

At-Gym Beginners PPL based Workout plan

Weekly Structure (3 Days Per Week)

- Monday – Push
- Wednesday – Pull
- Friday – Legs

Push Day (Chest, Shoulders, Triceps)

- Barbell Bench Press – 3 sets of 8–10 reps
- Overhead Shoulder Press – 3 sets of 8–10 reps
- Incline Dumbbell Press – 3 sets of 10–12 reps
- Lateral Raises – 3 sets of 12–15 reps
- Tricep Pushdowns – 3 sets of 10–12 reps

Pull Day (Back, Biceps)

- Lat Pulldowns or Assisted Pull-Ups – 3 sets of 8–10 reps
- Seated Cable Rows – 3 sets of 8–10 reps
- Barbell or Dumbbell Rows – 3 sets of 8–10 reps
- Face Pulls – 3 sets of 12–15 reps
- Dumbbell or Barbell Bicep Curls – 3 sets of 10–12 reps

Legs Day (Lower Body)

- Barbell Squats – 3 sets of 8–10 reps
- Leg Press – 3 sets of 10–12 reps
- Romanian Deadlifts – 3 sets of 8–10 reps
- Leg Curls – 3 sets of 10–12 reps
- Standing or Seated Calf Raises – 3 sets of 15–20 reps

Progression Guidelines

- Add 1–2 reps each week when possible
- Increase weight gradually (2.5–5 kg)

- Focus on proper form before increasing load
- Rest 60–90 seconds between most sets
- Train consistently for at least 8–12 weeks