

PPL



ATHLEAN-X

PUSH PULL LEGS ROUTINE

THE COMPLETE GUIDE

**IF YOU'RE LOOKING FOR THE PERFECT WORKOUT
FOR BUILDING MUSCLE, LOOK NO FURTHER THAN
A PROPERLY DESIGNED PPL SPLIT.**

HIGHLIGHT REEL

Push Pull Legs Routine: The Complete Guide

1 One of the first pros of PPL is the flexibility of focus. This means that you can follow the split regardless of your training focus (e.g., strength gains, muscle mass, general fitness, or athletic training).

2 The next pro of the PPL split is something called functional efficiency. Due to the compound nature of the exercises, you are providing a great opportunity for progressive overload.

3 Another pro of the PPL split is built in recovery factor.

4 The next pro is that a 3-day PPL split allows for additional conditioning which lends itself well to those looking toward general fitness or even skill work for athletes.

5 The first con of PPL is the order that it is generally scheduled – with pull coming the day before legs. I generally don't like having pull and legs back-to-back. An easy fix is to swap push and pull days.

HIGHLIGHT REEL

Push Pull Legs Routine: The Complete Guide

6

The next con occurs if you decide to follow a 6-day synchronous split, which means pull and leg days follow each other. A quick fix comes from the flexibility of the workouts where you can alter the nature of the compound movement on the second pull day.

7

If you were to follow an asynchronous version of this PPL split, you wouldn't have to worry about doubling up on the pull and leg days. This also means you wouldn't have to worry about manipulating volume or exercise selection. The downside is that there is an ever rotating off-day, meaning your schedule may need to be more fluid than it is right now.

8

The next potential con is that some might say there are only 3 training days in a given week. Well, we've proven that wrong with the 6-day synchronous and asynchronous splits.

9

Another objection might be that there are 2 days of upper-body workout and only one lower body day. If you follow my recommendation of deadlifting on pull day, you are getting significant lower body activation.

10

Finally, some say that with a PPL split it is harder to incorporate intensity techniques. I will argue that it's not, simply because you are afforded a good rest opportunity between each repeating workout.

PPL SPLIT BASICS

What is the difference between a Bro Split vs. PPL split?

1

When we're talking about PPL vs. a Bro Split, or an isolation-based workout approach, it all comes down to functional efficiency. In other words, which workout is functionally efficient and which one isn't?

2

When we look at a PPL split, we're talking about shared motor patterns, allowing muscles to work together that prefer to work together. A Bro Split is the opposite. One of the most common training splits, a Bro Split isolates muscles with the purpose of creating hypertrophy through focus and efficiency.

3

During a Bro Split, if I'm doing a standard dumbbell curl, I'm trying to keep the forearms out of the movement. And, I would do this by bending the wrist slightly backwards to allow the biceps to do more of the work. During a PPL we know that the function of bringing the arm up and closer is something the biceps and forearms share. So, it's encouraged to involve all muscle groups that share functionality.

4

In a PPL workout we're allowing our body to work muscle groups that prefer to work together and that efficiency can give some great results.

Types of PPL Splits

SYNCHRONOUS 6 DAY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Push	Pull	Legs	Push	Pull	Legs	
Week 2	Push	Pull	Legs	Push	Pull	Legs	

ASYNCHRONOUS 6 DAY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Push	Pull	Legs		Push	Pull	Legs
Week 2		Push	Pull	Legs			

Types of PPL Splits

M-W-F 3 DAY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Push		Pull		Legs		
Week 2	Push		Pull		Legs		

M-THUR-F 3 DAY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Push			Pull	Legs		
Week 2	Push			Pull	Legs		

Pull Workouts

EXERCISE 1

Workout Variant 1

- [DEADLIFTS](#)
(WATCH HERE)

1 X 5 @ 80% OF YOUR ONE-REP MAX
PERFORM 4 RAMP UP SETS PRIOR

Workout Variant 2

- [SNATCH GRIP DEADLIFTS](#)
(WATCH HERE)

3 TO 5 SETS
USING WEIGHT YOU CAN HANDLE FOR 8 REPS

EXERCISE 2

Workout Variant 1

- [CHEST SUPPORTED ROW](#)
(WATCH HERE)

3 SETS OF 8-10 REPS

Workout Variant 2

- [WEIGHTED PULLUP](#)
(WATCH HERE)

3 SETS OF 6-8 REPS

EXERCISE 3

Workout Variant 1

- [DUMBBELL PULLOVER](#)
(WATCH HERE)

2-3 SETS OF 10-12 REPS

Workout Variant 2

- [DUMBBELL GORILLA ROW](#)
(WATCH HERE)

3 SETS OF 10-12 REPS ON EACH ARM

EXERCISE 4

Workout Variant 1

- [DUMBBELL HIGH PULL](#)
(WATCH HERE)

