

Intermediate At-Home PPL Workout Plan

Weekly Training Structure

- Option 1: 3 Days Per Week – Monday: Push, Wednesday: Pull, Friday: Legs
- Option 2: 6 Days Per Week – Mon: Push, Tue: Pull, Wed: Legs, Thu: Push, Fri: Pull, Sat: Legs, Sun: Rest

Warm-Up Routine (Before Every Workout)

- Jumping Jacks – 2 sets x 30 seconds
- Arm Circles – 2 sets x 20 reps
- Hip Circles – 2 sets x 15 reps
- Bodyweight Squats – 2 sets x 15 reps
- Light Push-Ups – 1 set x 10 reps

Push Day Workout

- Push-Ups – 4 x 10–15 reps
- Pike Push-Ups – 3 x 8–12 reps
- Chair Dips – 3 x 10–12 reps
- Elevated Push-Ups – 3 x 10–12 reps
- Resistance Band Shoulder Press – 3 x 12–15 reps

Core Finisher (Push Day)

- Bicycle Crunches – 3 x 20 reps
- Plank Hold – 3 x 30–45 sec
- Leg Raises – 3 x 12–15 reps

Pull Day Workout

- Pull-Ups or Assisted Pull-Ups – 4 x 6–10 reps
- Resistance Band Rows – 3 x 12–15 reps
- Inverted Rows – 3 x 8–12 reps
- Resistance Band Bicep Curls – 3 x 12–15 reps
- Face Pulls (Band) – 3 x 12–15 reps

Core Finisher (Pull Day)

- Russian Twists – 3 x 20 reps
- Reverse Crunches – 3 x 12–15 reps
- Mountain Climbers – 3 x 30 seconds

Leg Day Workout

- Bodyweight Squats – 4 x 15 reps
- Bulgarian Split Squats – 3 x 10–12 each leg
- Glute Bridges – 3 x 12–15 reps
- Walking Lunges – 3 x 12 each leg
- Standing Calf Raises – 3 x 20 reps

Core Finisher (Leg Day)

- Hanging or Lying Knee Raises – 3 x 12–15 reps
- Side Plank – 3 x 30 sec each side
- Flutter Kicks – 3 x 20 reps

Post-Workout Stretch Routine

- Chest Stretch – 30 seconds
- Shoulder Stretch – 30 seconds
- Hamstring Stretch – 30 seconds
- Hip Flexor Stretch – 30 seconds
- Cat-Cow Stretch – 10 slow reps