

# Intermediate PPL Workout Plan (Push Pull Legs)

## Pre-Workout Warm-Up (10–12 mins)

- Light cardio (3–5 mins): jogging, jump rope, or rowing
- Arm circles – 15 reps each direction
- Hip circles – 10 reps
- Walking lunges with twist – 10 reps per leg
- Bodyweight squats – 15 reps
- Leg swings – 10 reps each
- Optional: Band pull-aparts – 15 reps, Glute bridges – 15 reps

## Push Day (Chest, Shoulders, Triceps)

Barbell Bench Press – 4 sets × 6–8 reps  
Incline Dumbbell Press – 3 sets × 8–10 reps  
Overhead Shoulder Press – 3 sets × 6–8 reps  
Dumbbell Lateral Raises – 3 sets × 12–15 reps  
Cable Chest Fly – 3 sets × 10–12 reps  
Triceps Pushdown – 3 sets × 10–12 reps  
Overhead Triceps Extension – 2–3 sets × 10–12 reps

## Pull Day (Back, Biceps, Rear Delts)

Deadlift – 3–4 sets × 4–6 reps  
Lat Pulldown / Pull-Ups – 3 sets × 8–10 reps  
Seated Cable Row – 3 sets × 8–10 reps  
Face Pulls – 3 sets × 12–15 reps  
Barbell Curl – 3 sets × 8–10 reps  
Hammer Curl – 2–3 sets × 10–12 reps

## Leg Day (Quads, Hamstrings, Glutes, Calves)

Barbell Squat – 4 sets × 6–8 reps  
Romanian Deadlift – 3 sets × 8–10 reps  
Leg Press – 3 sets × 10–12 reps  
Walking Lunges – 3 sets × 10 reps per leg  
Leg Curl Machine – 3 sets × 10–12 reps  
Standing Calf Raises – 4 sets × 12–15 reps

## **Post-Workout Stretching (8–10 mins)**

- Chest stretch (doorway) – 20–30 sec
- Shoulder cross-body stretch – 20–30 sec
- Seated hamstring stretch – 20–30 sec
- Standing quad stretch – 20–30 sec
- Calf stretch (wall) – 20–30 sec
- Child's pose – 20–30 sec