

Beginner PPL Workout Plan (With Stretching)

Warm-Up Routine (Before Every Workout)

- 3–5 min light cardio (jumping jacks or jogging)
- Arm Circles – 15 each direction
- Bodyweight Squats – 15 reps
- Walking Lunges – 10 each leg
- Band Pull-Aparts – 15 reps

Push Day

- Bench Press – 3x6–8
- Overhead Press – 3x6–8
- Incline Dumbbell Press – 3x8–10
- Lateral Raises – 3x12–15
- Tricep Pushdowns – 3x10–12

Pull Day

- Lat Pulldown / Pull-Ups – 3x6–8
- Seated Rows – 3x8–10
- Barbell Rows – 3x8–10
- Face Pulls – 3x12–15
- Bicep Curls – 3x10–12

Leg Day

- Squats – 3x6–8
- Romanian Deadlift – 3x8–10
- Leg Press – 3x10–12
- Leg Curl – 3x10–12
- Calf Raises – 3x15–20

Post-Workout Stretching

Hold each stretch 20–30 seconds:

- Chest, Shoulder, Triceps (Push Day)
- Lats, Upper Back, Biceps (Pull Day)
- Hamstrings, Quads, Calves (Leg Day)

Progression

- Increase reps or weight weekly
- Focus on form and control