

Push Pull Workout

Exercise	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
PUSH A												
Leg Press 3 X 6-8 Rep												
Quad Extension 3 X 8-12 Rep												
Bench Press 3 X 6-8 Rep												
Cable Fly 3 X 8-12 Rep												
Shoulder Press 3 X 6-8 Rep												
Bent Over Lat Raise 3 X 8-12 Rep												
Close Grip Bench Press 3 X 6-8 Rep												
Dumbbell Kickback 3 X 8-12 Rep												
PULL A												
Deadlift 3 X 6-8 Rep												
Donkey Kickback 3 X 8-12 Rep												
Pull Up 3 X 6-8 Rep												
Dumbbell Row 3 X 8-12 Rep												
Close Grip Pull Down 3 X 8-12 Rep												
EZ Bar Curl 3 X 6-8 Rep												
Cable Bicep Curl 3 X 8-12 Rep												
Face Pull 3 X 8-12 Rep												
AB Roller 3 X Failure												
PUSH B												
Single Leg Press 3 X 6-8 Rep												
Weighted Lunge 3 X 8-12 Rep (per leg)												
Dumbbell Incline Bench Press 3 X 6-8 Rep												
Dumbbell Flys 3 X 8-12 Rep												
Cable Tricep Extension 3 X 8-12 Rep												
Bent Over Tricep Rope Extension 3 X 8-12 Rep												
Lateral Raise 3 X 8-12 Rep												
Front Plate Raise 3 X 8-12 Rep												
AB Crunches 3 X Failure												
PULL B												
Straight Leg Deadlift 3 X 6-8 Rep												
Hamstring Curls 3 X 8-12 Rep												
Bent Over Barbell Row 3 X 6-8 Rep												
Lat Pull Down 3 X 8-12 Rep												
Chin Up 3 X 8-12 Rep												
Laying Bicep Curl 3 X 8-12 Rep												
Reverse Grip EZ Bar Curl 3 X 8-12 Rep												
Laying Leg Raises 3 X Failure												

Track the weight you use and the reps each week.