercise: 5 minutes of light cardio, then 2 or 3 ramp-up sets (for example 50%, 70% and 85% of your working weight).

### Deload

Every 6 to 8 weeks, or if you stall two sessions in a row on several lifts: train for one week with **half the sets** and about **10% less weight**. You'll come back stronger.

### Adjusting

No barbell? Use the dumbbell or machine version. An exercise hurts (pain, not fatigue)? Swap it for a variation. If you have a health condition, check with a professional before starting.




**Run this program without a paper log**

PPL Tracker comes with Push, Pull and Legs sessions ready to go, and every one of these exercises in its library. It shows your last session next to your current set and detects your PRs automatically. Free, no ads, no account.

play.google.com/store/apps/details?id=com.ppltracker.workout


## FAQ.

### Is PPL good for beginners?

Yes, as a 3-day split. Each muscle is trained once a week, with enough volume to keep progressing for the first few months. Move to the 6-day version once your weights stop going up week to week.

### How long should I run it?

At least 8 to 12 weeks before judging it. Log every session: if your weights or reps go up, it's working.

### What if I only have 4 or 5 days?

Rotate Push, Pull, Legs, rest, Push, Pull… regardless of the weekday. Or use the split generator to find the layout that fits your schedule.

### How do I pick my starting weights?

Start light in week one and find the weight that leaves 2 or 3 reps in reserve. The 1RM calculator also gives suggested weights for each rep count.

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