

PUSH PULL LEGS 12 WEEK PROGRAM FOR BEGINNERS

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Check out [article](#) for more info

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Program Overview

Routine Type	Push, Pull, Legs (PPL)
Program Goal	Build Strength and Mass
Workout Type	Strength Training at Gym
Frequency	3 Days a Week
Program Duration	3 Months
Daily Session	45-60 Minutes
Suitable for	Beginners
Target Gender	Male and Female
Follow to Follow Next	4-Day Push/Pull Workout

Schedule

- **Monday** – Push Workout
- **Tuesday** – OFF
- **Wednesday** – Pull Workout
- **Thursday** – OFF
- **Friday** – Legs Workout
- **Saturday** -OFF

- **Sunday** – OFF

It's best to perform some [cardio exercises](#) for five minutes at least to get your heart rate up and increase oxygen flow before lifting heavy. For example, you can run on the treadmill, do some bodyweight aerobic exercises, or lift light weights.

Week 1

Monday (Push Workout)

Exercise	Reps	Rest
Bomber Push-up on Bar	10 x 2	1-min
Smith Machine Bench Press	12 x 3	3-min
Dumbbell Overhead Press	12 x 3	3-min
Dumbbell Lateral Raises	12 x 3	2-min
Triceps Bar Pushdown	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Off Block Deadlift	8 x 3	2-min
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
EZ Bar Biceps Curl	12 x 3	2-min
Reverse Pec Deck Fly	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
DB Front Squat	12 x 3	2-min
Leg Press	12 x 3	2-min
Leg Curl	12 x 3	2-min
Calf Raises	12 x 3	2-min
Plank	30-sec x 2	–

Week 2

Monday (Push Workout)

Exercise	Reps	Rest
Flat Bench Press	12 x 3	3-min
Incline DB Bench Press	12 x 3	2-min
Barbell Military Press	12 x 3	3-min
Dumbbell Lateral Raises	12 x 3	2-min
One-arm Tricep Extension	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
One-arm DB Row	12 x 3	2-min
Chest Supported Row	12 x 3	2-min
Alternate Dumbbell Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Machine Hack Squat	12 x 4	3-min
Leg Extension	12 x 3	2-min
Leg Curl	12 x 3	2-min
Glute Bridge	12 x 3	2-min
Hanging Knee Raises	10 x 3	1-min

Week 3

Monday (Push Workout)

Exercise	Reps	Rest
Incline Bench Press	10 x 4	2-min
Pec Deck Fly	12 x 3	3-min
Dumbbell Overhead Press	12 x 3	3-min
Cable Lateral Raises	12 x 3	2-min
Rope Overhead Triceps Extension	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
Bent-over Row	12 x 3	2-min
Hammer Curl	12 x 3	2-min
Face Pull	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	2-min
Leg Press	12 x 3	2-min
Leg Curl	12 x 3	2-min
Lunges	10 x 3	2-min
Diagonal Chop	10 x 2	1-min

Week 4

Monday (Push Workout)

Exercise	Reps	Rest
Dive Push-up on Bar	10 x 2	2-min
Flat Bench Press	10 x 4	2-min
Incline Chest Press	12 x 4	3-min
Bent-arm Lateral Raise	12 x 2	3-min
Cable Lateral Raises	12 x 2	2-min
Bench Dips	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Chinups	6-8 x 3	2-min
Front Lat Pulldown	12 x 4	2-min
Seated Cable Row	12 x 4	2-min
Inverted Row	12 x 3	2-min
Concentration Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	3-min
Leg Press	12 x 4	3-min
Dumbbell RDL	10 x 3	2-min
Step-up	10 x 3	2-min
Plank	30-sec x 2	1-min

Week 5

Monday (Push Workout)

Exercise	Reps	Rest
Flat Bench Press	10 x 3	2-min
Incline Bench Press	12 x 3	3-min
Pec Deck Fly	12 x 3	2-min
Lateral Raise	12 x 3	3-min
Shoulder Shrug	12 x 3	2-min
Bar Pushdown	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
Bent-over Row	12 x 3	2-min
Preacher Curl	12 x 3	2-min
Face Pull	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	2-min
Leg Press	12 x 3	2-min
Leg Curl	12 x 3	2-min
Lunges	10 x 3	2-min
Parallel Chop	10 x 2	1-min

Week 6

Monday (Push Workout)

Exercise	Reps	Rest
Incline Bench Press	10 x 4	2-min
Pec Deck Fly	12 x 3	3-min
Dumbbell Overhead Press	12 x 3	3-min
Cable Lateral Raises	12 x 3	2-min
Rope Overhead Triceps Extension	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
Bent-over Row	12 x 3	2-min
Seated Rear Delt Raise	12 x 3	2-min
EZ Bar Biceps Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	2-min
Leg Extension	12 x 3	2-min
Sumo Cossack Squat	12 x 3	2-min
Leg Curl	12 x 3	2-min
Hanging Knee Raise	10 x 2	1-min

Week 7

Monday (Push Workout)

Exercise	Reps	Rest
Flat Bench Press	10 x 4	2-min
Pec Deck Fly	12 x 3	3-min
Incline DB Squeeze Press	12 x 2	2-min
DB Lateral Raises	12 x 4	2-min
Skull Crusher	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Chinups	6-8 x 3	2-min
Front Lat Pulldown	12 x 3	2-min
Lat Pullover	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
Preacher Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Leg Press	12 x 4	2-min
Leg Extension	12 x 3	2-min
Leg Curl	12 x 3	2-min
Calf Raises	10 x 3	2-min
Parallel Chop	10 x 2	1-min

Week 8

Monday (Push Workout)

