

# push pull legs workout plan for beginners

The Ultimate Push Pull Legs Workout Plan for Beginners: A Comprehensive Guide

**push pull legs workout plan for beginners** is a highly effective and popular training split that can revolutionize your fitness journey. This structured approach divides your workouts based on the primary movement patterns: pushing exercises, pulling exercises, and leg exercises. For beginners, it offers a clear roadmap to building strength, muscle mass, and improving overall athleticism without feeling overwhelmed. This comprehensive guide will walk you through everything you need to know, from understanding the principles behind the split to constructing your ideal beginner PPL routine. We will delve into exercise selection, proper form, recommended sets and reps, rest periods, and crucial progression strategies to ensure you make consistent gains. Get ready to unlock your potential with this balanced and efficient training method.

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## Understanding the Push Pull Legs Split

The Push Pull Legs (PPL) split is a training methodology that categorizes exercises based on the direction of movement and the muscle groups involved. Essentially, you dedicate specific training days to pushing movements (like chest presses, shoulder presses, triceps extensions), pulling movements (like rows, pull-ups, biceps curls), and lower body movements (like squats, deadlifts, lunges). This systematic approach allows for focused training on specific muscle groups and movement patterns, providing adequate recovery time between sessions that target the same muscle groups. It's a highly adaptable split that can be modified for various training frequencies and experience levels.

The core principle behind the PPL split is to ensure that each major muscle group receives sufficient stimulus for growth and strength development while also allowing for adequate rest and recovery. By separating pushing and

pulling movements, you prevent the overworking of antagonist muscle groups within a single session. For instance, a pushing day focuses on muscles like the chest, shoulders, and triceps, while a pulling day targets the back, biceps, and forearms. Legs day then comprehensively addresses all the muscles of the lower body, including quadriceps, hamstrings, glutes, and calves.

## **Why Push Pull Legs is Ideal for Beginners**

The PPL split is an excellent choice for beginners due to its simplicity, clarity, and inherent balance. It introduces fundamental movement patterns in a structured manner, allowing newcomers to learn proper exercise technique without being bombarded with excessive exercise variations or complex training splits. This organized approach makes it easier for beginners to understand their workouts and track their progress effectively. The clear separation of muscle groups also helps prevent the common beginner mistake of overtraining specific muscles while neglecting others, leading to more balanced and symmetrical development.

Furthermore, the PPL split offers a natural progression path. As a beginner becomes more comfortable with the exercises and their strength increases, they can gradually introduce more challenging variations, increase weight, or adjust their training volume. The split inherently provides sufficient recovery for muscle groups. For example, after a push day, the muscles involved will get several days of rest before being engaged in another push movement. This recovery is crucial for muscle repair and growth, especially for individuals new to resistance training whose bodies are adapting to new physical stressors.

## **Structuring Your Beginner Push Pull Legs Workout Plan**

When structuring a beginner Push Pull Legs workout plan, the key is to focus on compound movements that work multiple muscle groups simultaneously. This maximizes efficiency and builds a strong foundation. A common and effective frequency for beginners is to perform each workout (Push, Pull, Legs) once per week, leading to a three-day-per-week training schedule. This allows for ample recovery between sessions and is manageable for individuals just starting out. As you progress, you can increase the frequency to twice per week for a six-day training split, though this is generally for more advanced trainees.

The selection of exercises should prioritize safety and effectiveness. For beginners, it's crucial to choose exercises that allow for good form development. This means starting with machines or free weights that are easier to control. The number of sets and repetitions should also be geared towards hypertrophy (muscle growth) and strength endurance. A common starting

point is 3 sets of 8-12 repetitions for most exercises. Rest periods between sets are typically around 60-90 seconds to allow for sufficient recovery without letting the muscles cool down too much.

## **The Push Day Workout: Building Upper Body Pushing Strength**

The Push Day is dedicated to exercises that involve pushing weight away from your body. This primarily targets the chest, shoulders, and triceps. The goal is to build strength and muscle in these upper body pushing muscles. When selecting exercises, prioritize compound movements that engage multiple joints and muscle groups. This allows for greater overall muscle activation and more efficient training. For beginners, starting with machine-based exercises can be beneficial to learn the movement patterns before progressing to free weights.

