

JEFF NIPPARD'S PUSH PULL LEGS WORKOUT PLAN FOR MUSCLE BUILDING

Full URL: <https://thefitnessphantom.com/jeff-nippard-push-pull-leg-program-with-pdf>

I've designed an ultimate 10-week Push Pull Leg (PPL) workout plan inspired by a famous YouTuber, powerlifter, and fitness coach – [Jeff Nippard](#).

This training plan involves all push, pull, and leg exercises shared by Jeff on [his YouTube channel](#). It focuses on building muscle and strength and achieving a muscular shape.

If you have been lifting for a while but are not getting the results you want, try this program for a few months.

I'll also share this plan in a PDF file. You can download that to use it offline.

Jeff Nippard's PPL Program Summary

Split Type	Push Pull Legs
Workout Type	Weight Training
Sessions per Week	Six
Duration per Session	1-2 hours
Program Goal	Build Strength & Hypertrophy
Program Difficulty	Medium to High
Experienced Needed	Intermediate to Advanced
Target Gender	Male
Suitable Age Group	20s & 30s
Program Duration	10 Weeks

Jeff Nippard's PPL Schedule:

- Day 1: Legs A
- Day 2: Push A
- Day 3: Pull A
- Day 4: Legs B
- Day 5: Push B
- Day 6: Pull B
- Day 7: OFF

Warm-up exercises for Different Body Parts:

- **Lower Body:** Legs Swings, Standing Quad Stretch, Hamstring Stretch, Deep Squats with Light Weight.
- **Upper Body:** Arm Swings, [Shoulder Pass-through](#), [Banded Pull Aparts](#), Low Lunge Arch, and Wide-arm Pull-up. Perform some of these exercises, followed by a few sets of the first main workout with a light load.
- **General Warm-up:** 5-minute walk on the Treadmill or Stairmaster.

WEEK 1-2: PUSH PULL LEGS

Day 1 – Legs A

Exercise	Sets	Reps	Muscle
Back Squat (Pyramid Warm-up sets)	5	10 @10% 1RM, 5 @30% 1RM, 4 @50% 1RM, 3 @65% 1RM, 1-2 @75% 1RM	Quads & Glutes
Back Squat (working sets)	3	4 @80% 1RM	Quads & Glutes
Romanian Deadlift	3	10 @50-60% 1RM	Hamstrings & Glutes
Unilateral Leg Press	3	15 per side (more for the weaker one)	Quads & Glutes
Seated Leg Extensions*	3	10-12 (take 3-4 seconds while descending phase)	Quadriceps

Seated Leg Curls**	3	10-12	Hamstrings
Standing Calf Raise	3	10-12	Calves
Weighted Decline Crunches	3	Failure	Abdominals

Seated Leg Extensions: Adjust the seat slightly back to better target the rectus femoris head of the quadriceps, which is the only quad muscle that crosses both the hip and knee joints.

Leg Curl: On the last set, perform 10 reps to failure, then drop the weight in half and go to failure again.

Day 2 – Push A

Exercises	Sets	Reps	Target Muscle
Bench Press	3	8 @72.5% 1RM	Chest
Machine Shoulder Press	3	12	Shoulder
Bar Dips	3	12-15	Chest & Triceps
Eccentric-Accentuated Skull Crusher*	3	8-10	Triceps
Egyptian Cable Lateral Raise*	3	12/side	Shoulders
Cable Triceps Kickback*	2	20-30/arm	Triceps

Skull Crusher: Take 3 seconds to lower the weight, as it can break down the triceps muscle fibers efficiently.

Cable Lateral Raise: After hitting 12 reps, rest briefly and then perform another four reps, repeating this pattern until you can no longer complete the reps.

Kickback: Perform two high-rep sets of 20 to 30 reps, maintaining a one-second tempo for both the concentric and eccentric phases.

Day 3 – Pull A

Exercise	Sets	Reps	Target Muscle
Weighted Pull-up	3	6-8	Lats
Seated Cable Row	3	10-12	Lats
Kneeling Cable Pullover*	3	12-15	Lats
Hammer Curls	3	8-10	Biceps
Strict Incline Dumbbell Curl	3	10-12	Biceps

Pull-up: Maintain an upright posture to target the latissimus dorsi and teres major muscles. If you can't perform six reps, you can use an assistance band.

