

Advanced Push Pull Legs (PPL) Training Plan

This advanced Push Pull Legs (PPL) plan is designed for serious lifters aiming to build strength, muscle, and performance. It includes structured workouts along with pre- and post-workout stretching.

Weekly Training Structure

- 1 Day 1: Push (Heavy)
- 2 Day 2: Pull (Heavy)
- 3 Day 3: Legs (Heavy)
- 4 Day 4: Rest / Active Recovery
- 5 Day 5: Push (Hypertrophy)
- 6 Day 6: Pull (Hypertrophy)
- 7 Day 7: Legs (Hypertrophy)

Before Workout Stretching (Dynamic Warm-Up)

- 1 Arm Circles – 20 forward + 20 backward
- 2 Leg Swings – 15 each leg
- 3 World's Greatest Stretch – 8 each side
- 4 Hip Circles – 15 each direction
- 5 Light Cardio – 3–5 minutes

Push Day Workouts

Heavy Push

- 1 Barbell Bench Press – 5x5
- 2 Overhead Press – 4x6
- 3 Incline Dumbbell Press – 4x8
- 4 Weighted Dips – 3x8–10
- 5 Lateral Raises – 4x12–15
- 6 Skull Crushers – 3x10–12

Hypertrophy Push

- 1 Incline Barbell Press – 4x10

- 2 Machine Chest Press – 4x12
- 3 Arnold Press – 3x10–12
- 4 Cable Flys – 3x15
- 5 Triceps Rope Pushdown – 4x12–15

Pull Day Workouts

Heavy Pull

- 1 Deadlifts – 5x5
- 2 Weighted Pull-Ups – 4x6–8
- 3 Barbell Rows – 4x8
- 4 Face Pulls – 3x12–15
- 5 Barbell Curls – 3x10

Hypertrophy Pull

- 1 Lat Pulldown – 4x10–12
- 2 Seated Cable Row – 4x12
- 3 Dumbbell Rows – 3x12
- 4 Rear Delt Flys – 3x15
- 5 Hammer Curls – 3x12

Leg Day Workouts

Heavy Legs

- 1 Barbell Squats – 5x5
- 2 Romanian Deadlifts – 4x8
- 3 Leg Press – 4x10
- 4 Walking Lunges – 3x12 each leg
- 5 Standing Calf Raises – 5x15

Hypertrophy Legs

- 1 Hack Squat / Front Squat – 4x10
- 2 Leg Extensions – 4x15
- 3 Hamstring Curls – 4x12–15

- 4 Bulgarian Split Squats – 3x12
- 5 Seated Calf Raises – 5x15–20

After Workout Stretching (Static Cooldown)

- 1 Chest Stretch – 20–30 sec
- 2 Lat Stretch – 20–30 sec
- 3 Hamstring Stretch – 30 sec
- 4 Quad Stretch – 20–30 sec
- 5 Child's Pose – 30–60 sec

Advanced Training Tips

- 1 Progressive overload: increase weight or reps weekly
- 2 Train close to failure (1–2 reps in reserve)
- 3 Deload every 6–8 weeks
- 4 Rest 2–3 minutes for heavy lifts, 60–90 seconds for hypertrophy