Key muscle groups trained on push day include the pectoralis major and minor (chest), the anterior, medial, and posterior deltoids (shoulders), and the triceps brachii. Understanding the function of these muscles will help you appreciate why certain exercises are included. For example, chest press variations target the chest, while overhead press variations focus on the shoulders. Triceps extensions are crucial for isolating and developing the triceps, which assist in all pushing movements.

### **Chest Exercises**

For chest development on push day, focus on exercises that allow you to feel the contraction and stretch in your pectoral muscles. These movements are fundamental for building a strong and well-developed chest. Mastering these will provide a solid foundation for more advanced chest training later on.

- Barbell Bench Press
- Dumbbell Incline Press
- Machine Chest Press

### **Shoulder Exercises**

Shoulder exercises on push day are crucial for building rounded, strong deltoids and improving upper body aesthetics and functional strength. These exercises target the front, side, and rear heads of the deltoid muscle. Proper form is paramount to avoid shoulder impingement.

- Overhead Press (Barbell or Dumbbell)
- Lateral Raises (Dumbbell)
- Front Raises (Dumbbell or Plate)

## Triceps Exercises

The triceps are responsible for extending the elbow and play a vital role in all pushing movements. Including targeted triceps work on push day ensures complete upper body development. Beginners should focus on controlled movements to maximize muscle engagement.

- Triceps Pushdowns (Cable)
- Overhead Dumbbell Extensions
- Dips (Assisted or Bench Dips)

## The Pull Day Workout: Developing Upper Body Pulling Power

Pull Day focuses on exercises that involve pulling weight towards your body, targeting the muscles of the back, biceps, and forearms. This is essential for developing a strong and well-proportioned upper body. A strong back not only contributes to aesthetics but also plays a crucial role in posture and overall functional strength, supporting many everyday activities and athletic endeavors.

The primary muscle groups targeted on pull day include the latissimus dorsi (lats), rhomboids, trapezius (traps), teres major and minor, biceps brachii, and forearms. By engaging these muscles through various pulling motions, you'll build a thicker, wider back and stronger arms. For beginners, mastering the form on fundamental pulling exercises is key to preventing injury and ensuring effective muscle activation.

## Back Exercises

Back exercises are the cornerstone of pull day, aiming to develop both the width and thickness of the back. These movements are vital for improving posture and creating a V-taper physique. Beginners should focus on exercises that allow for a full range of motion and a strong mind-muscle connection.

- Lat Pulldowns (Machine)
- Seated Cable Rows
- Dumbbell Rows
- Face Pulls

## **Biceps Exercises**

While the back exercises will already engage the biceps, dedicated biceps work ensures optimal growth and strength in these arm muscles. These exercises help to increase arm circumference and improve grip strength, which is beneficial for other lifts.

- Barbell Curls
- Dumbbell Hammer Curls
- Concentration Curls

## **Forearm Exercises (Optional but Recommended)**

Strong forearms contribute to improved grip strength, which is essential for performing many other exercises effectively. While not always included as a primary focus for beginners, incorporating some direct forearm work can be highly beneficial.

- Wrist Curls (Barbell or Dumbbell)
- Reverse Wrist Curls (Barbell or Dumbbell)

## **The Legs Day Workout: Strengthening Your Lower Body Foundation**

Legs Day is dedicated to building a strong and powerful lower body, encompassing the quadriceps, hamstrings, glutes, and calves. A strong lower body is foundational for overall athleticism, improving performance in sports and making everyday movements easier and more efficient. Neglecting leg training can lead to imbalances and limit your overall strength potential, so it's crucial to give it the attention it deserves.

The primary muscle groups trained on legs day are the quadriceps (front of the thigh), hamstrings (back of the thigh), glutes (buttocks), and gastrocnemius and soleus (calves). A well-rounded legs day will include exercises that target all these areas through various movement patterns, including knee flexion, hip extension, and ankle plantarflexion.

## **Quadriceps and Glute Exercises**

These exercises focus on the front of the thighs and the glutes, essential for powerful movements like squatting and jumping. Compound exercises are highly effective for hitting these large muscle groups.

