

Push Pull Legs 5 Day Split Workout

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Summary

Routine Type	Push, Pull, Legs (PPL)
Program Goal	Increase Strength and Mass
Workout Type	Weight Training
Frequency	Five Days a Week
Program Duration	Three Months
Daily Session	60-75 Minutes
Best Time to Workout	Afternoon and Evening
Suitable for	Beginners and Intermediate

Types of Exercises:

I've combined the best compound and isolation exercises in this program.

Compound exercises work on multiple muscles simultaneously, while isolation workouts allow you to build one muscle more specifically at a time. Combining them will help you beef up the mass at a fast pace.

Rest:

The rest between sets would be two to three minutes.

You can take a rest day on any of the days you like. However, taking a rest after three days will be suitable.

Weights:

You can lift as heavy as possible until you maintain proper form through the workout.

For example, when you have to do ten repetitions, lift those weights, which are challenging but within your strength limit.

You must feel the contraction during the exercises – whether you do five repetitions with heavier weights or fifteen reps with lighter weights.

Push Pull Legs 5 Day Split Workout for Bodybuilding

- Monday: Push Workouts
- Tuesday: Pull Workouts
- Wednesday: Leg Workouts
- Thursday: Rest
- Friday: Push Workouts
- Saturday: Pull Workouts
- Sunday: Rest
- Mon: Legs Workouts
- Continue...

Day 1 – Push Workouts (A)

Workout	Muscles Worked	Reps
Flat Barbell Bench Press	Chest	12, 10, 8, 6
Incline Dumbbell Bench Press	Chest	12, 10, 8
Machine/Bench/Cable Fly	Chest	12, 10, 8
Military Press	Shoulders	12, 10, 8
Lateral Raise	Shoulders	10, 8, 6
Skull Crusher	Triceps	10, 8, 6
Triceps Pushdown	Triceps	10, 8, 6

Other push exercises you can add or replace: Dumbbell Squeeze Press, Incline Machine Press, Barbell Front Raises, Bent-arm Lateral Raises, and Lying Cable Overhead Extension.

Day 2 – Pull Workouts (A)

Workout	Muscles	Reps
Pullup/Assisted PU	Back	AMRAP x 3
Lat Pulldown	Back	12, 10, 8, 6
Bent-over Rowing	Back	12, 10, 8, 6
Seated Cable Rowing	Back	12, 10, 8, 6
Face pull	Back & Rear Delt	10, 8, 6
Barbell Curl	Biceps	10, 8, 6
Concentration Curl	Biceps	10 x 2
Wrist Curl	Wrists	10 x 2

More pull workouts you can include or alternate: Inverted Rows, Chest Supported Row, Cable Pulldown, Barbell T rowing, and [Dumbbell Pullover](#).

Day 3 – Leg Workouts (A)

Workout	Muscle	Reps
Barbell Back Squat	Quads	15, 10, 8, 6
Machine Leg Press	Quadriceps	12, 10, 8
Hamstring Curl	Hamstrings	10, 8, 6
Barbell RDL	Hamstrings	8, 6, 4
Barbell Hip Thrust	Glutes	10, 8, 6
Calf Raises	Calves	15, 12, 10

Alternate exercises for the lower body: Barbell Front Squat, Leg Extension, Landmine Squat, Dumbbell Lunges, Hex-bar Deadlift, and Dumbbell Lateral Squat.

Day 4 – Push Workouts (B)

Workout	Muscles	Reps
Flat Barbell Bench Press	Chest	10, 8, 6, 4
Incline Barbell Bench Press	Chest	8, 8, 6
Decline Dumbbell Bench Press	Chest	8, 8, 6
Dumbbell Overhead Tricep Extension	Triceps	8 x 2
Triceps Kickback	Triceps	8 x 2
Dumbbell Overhead Press	Shoulder	12, 10, 8
Dumbbell Front Raises	Shoulder	10, 8, 6
Dumbbell Lateral Raises	Shoulder	10, 8, 6

Workouts to add or alternate on your push day: Bar Dips, Bench Dips, Incline Machine Press, Triceps pushdown, Floor Press, and Triangle Push up.

