

3 Day Push Pull Legs Workout Routine

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Article Link - [Thefitnessphantom.com/push-pull-legs-3-day-split/](https://thefitnessphantom.com/push-pull-legs-3-day-split/)

- Day 1 – Chest, Shoulder and Triceps – Push exercises
- Day 2 – Back, Rear Delt, Biceps and Core – Pull exercises
- Day 3 – Quads, Hamstrings, Calves and Glutes – Legs workouts

Day 1 – Chest, Shoulder, and Triceps

Push Workout	Muscles	Reps
Flat Bench Press	Chest	12, 10, 8, 4
Incline Dumbbell Press	Chest	10, 8, 6, 4
Bent-Over Cable Crossover	Chest	12, 10, 8
Barbell Overhead Press	Shoulder	12, 10, 8, 6
DB Front Raises	Shoulder	10, 8, 6
Bent-Over Lateral Raises	Shoulder	10, 8, 6
Bar Dips	Chest, Tricep	AMRAP x 3
Rope Pushdown	Triceps	10, 8, 6

Day 2 – Back, Rear Delt, Biceps, and Core

Pull Exercises	Muscles	Reps
Pullup	Back & Biceps	AMRAP x 3
Deadlift	Back & Legs	6, 4, 2, 1

Pull Exercises	Muscles	Reps
Pulldown	Back	12, 10, 8
Seated Rowing	Back	12, 10, 8
Bent-over Rowing	Back	10 x 2
Face pull	Back & Rear Delt	10 x 2
Barbell Curl	Biceps	10 x 2
Chinups	Biceps & Back	AMRAP x 2
Plank	Core	45-60 sec
Side Plank	Core	20-30 sec
Reverse Crunches	Core	AMRAP x 2
Hanging Knee Raise	Core	Ten reps

Day 3 – Quads, Hamstrings, Calves, and Glutes

Legs Workout	Muscles	Reps
DB Lunges	Quads & Hams	10 x 2
Barbell Back Squat	Quadriceps	15, 12, 10, 8
Machine Leg Press	Quadriceps	15, 12, 10, 8
Barbell RDL	Hamstrings & LB	8, 6, 4
Hamstring Curl	Hamstrings	12, 10, 8
Barbell Hip Thrust	Glutes	10, 8, 6
Calf Raises	Calves	15, 12, 10

That's the 3 push/pull legs split for the first week. After that, you can include, exclude, or replace some exercises depending on your fitness level in the coming weeks.

Here are some exercises you can incorporate into your 3 day push pull legs workout routine.

Push	Pull	Legs
Incline Bench press	Single DB Rowing	Barbell Jammer
DB squeeze press	Barbell T Rowing	Hack Squat,
Weighted Pushups	Australian Pullup	Sumo Deadlift
Barbell Skull Crusher	Upright Row	Glute Bridges
Landmine Press	DB Pullover	Bulgarian Split Squat
Barbell Front Raises	Barbell Drag Curl	DB Step-up

If you strengthen your core specifically, you can check out some of the valuable resources. – [The 25 Best Ab Workouts you can do at the gym.](#)

List of Exercises with how-to instructions that you can use in your workout schedule.

1. [20+ Dumbbell Compound Exercises](#)
2. [Best Chest And Shoulder Workout To Build Muscle](#)
3. [Top 7 Back Workout For Mass Gain](#)
4. [Dumbbell Leg Exercises \(An Ultimate Guide\)](#)
5. [Best Glute And Hamstring Workout](#)
6. [Biceps And Triceps Workout At The Gym \(With PDF\)](#)

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If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.