Exercise	Reps	Rest
Flat Bench Press	10 x 4	2-min
Incline Chest Press	10 x 3	2-min
Pec Deck Fly	12 x 3	3-min
Overhead Press	12 x 3	3-min
DB Lateral Raises	12 x 3	2-min
Bar Pushdown	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Off Block Deadlift	6-8 x 3	2-min
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
One-arm DB Row	10 x 3	2-min
Preacher Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	2-min
Leg Press	12 x 4	3-min
DB Romanian DL	10 x 3	2-min
Lunges	10 x 3	2-min
Plank	30-sec x 2	1-min

Week 9

Monday (Push Workout)

Exercise	Reps	Rest
Flat Bench Press	10 x 4	2-min
Incline Bench Press	10 x 3	2-min
Deficit Push ups	10 x 3	2-min
DB Lateral Raises	12 x 4	2-min
Shrugs	10 x 2	2-min
Bench Dips	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Chin-ups	6-8 x 3	2-min
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
Dumbbell Pullover	10 x 3	2-min
Reverse Pec Deck	10 x 3	2-min
Preacher Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	2-min
Leg Press	12 x 4	3-min
Leg Curl	10 x 3	2-min
Step-up	10 x 3	2-min
Calf Raises	10 x 3	2-min
Hanging Knee Raise	10 x 2	1-min

Week 10

Monday (Push Workout)

Exercise	Reps	Rest
Incline Bench Press	10 x 3	2-min
Decline Bench Press	10 x 3	2-min
Pec Deck Fly	12 x 3	3-min
Bar Dips	8 x 3	2-min
Lateral Raises	12 x 4	2-min
Bar Pushdown	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Chinups	6-8 x 3	2-min
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
Face Pull	10 x 3	2-min
Hammer Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Hack Squat	12 x 4	2-min
Sumo Cossack Squat	12 x 3	3-min
DB Romanian DL	10 x 3	2-min
Leg Curl	10 x 3	2-min
H2L Chop (Abs)	10 x 2	1-min

Week 11

Monday (Push Workout)

Exercise	Reps	Rest
Incline Chest Press	10 x 3	2-min
Pec Deck Fly	12 x 3	2-min
Deficit Pushups	10 x 3	2-min
DB Lateral Raises	12 x 4	2-min
Bar Pushdown	12 x 3	2-min

One-arm Overhead Triceps Extension	10 x 2	2-min
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Wednesday (Pull Workout)

Exercise	Reps	Rest
Off Block Deadlift	6-8 x 3	2-min
Front Lat Pulldown	12 x 3	2-min
Seated Cable Row	12 x 3	2-min
T-Bar Row	10 x 3	2-min
EZ Bar Biceps Curl	12 x 3	2-min
Hammer Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	2-min
Leg Press	12 x 4	3-min
Leg Curl	10 x 3	2-min
Step-up	10 x 3	2-min
H2L Chop	10 x 2	1-min
Plank	30-sec x 2	1-min

Week 12

Monday (Push Workout)

Exercise	Reps	Rest
Flat Bench Press	12 x 3	2-min
Incline Chest Press	10 x 3	2-min
Pec Deck Fly	12 x 3	2-min
Bar Dips	8 x 3	2-min
DB Lateral Raises	12 x 4	2-min
One-arm D-handle Pushdown	12 x 3	2-min

Wednesday (Pull Workout)

Exercise	Reps	Rest
Pullups	6-8 x 3	2-min
Lat Pulldown	12 x 3	2-min
Seated Row	12 x 3	2-min
Bent-over row	12 x 3	2-min

Face Pull	10 x 2	2-min
Hammer Curl	12 x 3	2-min

Friday (Legs Workout)

Exercise	Reps	Rest
Back Squat	12 x 4	2-min
Leg Press	12 x 4	3-min
DB RDL	8 x 3	2-min
Leg Curl	12 x 4	2-min
H2L Chop	10 x 2	1-min
Knee Raises	30-sec x 2	1-min

Instructions to Follow this PPL Workout Plan Effectively

1. **Progressive Overload:** It's best to increase the loads, the number of reps, and sets gradually to scale your fitness level and progressively increase strength and build muscles.
2. **Pre-Workout Meal:** For an effective training session, you should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.
3. **Post-Workout Meal:** It's good to have some [high-protein foods](#) and supplements after the workout to rebuild muscle and increase mass. I suggest consuming 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example, a nutritionist can help you better in this case).
4. **Cardio:** It's best to include cardiovascular exercises to build endurance and tone muscles. For example, you run on the treadmill, use a stationary bicycle, and other equipment to perform aerobic training.
5. **Adjustment:** You can include and exclude some exercises from this program as well as adjust the rest and workout duration, depending on your fitness level.
6. **Add a variety of exercises:** It's best to include a variety of exercises in your program to make it enjoyable and effective. You can integrate various exercises from the [list of PPL workouts](#).
7. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.

8. **Keep going:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
9. **Affirmation:** Imagine and affirm that you have an incredible physique, as it can help you train consistently and achieve your fitness goal faster.
10. **Keep yourself hydrated:** Keeping yourself hydrated during the workout is crucial for an effective workout session. Research show that it helps prevents uneasiness and injuries and boosts performance.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links. You can also contribute through [PayPal](#).

You can also try the following alternate workout programs:

- [Hybrid Gym Workout Plan for Beginners](#)
- [Compound Workout Routine for Beginners](#)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [30+ Best Smith Machine Exercises](#)

- [13 Barbell Squat Variations](#)
- [Barbell Workouts For Mass Gain](#)
- [The Ultimate List of Isolation Exercises](#)

I've also designed a customized [12-Week Detailed Workout plan](#) for serious fitness enthusiasts who want to put on muscles and increase strength.

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