Pullover: Keep the reps high with a one-second up, one-second down tempo to maintain constant tension on the lats.

Day 4 – Legs B

Exercise	Sets	Reps	Target Muscle
Sumo Deadlift	3	3 @80-85% of 1RM	Legs & Back
Machine Hack Squat	3	10-12	Quads & Glutes
Unilateral Hip Thrust	2	15 per side	Hamstrings & Glutes
4A Nordic Ham Curls	2	8-10	Hamstrings
4B Prisoner Back Extensions	2	10-12	Ham & Lower Back
Unilateral Leg Press Calf Raise	3	8-10	Calves
Weighted L-sit Hold	3	10-30 second hold	Abdominals

Day 5 – Push B

Exercise	Sets	Reps	Target Muscle
Overhead Press	4	4 @80% of 1RM	Shoulder
Close-Grip Bench Press	3	10 (RPE 7-8)	Triceps
Low-to-High Cable Crossover*	3	10-12	Chest
Overhead Triceps Extension	3	10-12	Triceps

Dumbbell Lateral Raise 21s	3	21	Shoulder
Neck Flexion & Extension	2	10-15	Neck

Cable Crossover: On the last set, perform a drop set. Go to failure around 10-12 reps, then immediately drop the weight by 50% and go to failure again.

Triceps Extension: Perform each rep with a full range of motion, focusing on a big stretch at the bottom and a good squeeze at the top.

Lateral Raises: This is a set of 21 reps broken down into three parts. Reps 1-7: Full range of motion. Reps 8-14: Top-half to three-quarters of the movement. Reps 15-21: Bottom-half of the movement

Day 6 – Pull B

Exercises	Sets	Reps	Target Muscle
Omni-Grip Lat Pulldown*	3	Varies by grip	Back
Chest Supported Seated Row*	3	10-12	Back
Rope Face Pulls	3	10-15	Upper Back
Incline Dumbbell Shrug	3	10-12	Upper Trap
Dumbbell Rear Delt Fly	2	15, then 10-15	Trap & Shoulder
6A Easy Bar Pronated Curls	1	10-15	Biceps & Forearms
6B Supinated Curls	1	10-15	Biceps & Forearms

Lat Pulldown: This exercise involves three sets using the same weight and reps, but with a different grip for each set: Set 1, wide grip; Set 2, moderate grip; and Set 3, reverse close grip.

Chest Supported Row: Do it on the machine, focusing on scapular protraction and squeezing the upper back.

Superset Curls: This superset fatigues the forearm's elbow flexors first with a pronated (overhand) grip, then immediately switches to a supinated (underhand) grip, allowing the biceps to take over.

WEEK 3-4: PUSH PULL LEGS

Day 1 – Legs A

Exercise	Sets	Reps	Target Muscle
Back Squats* (warm-up + working sets)	6	10, 5, 3, 2, 1, 4	Quads & Glutes
Paused Squats*	2	5	Quads & Glutes
Barbell Romanian Deadlifts	3	8-10	Hamstrings & Glutes
Dumbbell Walking Lunges	2	10 per leg	Thighs & Glutes
Seated Leg Curls	3	10-12	Hamstrings
Leg Press Toe Press	4	10-12	Calves
Decline Plate Crunch	3	10-12	Abdominals

Perform a general warm-up for 5-10 minutes on a treadmill or StairMaster. Follow up with a quick series of dynamic stretches, such as leg swings and hamstrings stretch, which should take around two minutes

Back Squats: Perform 10 reps with 20% of 1 rep max, 5 reps with 35%, 3 reps with 55%, 2 reps with 70% and 1 rep with 80%. These are your warm-up sets. Then perform one heavy set of 2 to 4 reps at 85-90% of your one-rep max.