3 SETS OF 8-10 REPS

Workout Variant 2

- [STRAIGHT ARM PUSHDOWN](#)
(WATCH HERE)

2-3 SETS OF 12-15 REPS

EXERCISE 5

SUPERSET EXERCISE

Workout Variant 1

- [BICEP CHIN CURL](#)
(WATCH HERE)
- [OVERHEAD TRICEPS EXTENSION](#)
(WATCH HERE)

PERFORM 3 SETS TO FAILURE OF THE CURLS
IMMEDIATELY PERFORM 3 SETS OF 10-12
REPS FOR THE OVERHEAD TRICEPS
EXTENSION

Workout Variant 2

- [BARBELL CURLS](#)
(WATCH HERE)
- [TRICEPS PUSHDOWN](#)
(WATCH HERE)

PERFORM 3 SETS 6-8 REPS FOR THE CURLS
THEN PERFORM 3 SETS OF 10-12 REPS FOR
TRICEPS PUSHDOWN

EXERCISE 6

Workout Variant 1

- [ANGELS & DEVILS](#)
(WATCH HERE)

3 SETS OF 15-20 REPS

Workout Variant 2

- [FACE PULLS](#)
(WATCH HERE)

3 SETS OF 15-20 REPS

Push Workouts

EXERCISE 1

Workout Variant 1

- [BARBELL BENCH PRESS \(WATCH HERE\)](#)

4 SETS OF 4-6 REPS

LEAVE 1-2 REPS IN THE TANK

Workout Variant 2

- [OVERHEAD BARBELL PRESS \(WATCH HERE\)](#)

4 SETS OF 4-6 REPS

LEAVE 1-2 REPS IN THE TANK

EXERCISE 2

Workout Variant 1

- [HI-TO-LOW CROSSOVER \(WATCH HERE\)](#)

3 SETS OF 10-12 REPS

Workout Variant 2

- [BARBELL UNDERHAND BENCH PRESS \(WATCH HERE\)](#)

3 SETS OF 8-10 REPS

EXERCISE 3

Workout Variant 1

- [DUMBBELL SHOULDER PRESS \(WATCH HERE\)](#)

4 SETS OF 8-10 REPS

Workout Variant 2

- [ABDUCTION ROW \(WATCH HERE\)](#)

3 SETS OF 8-10 REPS PER ARM

EXERCISE 4

Workout Variant 1

- [1 1/2 SIDE LATERAL RAISE \(WATCH HERE\)](#)

3 SETS OF 12-15 REPS

Workout Variant 2

- [DUMBBELL FLOOR FLY \(WATCH HERE\)](#)

3 SETS OF 10-12 REPS

EXERCISE 5

SUPERSET EXERCISE

Workout Variant 1

- [LYING TRICEP EXTENSION \(WATCH HERE\)](#)
- [DUMBBELL WAITER'S CURL \(WATCH HERE\)](#)

PERFORM 3 SETS OF 10-12 TO FAILURE OF THE EXTENSIONS THEN PERFORM 3 SETS OF 10-12 REPS OF THE CURLS

Workout Variant 2

- [TRICEPS CLOSE GRIP BENCH PRESS \(WATCH HERE\)](#)
- [DUMBBELL CURL OF CHOICE \(WATCH HERE\)](#)

PERFORM 3 SETS 6-8 REPS FOR THE BENCH PRESS THEN PERFORM 3 SETS OF 10-12 REPS OF THE DUMBBELL CURL OF YOUR CHOICE

EXERCISE 6

Workout Variant 1

- [ROTATOR CUFF MUSCLE EXTERNAL ROTATION \(WATCH HERE\)](#)

3 SETS OF 15-20 REPS

Workout Variant 2

- [PUSHUP PLUS \(WATCH HERE\)](#)