- Barbell Squats
- Leg Press (Machine)
- Lunges (Dumbbell or Bodyweight)
- Leg Extensions (Machine)

## **Hamstring and Glute Exercises**

These movements target the posterior chain, which is crucial for hip extension, hamstring curls, and overall lower body power. Developing the hamstrings and glutes is vital for balanced leg development and injury prevention.

- Romanian Deadlifts (RDLs)
- Leg Curls (Machine - Hamstring Curl)
- Glute Bridges

## **Calf Exercises**

While calves are often a smaller muscle group, developing them contributes to overall leg aesthetics and ankle strength, which is important for balance and performance.

- Standing Calf Raises
- Seated Calf Raises

# Sample Beginner Push Pull Legs Workout Routine

This sample routine is designed for a beginner training three days a week, with at least one rest day between each workout. The focus is on compound movements and learning proper form. Remember to warm up before each session with light cardio and dynamic stretching, and cool down with static stretching afterward.

## Workout A: Push Day

Perform 3 sets of 8-12 repetitions for each exercise, with 60-90 seconds rest between sets.

- Barbell Bench Press: 3 sets of 8-12 reps
- Dumbbell Overhead Press: 3 sets of 8-12 reps
- Machine Chest Press: 3 sets of 10-15 reps
- Dumbbell Lateral Raises: 3 sets of 12-15 reps
- Triceps Pushdowns (Cable): 3 sets of 10-15 reps
- Overhead Dumbbell Extensions: 3 sets of 10-15 reps

## Workout B: Pull Day

Perform 3 sets of 8-12 repetitions for each exercise, with 60-90 seconds rest between sets.

- Lat Pulldowns (Machine): 3 sets of 8-12 reps
- Seated Cable Rows: 3 sets of 8-12 reps
- Dumbbell Rows: 3 sets of 8-12 reps (per arm)
- Barbell Curls: 3 sets of 10-15 reps
- Dumbbell Hammer Curls: 3 sets of 10-15 reps
- Face Pulls: 3 sets of 15-20 reps

## Workout C: Legs Day

Perform 3 sets of 8-12 repetitions for each exercise, with 60-90 seconds rest between sets.

- Barbell Squats: 3 sets of 8-12 reps
- Romanian Deadlifts (RDLs): 3 sets of 8-12 reps
- Leg Press (Machine): 3 sets of 10-15 reps
- Leg Curls (Machine): 3 sets of 10-15 reps
- Standing Calf Raises: 3 sets of 15-20 reps
- Leg Extensions (Machine): 3 sets of 10-15 reps

## Progression and Adaptation for Beginners

Progression is the key to continuous improvement in strength and muscle growth. For beginners, progressive overload can be achieved through several methods. The most straightforward is increasing the weight lifted. Once you can comfortably complete the upper range of repetitions for all sets of an exercise with good form, it's time to increase the weight slightly for your next workout. This ensures your muscles are consistently challenged.

Other methods of progression include increasing the number of repetitions, increasing the number of sets, decreasing rest times between sets, or improving the range of motion and control during each exercise. For beginners, focusing on mastering form and gradually increasing the weight is often the most effective approach. It's crucial to listen to your body and avoid making drastic jumps in weight, as this can lead to injury and hinder long-term progress. Tracking your workouts in a logbook or app will help you monitor your progress and ensure you're consistently challenging yourself.

## Nutrition and Recovery for Optimal Results

Effective training is only one piece of the puzzle; proper nutrition and recovery are equally vital for beginners aiming to build muscle and strength. To support muscle repair and growth, you need to consume adequate protein. A general recommendation for active individuals is to aim for 1.6 to 2.2 grams of protein per kilogram of body weight daily. This can be achieved through lean meats, poultry, fish, eggs, dairy products, legumes, and protein supplements.



Carbohydrates are your body's primary energy source, so ensure you're consuming enough complex carbohydrates to fuel your workouts and replenish glycogen stores. Healthy fats are also important for hormone production and overall health. Beyond nutrition, sleep is paramount for recovery. Aim for 7-9 hours of quality sleep per night, as this is when your body repairs muscle tissue and releases growth hormones. Active recovery, such as light walking or stretching on rest days, can also aid in muscle soreness reduction and improve blood flow.

