PPL 7 DAY GYM WORKOUT PLAN FOR BEGINNERS TO BUILD MUSCLE

Created by: Murshid Akram
Check out article for more info

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- Day 2 – Back and Biceps
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- Day 6- Hamstrings and Glutes
- Day 7 – Abs and Oblique (Core)

This Push, Pull, and Legs (PPL) split workout involves training two to three muscle groups a day and 12-15 sets per session. It is great for beginners who want to build muscle and strength and improve their physical appearance.

I’ve designed this program in such a way that your muscles get enough time for recovery between the workouts and won’t make you exhausted at the end of the week.
## Day 1 – Chest, Shoulder, and Triceps

<table>
<thead>
<tr>
<th>Push Exercises</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated Pec Deck Fly</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Smith Machine Incline Bench Press</td>
<td>3</td>
<td>12-15</td>
<td>3-min</td>
</tr>
<tr>
<td>Alternating Dumbbell Front Raises</td>
<td>3</td>
<td>10-12</td>
<td>90-sec</td>
</tr>
<tr>
<td>Seated Smith Machine Overhead Press</td>
<td>3</td>
<td>12-15</td>
<td>2-min</td>
</tr>
<tr>
<td>Triceps Rope Press Down</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
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</table>

## Day 2 – Back and Biceps

<table>
<thead>
<tr>
<th>Pull Exercises</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front Lat Pulldown</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Seated Cable Rowing</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Chest Supported DB/T-Bar Row</td>
<td>3</td>
<td>12-15</td>
<td>2-min</td>
</tr>
<tr>
<td>Chin-ups</td>
<td>3</td>
<td>Failure</td>
<td>2-min</td>
</tr>
<tr>
<td>Cable Curl</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
</tbody>
</table>

## Day 3 – Quads and Calves

<table>
<thead>
<tr>
<th>Leg Exercises</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
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</thead>
<tbody>
<tr>
<td>DB Goblet Squat</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Leg Extension</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Leg Press</td>
<td>3</td>
<td>10/leg</td>
<td>2-min</td>
</tr>
<tr>
<td>Standing Calf Raises</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
</tbody>
</table>
Day 4 – Chest, Shoulder, and Triceps

<table>
<thead>
<tr>
<th>Push Exercises</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hammer Strength Chest Press</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Lateral Cable Raises</td>
<td>3</td>
<td>12-15</td>
<td>2-min</td>
</tr>
<tr>
<td>Bent Over Raises</td>
<td>3</td>
<td>10-12</td>
<td>2-min</td>
</tr>
<tr>
<td>Cable Overhead Triceps Extension</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Bench Dips</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
</tbody>
</table>

Day 5 – Back and Biceps

<table>
<thead>
<tr>
<th>Pull Exercises</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pull-ups</td>
<td>3</td>
<td>Failure</td>
<td>2-min</td>
</tr>
<tr>
<td>SM Partial Deadlift</td>
<td>3</td>
<td>10-12</td>
<td>3-min</td>
</tr>
<tr>
<td>One-arm DB Row</td>
<td>3</td>
<td>10/side</td>
<td>90-sec</td>
</tr>
<tr>
<td>Alternating DB Curl</td>
<td>3</td>
<td>10/arm</td>
<td>90-sec</td>
</tr>
<tr>
<td>Preacher Curl</td>
<td>3</td>
<td>12-15</td>
<td>2-min</td>
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</tbody>
</table>

Day 6 – Hamstrings and Glutes

<table>
<thead>
<tr>
<th>Legs Exercises</th>
<th>Sets</th>
<th>Reps</th>
<th>Rest</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seated Leg Curl</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>Lying Leg Curl</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
<tr>
<td>DB Romanian Deadlift</td>
<td>3</td>
<td>8-10</td>
<td>2-min</td>
</tr>
<tr>
<td>Glute Bridge</td>
<td>3</td>
<td>15-20</td>
<td>2-min</td>
</tr>
</tbody>
</table>

Day 7 – Abs and Oblique (Optional)

- Treadmill – 5 Minutes
• Bicycling – 5 Minutes
• Mountain Climbing – 15 seconds, 30-second rest
• Crunches – 10 reps, 30-second rest
• Bicycle Crunches – 20 seconds, 45-second rest
• Plank – 45 seconds, 30-second rest
• Reverse Crunches – 10 reps, 45-second rest
• Russian Twist – 15 seconds, 45-second rest
• Flutter Kicks – 15 seconds, 30-second rest
• Hanging Knee Raise – 10 reps, 30-second rest
• Plank – 60 Seconds Hold, 30-second rest
• Side Plank – 30 seconds on each side

Additional 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.
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. 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.

4. 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.

5. 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 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.

6. 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.

7. Make Adjustment
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.

Recommended Brands:

1. Performix (Supplement)
2. Beyond Body (Book)
3. Amazon (Supplement)
4. Bulk Extreme (Supplement)
5. Mass Extreme (Supplement)

Helpful Resources:

• 20 Best Dumbbell Pull Exercises
• Dumbbell Push Exercises
• Top 10 Barbell Pull Exercises
• 8 Best Barbell Push Exercises
• Compound Exercises List
• Isolation Exercises List
• 30 Best Gym Exercises for Abs

Related Workout Programs

1. 2 Hour Cardio and Strength Workout Plan
2. 5-Day Push Pull Legs Split Workout Plan to Get Muscular
3. 8-Week Circuit Weight Training to Burn Fat & Build Muscle
4. 6 Day PPL Split For Strength And Hypertrophy w/ PDF
5. 12 Week Weight Loss Meal Plan with Free PDF
6. 7 Day Gym Workout Plan with PDF (Full-Body/Split/Cardio)

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Disclaimer

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