3 SETS TO FAILURE

EXERCISE 1

BARBELL SQUAT - WATCH HERE

4 SETS OF 4-6 REPS

LEAVE 1-2 REPS IN THE TANK

EXERCISE 2

BARBELL HIP THRUST - WATCH HERE

3 SETS OF 8-10 REPS

THIS SHOULD BE PERFORMED WITH AN OVERHAND GRIP

EXERCISE 3

DUMBBELL OR BARBELL REVERSE LUNGE - WATCH HERE

3 SETS OF 10-12 REPS ON EACH LEG

EXERCISE 4 - ROTATE WITH EXERCISE

DUMBBELL SINGLE LEG RDL - WATCH HERE

2-3 SETS OF 10-12 REPS ON EACH LEG

THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT

SLICK FLOOR BRIDGE CURL - WATCH HERE

2-3 SETS TO FAILURE

THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT

EXERCISE 5 - ROTATE WITH EXERCISE

STANDING DUMBBELL CALF RAISE - WATCH HERE

3 SETS OF 15-20 REPS

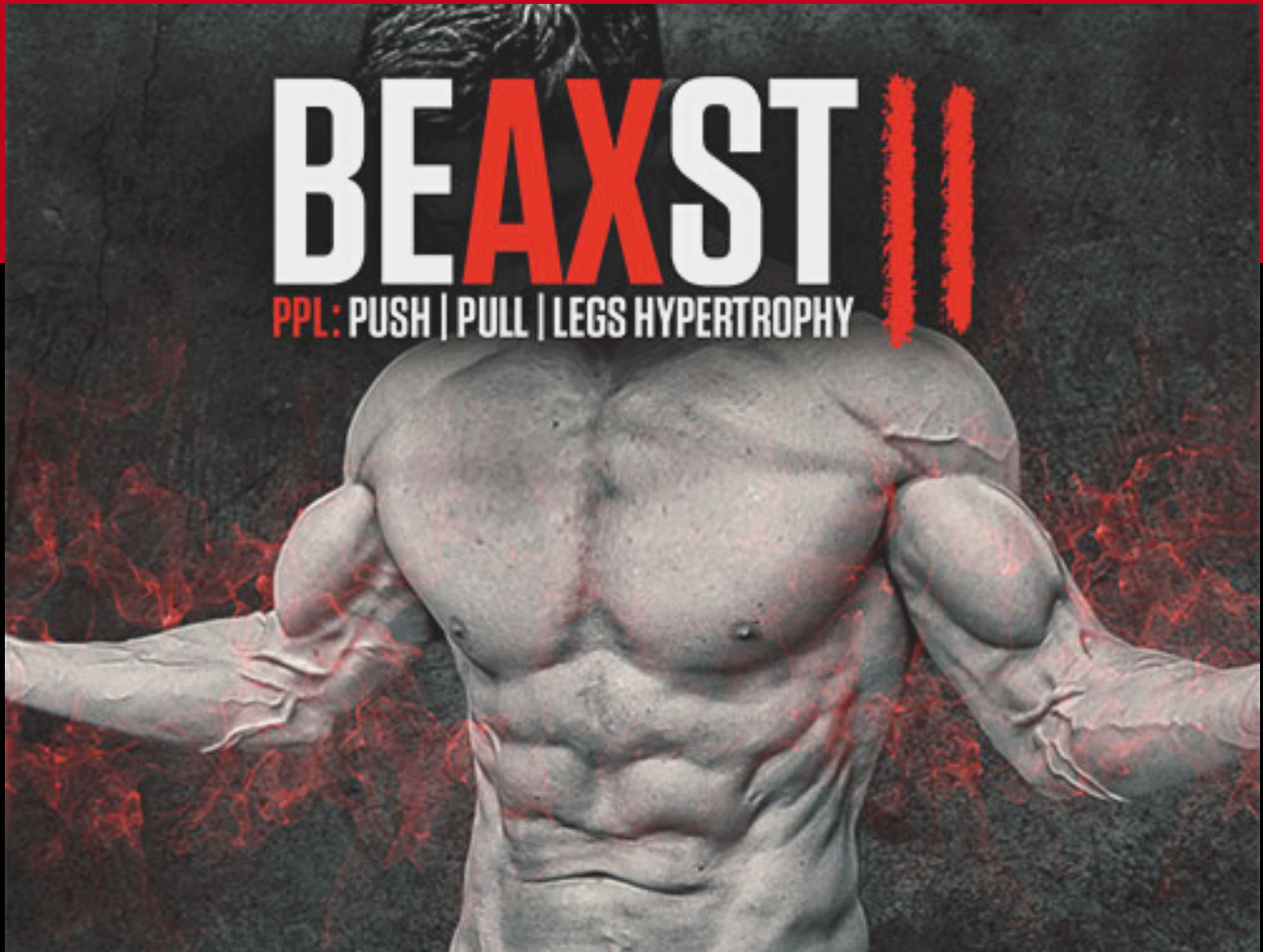
THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT

SEATED DUMBBELL CALF RAISE - WATCH HERE

3 SETS OF 15-20 REPS

THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT

**LOOKING FOR A STEP-BY-STEP PROGRAM
TO PACK ON RIPPED MUSCLE USING THE
PRINCIPLES OF PPL?**



PPL Training is known for building insane muscle and dramatically increasing strength but in BEAXST 2 we take it to the next level by applying a little mad science.