## **Common Beginner Mistakes to Avoid**

Several common pitfalls can hinder a beginner's progress in their fitness journey. One of the most prevalent is neglecting proper form. Lifting too much weight too soon without mastering the technique significantly increases the risk of injury and reduces the effectiveness of the exercise, as the target muscles may not be adequately stimulated. Always prioritize form over weight.

Another mistake is inconsistency. Showing up sporadically to the gym will yield minimal results. Sticking to your PPL plan consistently, even on days you might not feel fully motivated, is crucial for building momentum and seeing tangible progress. Overtraining is also a common issue, often stemming from insufficient rest or an overly aggressive training schedule. Beginners need to allow their bodies adequate time to recover and adapt between workouts. Finally, many beginners fail to track their progress, making it difficult to identify what's working and where adjustments are needed. Keeping a workout log is a simple yet powerful tool for staying on track and ensuring progressive overload.

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### **Frequently Asked Questions (FAQ)**

#### **Q: How often should I do a push pull legs workout plan for beginners?**

A: For beginners, a common and effective frequency is to perform each workout (Push, Pull, Legs) once per week, resulting in a three-day training schedule. This allows for ample recovery between sessions. As you become more conditioned, you might consider increasing the frequency to twice per week for a six-day split, but this is typically for more advanced individuals.

#### **Q: What are the benefits of a push pull legs workout plan for beginners?**

A: The benefits for beginners include a clear, structured approach to

training, focused development of major muscle groups, balanced muscle development, and ample recovery time. It simplifies exercise selection and helps build a strong foundation of strength and technique.

### **Q: How long should my workouts be when following a push pull legs plan?**

A: Beginner workouts typically last between 45 to 75 minutes. This duration allows for sufficient sets and reps of key exercises while also including warm-up and cool-down periods, without leading to excessive fatigue or loss of focus.

### **Q: Should I use weights that are challenging on my first push pull legs workout plan for beginners?**

A: Yes, the weights should be challenging enough that the last few repetitions of each set are difficult to complete with good form. However, it's crucial not to sacrifice form for weight. Start with a weight you can control for the target rep range and gradually increase it as you get stronger.

### **Q: What is the best way to structure rest days with a push pull legs workout plan for beginners?**

A: A common approach for beginners is to train one day, rest one day, train the next, and so on. For example, Monday (Push), Tuesday (Rest), Wednesday (Pull), Thursday (Rest), Friday (Legs), Saturday and Sunday (Rest). This ensures at least 48 hours of rest between workouts targeting similar muscle groups or movement patterns.

### **Q: How do I know when to increase the weight or reps in my push pull legs workout plan?**

A: You should aim to progress when you can comfortably complete all prescribed sets and repetitions for an exercise with good form. For example, if an exercise calls for 3 sets of 8-12 reps, once you can perform 3 sets of 12 reps with ease, it's time to increase the weight slightly in your next workout and aim for the lower end of the rep range again.

### **Q: Can I combine cardio with my push pull legs workout plan as a beginner?**

A: Yes, incorporating moderate cardio sessions on rest days or after your strength training can be beneficial for cardiovascular health and fat loss.

However, avoid excessive cardio that might impede muscle recovery and growth. Focus on lighter, steady-state cardio initially.

## **Q: What should I do if I experience pain during a push pull legs workout?**

A: If you experience sharp or persistent pain, stop the exercise immediately. Pain is a signal from your body that something is wrong. It could be due to improper form, overuse, or an underlying issue. Consult with a qualified fitness professional or healthcare provider to diagnose and address the problem before continuing.

## **Q: How important is nutrition for a beginner following a push pull legs workout plan?**

A: Nutrition is extremely important. To build muscle and recover effectively, you need to consume adequate protein, carbohydrates for energy, and healthy fats. Without proper fuel and building blocks, your workouts will be less effective, and recovery will be slower, hindering your progress.