Paused Squats: Pause for 1-2 seconds at the bottom of each rep. For these sets, drop the weight to about 75% of your heavy top set. ([instruction](#))

Day 2 – Push A

Exercises	Sets	Reps	Target Muscle
Bench Press	3	8-10	Chest
Machine Shoulder Press	3	10-12	Shoulder
Pec Deck Fly	3	15-20	Chest
Cable Lateral Raise	3	12/side	Shoulder
Overhead Cable Extension	3	5-10	Triceps

Crossbody Single-arm Triceps Pushdown	3	10-15	Triceps
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Day 3 – Pull A

Exercises	Sets	Reps	Target Muscle
Close-Grip Lat Pulldown	3	10-15	Lats
Chest-Supported Machine Row	3	8-10	Mid Back
Close-Grip Cable Row	2	15-20	Lats & Traps
Reverse Cable Flyes	3	15-20	Posterior Delts
Shrugs	4	15-20	Upper Traps
EZ Bar Curls	3	10-15	Biceps
Machine Preacher Curls	3	15-20	Biceps

Day 4 – Legs B

Exercise	Sets	Reps	Target Muscle
Sumo / Conventional Deadlift (Warm-up)	4	10, 5, 3, 2, 1, 4	Lower Body
Deadlift (Working set)	1	5	Lower Body
Stiff-legged Deadlift	2	8	Hamstrings
Leg Press	4	10-12	Quads & Glutes
Glute Ham Raise	3	8-10	Ham & Glutes
Slow Eccentric Leg Extension*	3	8-10	Quads
Seated Calf Raise	4	15-20	Calves
Roman Chair Leg Raise	3	15-20	Abdominals

Deadlift: Perform 8 reps with 30% of 1 rep max, 4 reps with 50%, 2 reps with 75%, and 1 rep with 90%. These are your warm-up sets. Then perform one heavy set of 5 reps at 80-85% of your one-rep max.

Leg Extension: Take three seconds after each leg extension to increase the hypertrophic stimulus and reduce strain on the knees.

Day 5 – Push B

Exercise	Sets	Reps	Target Muscle
Overhead Press	4	4 @80% of 1RM	Shoulder
Close-Grip Bench Press	3	10 (RPE 7-8)	Triceps
Low-to-High Cable Crossover	3	10-12	Chest
Overhead Triceps Extension	3	10-12	Triceps
Dumbbell Lateral Raise 21s	3	21	Shoulder
Neck Flexion & Extension	2	10-15	Neck

Day 6 – Pull B

Exercises	Sets	Reps	Target Muscle
Omni-Grip Lat Pulldown	3	10-15	Back
Chest Supported Seated Row	3	10-12	Back
Rope Face Pulls	3	10-15	Upper Back
Incline Dumbbell Shrug	3	10-12	Upper Trap
Dumbbell Rear Delt Fly	2	15, then 10-15	Trap & Shoulder
6A Easy Bar Pronated Curls	1	10-15	Biceps & Forearms
6B Supinated Curls	1	10-15	Biceps & Forearms

Week 5-6: Push Pull Legs

Day 1 – Legs A

Exercise	Sets	Reps	Muscle
Back Squat (Warm-up sets) *	5	10, 5, 4, 3, & 1-2	Quads & Glutes
Back Squat (working sets)	3	4 @80% 1RM	Quads & Glutes
Romanian Deadlift	3	10 @50-60% 1RM	Hamstrings & Glutes
Unilateral Leg Press	3	15 per side	Quads & Glutes
Seated Leg Extensions	3	10-12	Quadriceps
Seated Leg Curls	3	10-12	Hamstrings
Standing Calf Raise	3	10-12	Calves
Weighted Decline Crunches	3	Failure	Abdominals

Back Squats: Increase weight as you decrease reps.

Day 2 – Push A

Exercises	Sets	Reps	Target Muscle
Bench Press	4	6-8	Chest
Incline Cable Fly	3	12-15	Chest
Overhead Dumbbell press	4	10-12	Shoulder
Egyptian Lateral Raise	3	12/side	Shoulder
Tricep Press down	4	12-15	Triceps
Static Dumbbell holds*	2	60-sec	Upper Body

Static Dumbbell holds: Lie down on the floor and get into the starting point of the dumbbell bench press and hold the dumbbells for 60 seconds. Hold approximately 40% of your typical working weight. The goal is to create metabolic stress and increase time under tension.

