

Push Pull Legs 3 Day Split Beginner

Created by [Murshid Akram](#)

Administrator of the [TheFitnessPhantom](#)

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

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

Day 1 – Chest, Shoulder, and Triceps

| Push Workout | Muscles | Reps |
|--------------------------|----------|-----------|
| Flat Bench Press | Chest | 12, 10, 8 |
| Incline Dumbbell Press | Chest | 10, 8, 6 |
| Machine Fly | Chest | 12, 10, 8 |
| Overhead Press | Shoulder | 12, 10, 8 |
| DB Front Raises | Shoulder | 10, 8, 6 |
| Bent Over Lateral Raises | Shoulder | 10, 8, 6 |
| Triceps Pushdown | Tricep | 10, 8, 6 |

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

| Pull Exercises | Muscles | Reps |
|--------------------|---------------|-----------|
| Pullup/Assisted PU | Back & Biceps | AMRAP x 3 |
| Deadlift | Back & Legs | 6, 4, 2 |

| Pull Exercises | Muscles | Reps |
|-----------------------|------------------|-------------|
| Pulldown | Back | 12, 10, 8 |
| Seated Rowing | Back | 10, 8, 8 |
| Single DB Rowing | Back | 10 x 2 |
| Face pull | Back & Rear Delt | 10 x 2 |
| Barbell Curl | Biceps | 10 x 2 |
| Plank | Core | 45-60 sec |
| Side Plank | Core | 20-30 sec |
| Reverse Crunches | Core | AMRAP x 2 |

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 |
| Machine Leg Press | Quadriceps | 10 x 2 |
| Barbell RDL | Hamstrings & LB | 8, 6, 4 |
| Hamstring Curl | Hamstrings | 10, 8, 6 |
| Barbell Hip Thrust | Glutes | 10, 8, 6 |
| Calf Raises | Calves | 15, 12, 10 |

What do in the next weeks?

The above 3 Day PPL split for the first week. However, you can replace some exercises with other exercises in the second, third, and fourth weeks.

Here's a quick view of exercises you can add or replace in the following weeks of the workout program.

- **Chest**
 - Incline Barbell Bench press,
 - DB squeeze press,
 - Dips, and
 - Landmine press.
- **Shoulder**
 - Arnold Press,
 - Shoulder Shrug,
 - Barbell Front Raise,
 - Leaning DB Lateral Raises
- **Legs**
 - Barbell Jammers,
 - Hack Squat,
 - Sumo Squat,
 - Bulgarian Split Squat,
 - The Sumo Deadlift,
 - Glute Bridges, and
 - Barbell Lunges.
- **Back**
 - Barbell Bent Over Row
 - V Grip Lat Pulldown
 - Facepull
 - Barbell T Rowing
 - Australian Pullup
- **Triceps**
 - Skull Crusher
 - Narrow Grip Bench Press
 - Diamond Pushup
- **Biceps**

- Chinups
- Incline DB Curl
- Preacher Curl

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 \(With PDF\)](#)

Explore More Workout Routines

- 1) [1 Hour Gym Workout For Beginners To Build Muscle](#)
- 2) [Barbell Workout Routine At Home \(With PDF\)](#)
- 3) [Gym Workout Plan For Women And Men With PDF](#)
- 4) [Single Kettlebell Workout Program \(30-Day Plan\)](#)
- 5) [6 Day Gym Workout Schedule With PDF](#)

Please help me grow on social sites:

[Instagram](#)

<https://www.instagram.com/thefitnessphantom/>

Facebook:

<https://www.facebook.com/fitnessphantom>

YouTube:

<https://www.youtube.com/c/MurshidAkram/>

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