

# THE ULTIMATE 5-DAY PUSH PULL LEGS (PPL) WORKOUT PROGRAM FOR MUSCLE-BUILDING

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Check out [article](#) for more info

You can do [various training splits](#) when it comes to building strength and muscle mass, including the popular Push-Pull-Leg (PPL).

Push-Pull-Leg workout program involves training of the chest, shoulder, and triceps on push day, the back, biceps, and posterior delt on pull day, and the lower body on leg day.

It doesn't have a specific core day but if you want to [strengthen your abdominal muscles](#), you can incorporate core exercises on any day – depending on when it suits you the most.

The PPL training can help you develop a muscular and firm physique if you follow a well-designed routine.

I've already created [multiple workout routines](#), but in this article, I'll share a well-crafted, easy-to-follow and effective Push Pull Legs 5 Day Split.

This plan will help you train in an organized manner, build your strength and mass, and enhance your overall fitness.

I'll also hand out a PDF of this 5 day PPL split, so you can download, print, and use it offline.

If you're a beginner, you can start building your foundational strength and lean mass with these following routines:

- [4 Day Push Pull Workout Routine](#)

- [The Best Push Pull Legs 3 Day Split](#)

## PPL 5 Day Split Program 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
Workout Time/Session	60-90 Minutes
Suitable for	Intermediate
Target Gender	Suitable for Males

### Additional information about the program:

- **Types of Exercises you'll do:** I've combined the both compound and isolation exercises in this program. [Compound exercises](#) work on multiple muscles simultaneously, while [isolation workouts](#) allow you to work on one muscle at a time. Combining them will help you build strong and symmetrical physique.
- **Rest between sets:** The rest between sets would be two to three minutes.
- **Optimum Load:** 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 limit. You must feel the contraction during the exercises – whether you do five repetitions with heavier weights or fifteen reps with light weights.

## Push Pull Legs 5 Day Split Routine for Bodybuilding

This PPL 5 day split involves high-rep sets (10 to 20) for the first three days and heavy-load low-rep sets (6 to 10) for the last two days. The high-rep sets help build muscles, while the heavier loads increase strength.

Since this is a five-day weekly program, you won't have two leg workout sessions. However, I'll adjust this program by including some pull movements, such as leg curl and RDL on pull day, and push movements such as squat and leg press on push day. This way you can also train your legs two to three times a week.

## Schedule

- Monday: Quad, Chest, Shoulders, and Triceps (High rep sets with moderate weight)
- Tuesday: Back, Biceps, and Rear Delt
- Wednesday: Quad, Hamstring, Glutes, and Calves
- Thursday: OFF
- Friday: Chest, Shoulders, and Triceps (Few reps set with heavy load)
- Saturday: Back, Biceps, Rear Delt, and Hamstring
- Sunday: OFF

It is best to do warm-up exercises to increase your heart rate and blood flow and get your muscles ready to lift weight. For example, you can do Treadmill jog, stationary bike or various [bodyweight dynamic exercises](#) before the lifting to increase your oxygen flow.

## Day 1 – Push Workout (Quad, Chest, Shoulders, & Triceps)

Exercise	Sets	Reps	Rest
Leg Press	3	15, 12, 10	1-2 min
Leg Extension	2	20 & 15	1-min
Flat Dumbbell Bench Press	3	15, 12, 10	2-3 min
Incline Hammer Machine Chest Press	3	15, 12, 10	1-2 min
Military Press	2	12 & 10	2-3 min
Lateral Delt Raises	3	15, 12, 10	1-2 min
Triceps Rope Pushdown	2	15 & 12	1-2 min

If you don't want to do any of the above-mentioned exercises in this program, here are more exercise options you can use to replace them.

- High-to-Low Cable Fly
- Pec Deck Machine
- Skull Crushers
- Overhead Triceps Extension
- Arnold Press

## Day 2 – Pull Workout (Back, Biceps, and Rear Delt)

Workout	Sets	Reps	Rest
Pullup/Assisted PU	3	Till Failure	1-2 min
Lat Pulldown	3	15, 12, 10	1-3 min
Seated Cable Rowing	3	15, 12, 10	2-3 min
Bent-over Rowing	3	15, 12, 10	2-3 min
Cable Facepull	3	15, 12, 10	1-2 min
Preacher Curl	2	15 and 12	1-2 min
Hammer Curl	2	15 and 12	1-2 min