Day 3 – Pull A

Exercises	Sets	Reps	Target Muscle
1-arm Half-kneeling Lat Pulldown	3	12-15 per side	Lats
Pull-up	1	Failure	Lats
Kroc Row/Single-arm DB Row	3	10-12 per side	Lats & Traps
Cable Shrug-in	3	15-20	Posterior Delts
Shrugs	4	10-12	Upper Traps
Reverse Pec Deck	3	10-12	Rear Delts
Overhead Cable Bicep Curl	3	10-12	Biceps

Day 4 – Legs B

Exercise	Sets	Reps	Target Muscle
Seated Leg Curl	3	10-15	Hamstrings
Smith Machine Squats	3	5-10	Quads & Glutes
Romanian Deadlift	3	5-10	Hamstrings
Leg Extension	3	10-15	Quadriceps
4A Hip Adduction	2	15-20	Adductors
4B Hip Abduction	2	15-20	Glutes & Hips
Standing Calf Raises	4	10-15	Calves

Day 5 – Push B

Exercise	Sets	Reps	Target Muscle
Overhead Press	4	4 @80% of 1RM	Shoulder
Close-Grip Bench Press	3	10 (RPE 7-8)	Triceps
Low-to-High Cable Crossover	3	10-12	Chest
Overhead Triceps Extension	3	10-12	Triceps
Dumbbell Lateral Raise 21s	3	21	Shoulder
Neck Flexion & Extension	2	10-15	Neck

Day 6 – Pull B

Exercises	Sets	Reps	Target Muscle
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Close-Grip Lat Pulldown	3	10-15	Lats
Chest-Supported Machine Row	3	8-10	Mid Back
Close-Grip Cable Row	2	15-20	Lats & Traps
Reverse Cable Flyes	3	15-20	Posterior Delts
Shrugs	4	15-20	Upper Traps
EZ Bar Curls	3	10-15	Biceps
Machine Preacher Curls	3	15-20	Biceps

WEEK 7-8: PUSH PULL LEGS

Day 1 – Legs A

Exercise	Sets	Reps	Target Muscle
Back Squats* (warm-up + working sets)	6	10, 5, 3, 2, 1, 4	Quads & Glutes
Paused Squats*	2	5	Quads & Glutes
Barbell Romanian Deadlifts	3	8-10	Hamstrings & Glutes
Dumbbell Walking Lunges	2	10 per leg	Thighs & Glutes
Seated Leg Curls	3	10-12	Hamstrings
Leg Press Toe Press	4	10-12	Calves
Decline Plate Crunch	3	10-12	Abdominals

Back Squats: Perform 10 reps with 20% of 1 rep max, 5 reps with 35%, 3 reps with 55%, 2 reps with 70% and 1 rep with 80%. These are your warm-up sets. Then perform one heavy set of 2 to 4 reps at 85-90% of your one-rep max.

Paused Squats: Pause for 1-2 seconds at the bottom of each rep. For these sets, drop the weight to about 75% of your heavy top set.

Day 2 – Push A

Exercises	Sets	Reps	Target Muscle
Bench Press (warm-up sets)*	5	15, 5, 3, 2 & 1	Chest
Bench Press (working set)	1	3-5	Chest
Barbell Larsen Press	2	10	Chest & Abs
Standing Arnold Press	3	8-10	Shoulder
4A Press-Around	2	12-15	Chest
4B Pec stretch	2	30-sec	Chest
Cross-Body Cable Y-Raise	3	10-12 per side	Shoulder
6A Slow Triceps Pressdown	3	8	Triceps
6B Stretch Only Overhead Extension	3	8	Triceps

Cross Body Tricep Extension	2	10-12 per arm	Triceps
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Bench Press: You'll do five warm-up sets (increasing the load after each set). For example, Jeff started with 45lbs and did 10-15 reps, followed by 5 reps with 135lbs, 3 reps with 185lbs, 2 reps with 225 lbs, and 1 rep with 275 lbs. After these warm-up sets, he did one working set and performed 3 to 5 reps with 295 lbs.