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**push pull legs workout plan for beginners: How To Get Fit In One Year** Lauri Ollikainen,

2024-09-22 How to Get Fit in One Year isn't just a fitness guide—it's your personal roadmap to transformation. Imagine waking up one year from today, standing in front of the mirror and seeing the person you've always wanted to become. You feel stronger, healthier, and more confident. Every day, you've made progress—small steps that have led to bigger changes. What once felt impossible now feels like a natural part of who you are. This book will guide you through that journey. Designed for real people with real lives, this book breaks down the complex world of fitness into practical, science-backed steps that anyone can follow. Whether you're looking to build muscle, lose fat, or simply take control of your health, How to Get Fit in One Year gives you the tools you need to succeed—no matter where you're starting from. But there's a catch: this book won't do the work for you. It will show you how to plan, how to train, and how to eat for the body and health you want, but the results will only come if you take action. Each chapter is designed to guide you step-by-step through your transformation, covering the essentials of strength, endurance, flexibility, and recovery. You'll learn how to set goals that actually stick, overcome obstacles that would have derailed you in the past, and build habits that last far beyond the gym. By the end of this year-long journey, you won't just see changes on the outside—you'll feel them deep within. You'll have mastered the discipline, resilience, and consistency needed to carry you through any challenge, both in fitness and in life. This isn't just about getting fit; it's about becoming the strongest version of yourself. The future you've imagined is possible, but it starts with the choices you make today. Are you ready?

**push pull legs workout plan for beginners: Fitness Without Limits** Ben Mudge, 2024-12-31 We all imagine our own limits. Here, the Compassionate Coach Ben Mudge shows even the least experienced of us how to identify those barriers - and smash through them. Diagnosed with cystic fibrosis, Ben was told he could be dead before his twenties and faced a short and sedentary life. Refusing to give in, Ben reinvented himself through fitness. Via a holistic training regime, Ben transformed himself into someone who, instead of seeing his limits, could say 'Yes I can.' Now you can do the same. PART ONE - PILLARS Using Ben's four-pillar approach - Sleep; Nutrition; Mental Health; Movement - you will understand how each of these interact to create a powerful fitness base. PART TWO - PRINCIPLES Learn the foundational fitness principle of putting together a workout programme and understand ideas of flexible thinking, whether in the gym or at home. PART THREE - PROGRAMME Use a full, easy-to-select series of exercises to put together your own custom training programme to break through your limits. Inspiring, entertaining and most of all life-transforming, this is THE must-have training book for 2025.

**push pull legs workout plan for beginners: 101 Fitness Myths** Maik Wiedenbach, 2014-07-15 From celebrity personal trainer & New York University professor Maik Wiedenbach, 101 FITNESS MYTHS cuts to the truth about the popular fitness fads and false information that have been misguiding athletes from getting visible and lasting results from their workouts and diets. 101 FITNESS MYTHS tackles common fitness myths that you've heard of such as: "You can reduce body fat in a spot", "Women should not lift weights because it will make them bulky", "Fat burners will get me lean", and "Steroid replacements are just as good as steroids." Through the e-book, Maik skillfully provides you with the scientific knowledge and proper skills necessary to successfully achieve your dream body.

**push pull legs workout plan for beginners: Train Like a Bodybuilder at Home** Erin Stern, 2022-12-27 Everyone who strength trains wants to get strong, lean, and ripped, but not everyone wants to go to a gym to do it-gyms are expensive, crowded, and dirty. In today's world, people are seeking a safer, simpler, more practical way to get fit and get strong, and also do it with the help of a proven expert. Erin Stern is an internationally respected bodybuilder with numerous awards to her name, including two Ms Figure Olympia titles and 14 IFBB titles. Her positive, inspiring approach to training will appeal to anyone: from beginners who are just looking for a simpler way to get fit, to seasoned weight trainers who want to stay strong even when they're not in the gym. Train Like a Bodybuilder at Home follows a simplified approach to strength training and requires minimal equipment, using bodyweight movements and minimal equipment to mimic many of the more

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**push pull legs workout plan for beginners:** The Weekend Warrior Workout Plan Michelle Grain, The Weekend Warrior Workout Plan is the ultimate fitness guide for busy people who want results—without giving up their weekday sanity. Whether you're a time-strapped professional, a parent juggling chaos, or simply someone who refuses to live in the gym, this book delivers a powerful, practical program built around your real life. In just a few focused sessions each weekend, you'll build strength, burn fat, and boost energy—no endless hours or complicated routines required. With smart, efficient workouts, expert advice, and motivational tips, this is your blueprint for turning Saturdays and Sundays into your secret fitness weapon. No more excuses. No more burnout. Just a stronger, healthier you—one weekend at a time.