[LEARN MORE](#)

COMPLETE PPL PULL WORKOUTS



EXERCISE 1

Workout Variant 1

- DEADLIFTS

1 X 5 @ 80% OF YOUR ONE-REP MAX
PERFORM 4 RAMP UP SETS PRIOR

Workout Variant 2

- SNATCH GRIP DEADLIFTS

3 TO 5 SETS
USING WEIGHT YOU CAN HANDLE FOR 8 REPS

EXERCISE 2

Workout Variant 1

- CHEST SUPPORTED ROW

3 SETS OF 8-10 REPS

Workout Variant 2

- WEIGHTED PULLUP

3 SETS OF 6-8 REPS

EXERCISE 3

Workout Variant 1

- DUMBBELL PULLOVER

2-3 SETS OF 10-12 REPS

Workout Variant 2

- DUMBBELL GORILLA ROW

3 SETS OF 10-12 REPS ON EACH ARM

EXERCISE 4

Workout Variant 1

- DUMBBELL HIGH PULL

3 SETS OF 8-10 REPS

Workout Variant 2

- STRAIGHT ARM PUSHDOWN

2-3 SETS OF 12-15 REPS

EXERCISE 5

SUPERSET EXERCISE

Workout Variant 1

- BICEP CHIN CURL
- OVERHEAD TRICEPS EXTENSION

**PERFORM 3 SETS TO FAILURE OF THE CURLS
IMMEDIATELY PERFORM 3 SETS OF 10-12
REPS FOR THE OVERHEAD TRICEPS
EXTENSION**

Workout Variant 2

- BARBELL CURLS
- TRICEPS PUSHDOWN

**PERFORM 3 SETS 6-8 REPS FOR THE CURLS
THEN PERFORM 3 SETS OF 10-12 REPS FOR
TRICEPS PUSHDOWN**

EXERCISE 6

Workout Variant 1

- ANGELS & DEVILS

3 SETS OF 15-20 REPS

Workout Variant 2

- FACE PULLS

3 SETS OF 15-20 REPS

COMPLETE PPL PUSH WORKOUTS



EXERCISE 1

Workout Variant 1

- BARBELL BENCH PRESS

4 SETS OF 4-6 REPS

LEAVE 1-2 REPS IN THE TANK

Workout Variant 2

- OVERHEAD BARBELL PRESS

4 SETS OF 4-6 REPS

LEAVE 1-2 REPS IN THE TANK

EXERCISE 2

Workout Variant 1

- HI-TO-LOW CROSSOVER

3 SETS OF 10-12 REPS

Workout Variant 2

- BARBELL UNDERHAND BENCH PRESS

3 SETS OF 8-10 REPS

EXERCISE 3

Workout Variant 1

- DUMBBELL SHOULDER PRESS

4 SETS OF 8-10 REPS

Workout Variant 2

- ABDUCTION ROW

3 SETS OF 8-10 REPS PER ARM

EXERCISE 4

Workout Variant 1

- 1 1/2 SIDE LATERAL RAISE

3 SETS OF 12-15 REPS

Workout Variant 2

- DUMBBELL FLOOR FLY

3 SETS OF 10-12 REPS

EXERCISE 5

SUPERSET EXERCISE

Workout Variant 1

- LYING TRICEP EXTENSION
- DUMBBELL WAITER'S CURL

**PERFORM 3 SETS OF 10-12 TO FAILURE
OF THE EXTENSIONS THEN PERFORM 3 SETS
OF 10-12 REPS OF THE CURLS**

Workout Variant 2

- TRICEPS CLOSE GRIP BENCH PRESS
- DUMBBELL CURL OF CHOICE

**PERFORM 3 SETS 6-8 REPS FOR THE BENCH
PRESS THEN PERFORM 3 SETS OF 10-12 REPS
OF THE DUMBBELL CURL OF YOUR CHOICE**

EXERCISE 6

Workout Variant 1

- ROTATOR CUFF MUSCLE
EXTERNAL ROTATION

3 SETS OF 15-20 REPS

Workout Variant 2

- PUSHUP PLUS

3 SETS TO FAILURE

COMPLETE PPL LEG WORKOUT



EXERCISE 1 **BARBELL SQUAT**
4 SETS OF 4-6 REPS
LEAVE 1-2 REPS IN THE TANK

EXERCISE 2 **BARBELL HIP THRUST**
3 SETS OF 8-10 REPS
THIS SHOULD BE PERFORMED WITH AN OVERHAND GRIP

EXERCISE 3 **DUMBBELL OR BARBELL REVERSE LUNGE**
3 SETS OF 10-12 REPS ON EACH LEG

EXERCISE 4 - ROTATE WITH EXERCISE

DUMBBELL SINGLE LEG RDL - 2-3 SETS OF 10-12 REPS ON EACH LEG

THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT

SLICK FLOOR BRIDGE CURL - 2-3 SETS TO FAILURE

THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT

EXERCISE 5 - ROTATE WITH EXERCISE

STANDING DUMBBELL CALF RAISE - 3 SETS OF 15-20 REPS

THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT

SEATED DUMBBELL CALF RAISE - 3 SETS OF 15-20 REPS

THIS SHOULD BE DONE EVERY OTHER TIME YOU DO THIS LEG WORKOUT