Day 3 – Pull A

Exercises	Sets	Reps	Target Muscle
Prone Grip Lat Pulldown	4	10	Lats
Omni-grip Chest-Supported Machine Row*	3	10-12	Back
3A Bottom-Half Dumbbell Lat Pullovers	2	10-12	Lats
3B Static Lat Stretch	2	30-second	Back
Multi-directional Face Pulls *	3	12-15	Upper Traps
EZ Bar Biceps Curl	3	6-8	Biceps
Bottom Half DB Preacher Curl*	2	10-12	Biceps

Chest Supported Row: You'll do three sets of 10-12 reps. "Omni-grip" means you'll use a wide grip, a slightly closer grip, and then a neutral or underhand grip to target different areas of the back.

Face Pulls: Change the cable's position for each set to target different angles of the rear delts.

Preacher Curl: Focus on partial reps in the stretched portion of the lift to maximize muscle growth.

Day 4 – Legs B

Exercise	Sets	Reps	Target Muscle
Back Squats	3	4-6	Quads & Glutes
Romanian Deadlift	3	8-10	Hamstrings
Walking Lunges	2	10/side	Lower Body
Unilateral Leg Extension	3	10-12/leg	Quadriceps
Unilateral Leg Curls	3	12-15/side	Hamstrings
Single Leg Press Calf Raise	3	10-12/side	Calves
Seated Calf Raises	3	20	Calves

Day 5 – Push B

Exercises	Sets	Reps	Target Muscle
Incline Bench Press	4	6-8	Chest
Incline Cable Fly	3	12-15	Chest
Overhead Dumbbell press	4	10-12	Shoulder
Egyptian Lateral Raise	3	12/side	Shoulder
Tricep Press down	4	12-15	Triceps
Static Dumbbell holds*	2	60-sec	Upper Body

Day 6 – Pull B

Exeercise	Sets	Reps	Target Muscle
1-arm Half-kneeling Lat Pulldown	3	12-15 per side	Lats
Pull-up	1	Failure	Lats
Kroc Row/Single-arm DB Row	3	10-12 per side	Lats & Traps
Cable Shrug-in	3	15-20	Posterior Delts
Shrugs	4	10-12	Upper Traps
Reverse Pec Deck	3	10-12	Rear Delts
Overhead Cable Bicep Curl	3	10-12	Biceps

WEEK 9-10: PUSH PULL LEGS

Day 1 – Legs A

Exercise	Sets	Reps	Muscle
Back Squat (Warm-up sets)*	5	10, 5, 4, 3, & 1-2	Quads & Glutes
Back Squat (working sets)	3	4 @80% 1RM	Quads & Glutes
Romanian Deadlift	3	10 @50-60% 1RM	Hamstrings & Glutes
Unilateral Leg Press	3	15 per side	Quads & Glutes
Seated Leg Extensions	3	10-12	Quadriceps
Seated Leg Curls	3	10-12	Hamstrings
Standing Calf Raise	3	10-12	Calves
Weighted Decline Crunches	3	Failure	Abdominals

Perform 10 reps with 20% of 1 rep max, 5 reps with 35%, 3 reps with 55%, 2 reps with 70% and 1 rep with 80%. Then perform 3 sets of 4 reps at 80%.

Day 2 – Push A

Exercises	Sets	Reps	Target Muscle
Incline Bench Press (warm-up sets)*	3	10, 4 & 3	Chest
Incline Bench Press (working set)	3	8, 5, & 15	Chest
Machine Shoulder Press	3	12-15	Shoulder
Floor Reset Skullcrusher*	3	6-8	Triceps
Bent-Over Cable Flyes	3	10-12	Chest
Machine Lateral Raise	3	20	Shoulder
Plate Front Raise	2	15-20	Shoulder
Diamond Push Ups	3	Max	Triceps

Incline Barbell Bench Press: Perform three warm-up and three working sets. Start with an empty bar and do 10 reps, followed by 4 reps with 50% of your 1RM and 3 reps with 75% 1RM. For working sets, pick a weight that is good for 8, 5, and 15 reps.