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

## Day 3 – Leg Workout (Quad, Hamstring, Glute, & Calves)

Workout	Sets	Reps	Rest
Barbell Back Squat	4	10, 8, 6, 4	2-4 min
Front Lunges	3	12, 10, 8	2-3 min
Machine Leg Curl	3	20, 15, 12	1-2 min
<a href="#">Barbell Hip Thrust</a>	3	12, 10, 8	2-3 min
<a href="#">Calf Raises</a>	3	20, 15, 12	1-2 min

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 (Chest, Shoulders, and Triceps)

Workout	Sets	Reps	Rest
Flat Barbell Bench Press	4	10, 8, 6, 4	2-4 min
Incline DB Bench Press	4	10, 8, 6, 4	2-3 min
Parallel Bar Dips	3	Till Failure	1-2 min
Dumbbell Lateral Raises	3	12, 10, 8	1-2 min
Skull Crusher	2	15 x 2	1-2 min
Rope Pushdown	2	15 x 2	1-2 min

Workouts to add or alternate on your push day: Bench Dips, Incline Machine Press, Triceps Kickback, Overhead Triceps Extension, and Triangle Push-up.

## Day 5 – Pull Workouts (Back, Biceps, Rear Delt, & Hams)

Workout	Sets	Reps	Rest
V-Grip Lat Pulldown	3	10, 8, 6	2-3 min
Seated Cable Rowing	3	10, 8, 6	2-3 min
1-arm Dumbbell Row	3	10, 8, 6	1-2 min
Chinups + DB RDL (Superset)	3	10, 8, 6	1-2 min
Rear Delt DB Fly + Step-up (Superset)	3	10, 8, 6	1-2 min

**Alternate Workouts:** T-Bar Row, Barbell Row, Standing Rope Pulldown, Dumbbell Incline Curl, and Hammer Curl.

## Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

### 1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.<sup>3</sup>

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

**Examples of pre-workout foods include:**

1. Protein Shake
2. Chicken Salad
3. Dried Fruits
4. Oatmeal
5. Energy Bars
6. Peanut Butter and Toast

7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

## **2. Workout When You Feel Energetic**

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

## **3. Warm up Before Lifting**

Warm-up is a crucial part of any weight training routine as it helps prevent injuries and improve performance. The goal is to increase blood flow and heart rate and get yourself ready for weight training. You can do some [low-intense cardio exercises](#) (not stretching), such as jogging, jumping jacks, running on the treadmill, or bicycling, for 5 minutes to get ready.

## **4. Keep yourself hydrated during the workout**

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.<sup>4,5</sup>

## **5. Post-Workout stretching and cool down**

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.<sup>4</sup>

## **6. Post-workout Meal**

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume the protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after

the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 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).

#### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

## **7. Make Progress**

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

## **8. Creator note**

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

# **Nutritional Tips for Muscle Growth**

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.<sup>1</sup>

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

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

1 gram 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 before 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](#).

**You can incorporate one of the following supplements in your diet program:**

1. [Bulk Extreme](#)
2. [Nutrigo Lab Strength](#)
3. [Mass Extreme](#)

## Frequently Asked Questions (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.

### Are Push/Pull/Legs Good for Mass?

Yes, the PPL workout schedule helps beef up mass.

The five days PPL allow you to train major muscles effectively twice a week.

Working out large muscles twice a week builds up strength and hypertrophy more than working out once a week. <sup>2</sup>

It also ensures each muscle group gets proper recovery time which is also an essential part of muscle-building process.



## 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.

If you're new to the bodybuilding, you'll see more gains than those who have been working out for a while.

**Related:** [How Long Does It Take To Build Noticeable Muscle?](#)

## When and What Core Exercises Should You 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](#)
- [Top 7 Landmine Core Exercises](#)
- [14+ Lower Ab Workouts](#)
- [10 Best Exercises to Build Solid Core](#)

## Should You Work out 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, good nutrition and get a sound sleep for recovery – if you want to maximize growth.

## The Alternate Workout Programs

- [5 Day Compound Workout Routine](#)

- [5 Day Gym Workout Schedule \(Hybrid Split\)](#)
- [The 5 Day Full Body Workout Program](#)
- [5 Day Upper Lower Split Workout Program](#)
- Whichever program you follow, make sure that includes the training of two muscles a day.

### **Also, read:**

- [Free 12-Week Ab Workout Plan to Forge Six-Pack Abs](#)
- [12-Week Glute Program to Transform Your Booty](#)
- [10-Week Chest Workout Routine for Strength and Size](#)
- [12 Week Shoulder Workout Program for Defined Delts](#)
- [12 Week Arms Workout Routine for Mass Gain](#)

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## Disclaimer

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