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**push pull legs workout plan for beginners:** Master Pull-Ups at Home Dorian Carter, 2022-08-04 Master Pull-Ups at Home: Step-by-Step Progressions to Boost Your Reps Want to finally

conquer pull-ups and increase your reps - even without a gym? This book is your complete guide to building strength, mastering technique, and achieving your first (or your 25th) pull-up. Pull-ups are one of the most powerful bodyweight exercises, but many people struggle to get started or to make real progress. Inside this book, you'll discover a proven, step-by-step progression system designed to help beginners and advanced athletes alike. Whether your goal is to nail your very first rep or to break past plateaus and boost your numbers, this guide will show you the way. What You'll Learn: - Why most people struggle with pull-ups (and how to fix it) - The benefits of pull-ups and why they're worth mastering - Pull-up vs. chin-up: which one should you choose? - Proper pull-up form to maximize results and prevent injury - How to use the RPE scale to train smarter, not harder - Fat loss tips to make pull-ups easier and more effective - Progression plans: from 0 to 5 pull-ups, then from 5 to 25 This book gives you everything you need to progress safely, build unstoppable upper-body strength, and transform your pull-up game. Whether you're just starting out or aiming to hit high-rep sets, you'll have a clear roadmap to success. ☐ Grab your copy today and start mastering pull-ups at home!

**push pull legs workout plan for beginners: Fit at 40+: Unlocking Health and Wellness from Home** Tejas Patthi, 2025-06-19 Rediscover your strength, boost your energy, and build lasting wellness from the comfort of your home with this complete health and fitness guide designed for both men and women after 40. Fit at 40+ is your step-by-step guide to staying active, losing weight, and creating sustainable healthy habits without needing a gym. Whether you are starting fresh or returning to fitness, this book offers a simple and flexible approach that fits your routine, lifestyle, and body. Inside, you will learn how to: • Perform safe and effective home workouts to improve strength, mobility, and flexibility • Create a realistic fitness plan that supports weight loss and muscle tone • Use simple nutrition tips to boost metabolism, burn fat, and fuel your body • Build daily routines that improve energy, reduce stress, and support better sleep • Make long-term lifestyle changes with practical tools and motivation • Track your progress and stay accountable without pressure or perfection • Support your physical and mental health with a balanced approach to wellness This book is ideal for anyone looking to improve their health after 40 through low-impact exercises, healthy eating, and stress-free wellness planning. You will find easy-to-follow strategies that help you stay consistent and motivated without overwhelming workouts or restrictive diets. If you are searching for home fitness for adults, weight loss over 40, beginner-friendly workouts, or holistic wellness plans for lasting results, Fit at 40+ is the practical guide you need. Start feeling strong, healthy, and confident by taking small steps that lead to big changes.

**push pull legs workout plan for beginners: How to Be Sexier** Maria Garrets, This consists of two different books, which are: Beach Body - Balanced nutrition is achieved by consuming a variety of foods that provide essential nutrients in appropriate proportions to support overall health and well-being. This includes: A sufficient intake of carbohydrates, which serve as the body's primary energy source. Complex carbohydrates from whole grains, vegetables, and legumes, along with simple carbohydrates found in fruits and sugars, contribute to stable blood sugar levels and digestive health. Proteins are essential for building and repairing tissues, producing enzymes and hormones, and supporting immune function. They are found in lean meats, poultry, fish, eggs, dairy products, beans, nuts, and seeds. Sports Nutrition - Sports nutrition is an essential component of any athlete's training program, playing a pivotal role in maximizing performance, promoting recovery, and enhancing overall health. Whether you are an elite competitor or a weekend warrior, the food you consume directly impacts how well your body responds to the physical and mental demands of sport. In this chapter, we will explore the relationship between nutrition and athletic performance, the importance of macronutrients and micronutrients, and why hydration is critical for sustaining high levels of physical activity.

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