Skull crusher: Lower the bar until it touches the floor after each rep.

Day 3 – Pull A

Exercises	Sets	Reps	Target Muscle
Single-arm Cable Lat Pull-ins (warm-up)	2	15 per side	Lats
Lat Pulldown*	3	8-10	Lats
Chest-Supported T-Bar Row with a Band*	3	10-12	Mid Back
High to Low Machine Row	2	12-15 per side	Back
Kneeling Cable Lat Pullover	3	15-20	Lats
Snatch Grip Barbell Shrug	3	12-15	Upper Traps
Reverse Pec Deck Fly	3	10-12	Rear Delts
EZ Bar Curl	3	10-12	Biceps
Dumbbell Curl Tri-set*	2	12/10/8	Biceps

Lat Pulldown: Emphasizes the “negative” portion of the movement with a 3 to 4-second lowering phase on every rep, as research suggests eccentric exercise may lead to greater muscle gains.

T-Bar Row: Wrap the band around the equipment. The band increases resistance at the top of the movement, which forces the traps to work harder.

Dumbbell Curl Tri-set: Perform 12 reps of a reverse grip curl, 10 reps of a hammer grip curl, and 8 reps of a traditional supinated dumbbell curl. The purpose of this tri-set is to pre-exhaust the other elbow flexors before targeting the biceps with the supinated curl.

Day 4 – Legs B

Exercise	Sets	Reps	Target Muscle
Seated Leg Curl	3	10-15	Hamstrings
Smith Machine Squats	3	5-10	Quads & Glutes
Romanian Deadlift	3	5-10	Hamstrings
Leg Extension	3	10-15	Quadriceps

4A Hip Adduction	2	15-20	Adductors
4B Hip Abduction	2	15-20	Glutes & Hips
Standing Calf Raises	4	10-15	Calves
Roman Chair Leg Raises	3	15-20	Abdominals

Day 5 – Push B

Exercise	Sets	Reps	Target Muscle
Overhead Press	4	4 @80% of 1RM	Shoulder
Close-Grip Bench Press	3	10 (RPE 7-8)	Triceps
Low-to-High Cable Crossover	3	10-12	Chest
Overhead Triceps Extension	3	10-12	Triceps
Dumbbell Lateral Raise 21s	3	21	Shoulder
Neck Flexion & Extension	2	10-15	Neck

Day 6 – Pull B

Exercises	Sets	Reps	Target Muscle
1-arm Half-kneeling Lat Pulldown	3	12-15 per side	Lats
Pull-up	1	Failure	Lats
Kroc Row/Single-arm DB Row	3	10-12 per side	Lats & Traps
Cable Shrug-in	3	15-20	Posterior Delts
Shrugs	4	10-12	Upper Traps
Reverse Pec Deck	3	10-12	Rear Delts
Overhead Cable Bicep Curl	3	10-12	Biceps

Frequently Asked Questions (FAQs)

Who can follow this workout routine?

Jeff's PPL workout routine is for experienced lifters, as it involves challenging exercises and advanced techniques, such as supersets and drop sets. If you are a beginner, start with this [12-week program](#), and then you can try Jeff Nippard's training plan.

Is this PPL routine suitable for women, or is it designed for men?

The routine is unisex and effective for all genders. Muscle growth principles (progressive overload, volume, frequency) apply universally, and Nippard's program is based on science, not gender-specific goals.

What should I do if I feel overly fatigued or sore while following this routine?

The 6-day PPL split is high-volume, so fatigue is common. To manage fatigue or soreness, getting good 7-9 hours of sleep and taking 1.6-2.2g protein/kg bodyweight are crucial. You can also deload for a week (reduce weights 10-20%, cut 1-2 sets) to slow it down.

How do I ensure proper nutrition to support this program's demands?

Aim for a 250-500 calorie surplus for muscle gain and lower calorie intake for [recomp](#) or fat loss. Consume a good amount of calories from sources like chicken, fish, eggs, or whey. Prioritize carbs (4 to 6g per kg) for energy and fats for hormones. Split roughly 50% carbs, 25% protein, 25% fat.

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