Day 5 – Pull Workouts (B)

Workout	Muscles	Reps
Deadlift	Back	6, 4, 2
Front Lat Pulldown	Back	12, 10, 8
Seated Cable Rowing	Back	10, 8, 8
Single-arm Dumbbell Rowing	Back	10 x 2
Barbell High Pull	Back	10 x 2
Barbell Curl	Biceps	10 x 2
Preacher Curl	Biceps	10 x 2

Workout	Muscles	Reps
Cable Curl	Biceps	10 x 2

Alternate Workouts: V handle Lat Pulldown, Barbell Rowing, Standing Rope Pulldown, Dumbbell Incline Curl, Hammer Curl

Week 2 – Day 1 – Leg Workouts

Workout	Muscle	Reps
Barbell Back Squat	Quads	12, 8, 6, 4
Dumbbell Lunges	Quads	10, 8, 6
Machine Leg Extension	Quads	10, 8, 6
Barbell Good Morning	Hams	8, 6, 6
Dumbbell Step-up	Glutes	10, 8, 6
Standing Calf Raises	Calves	12, 10, 8

Alternate Workouts: Hack Squat, Dumbbell Sumo Squat, Sumo Deadlift, Barbell Jammer, Weighted Glute Bridge, and Leg Curl.

Continue the above pattern, and you can replace some workouts in the following days.

5-Day Push/Pull/Legs Split – FAQs

You can have some questions before starting the workout schedule. I've shared some of the typical ones that I hope will be helpful for you.

How long does it take to see results?

You'll start seeing results after a couple of months. However, it will take more than that for some people.

Some of your muscles will respond more than others. For example, you may see more gains in your chest and legs or back and chest – depending on how your body responds.

Can I modify the workout plan?

Yes, you can make changes according to your need. For example, you can replace some exercises in the coming weeks of the workout schedule.

Doing all exercises in just one week of schedule isn't possible. That's why I've handed out some alternate workouts so you can utilize them throughout the twelve months of training.

When and what core workouts should I do?

If you want to do abdominal exercises to strengthen your core, you can do the below workouts on any day you like or feel to do.

- [Best Plank Variations](#)
- [25 Core Workouts](#)
- [14+ Lower Ab Workouts](#)

Should I Workout 6 Days a week after this routine?

Once you feel you're ready to lift six times a week, you should definitely do. But make sure you give your trained muscles proper rest and get a sound sleep – if you want to maximize growth.

I've also published [6-day PPL for strength and hypertrophy](#); you can check it out.

What are alternatives plans do you have?

I've already created a couple of alternatives to the 5-day PPL split that you may like.

1. [5 Day Compound Workout Routine](#),
2. [5 Day Gym Workout Schedule](#).

The program seems fine! But what about the diet?

Eating nutritious and healthy foods is as crucial as lifting weights. Diet is an essential part of the muscle-building program; you can't increase mass unless you feed your muscles the required amount of protein, carbs, fats, and other nutrients.

According to the International Society of Sports Nutrition, Here is the diet recommendation for natural bodybuilding.²

For example, if you're a 60 kg (132 lbs) weighted person.

Protein	Carbs	Fats
145-190 g	400-500	50-60
580-760 calories	1600-2000 calories	400-480 calories

1g protein and carbs = four calories and fats = eight calories

You can consume the above nutrients in three to six meals per day, with a meal containing 0.4-0.5 g/kg body weight of protein pre and post workout.

Depending on how many calories you burn throughout the day, you can increase or decrease consumption.

You can also check out recommended [whey isolate protein](#) and [high calories protein foods](#).

Since you're here, you may like some of the related articles:

- [6 Day Gym Workout Schedule With PDF](#)
- [12 Week Dumbbell Workout Plan \(With Free PDF\)](#)
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If you want a personalized workout plan for yourself based on fitness level and goal, drop a message.

mail: ask@thefitnessphantom.com