

MAN OF HEALTH'S

PUSH PULL & LEGS (HOME)

RESISTANCE BAND OR DUMBBELL NEEDED

PUSH DAY



PULL DAY



LEG DAY



What is a push pull & leg routine?

A push routine is a workout routine that works all of the muscles involved in pushing:

This includes the triceps, shoulders, and chest.

A pull routine is a workout that works all of the muscles involved in pulling. This includes the back and biceps and forearms

A legs routine involves the legs: Glutes, quadriceps, hamstrings, and calves.

A PPL routine is great at building muscle, because it decreases the chances of over working the muscles. This allows the muscles maximum time to recovery. This routine can be great for people who need that time to recover.

What are the exercises involved in the Push workout?

Dumbbell and barbell bench

Arnold Press

Military press with dumbbell or barbell

Seated and standing shoulder press

Dumbbell fly

Skull crushers

Triceps extensions

Pushups pushdowns

The goal is to push weight. This pushing movement helps out the needed stress on the muscle to help create growth. For our push workout we will focus on 3 exercises each. 3 for the chest (upper, mid, lower), 3 for the 3 heads of the triceps, 3 for the anterior, laterals and rear delts.

What are the exercises for the pull workout?

Deadlift

Stiff leg deadlift

Pull ups

Chin ups

Pullover

Barbell Row

Bent over dumbbell row

Face pulls

Lat pull down

Concentration curls

Dumbbell curls

Reverse curls

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The goal of pull exercises is to pull the weight towards your body. We will choose 3 exercise for the back (mid, lower, and traps), 3 exercises (short, long, brachialis). We will work the forearms and the brachaiy by doing 2 sets of reverse curls

What are the exercises for the legs workout?

Leg press

Goblet squat

Leg curls

Sumo squat

Front and back squats

Hip thrusts

Bulgarian split squats

Hack squats

Lunges

Leg extensions

Calf raises

We will do 3 exercises to target the hamstrings. 3 exercises to target the quadriceps. 2 exercises to target the calves.

Push

Chest: 3 sets x 10-20 reps

Upper Chest:

Push up: time under tension

Decline Push up

Cable crossover (High to Low)

Lower Chest: 3 sets x 10-20

Incline Push ups

Chair Dips

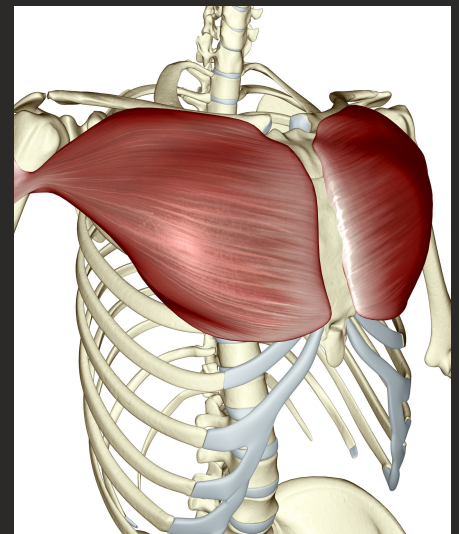
Cable crossover (Low to High)

Mid Chest:

Cable fly (Behind back)

Cable crossover over (Mid)

Push up (hands closer)



Push

Triceps: 3 sets of 15-20 reps

Triceps Resistance Bands kickbacks

Incline overhead press resistance band

Resistance band pushdown



Push

Shoulders: 3 sets of 10

Front Delts: overhead military Press

Lateral Delt: Side raises

Reverse pec flys resistance bands

Rear delts

Lying floor pulls



Pull

Back: 3 sets 8-12

Resistance band Rows

Lat pull down

Face pulls



Pull

Biceps: 3 sets 15

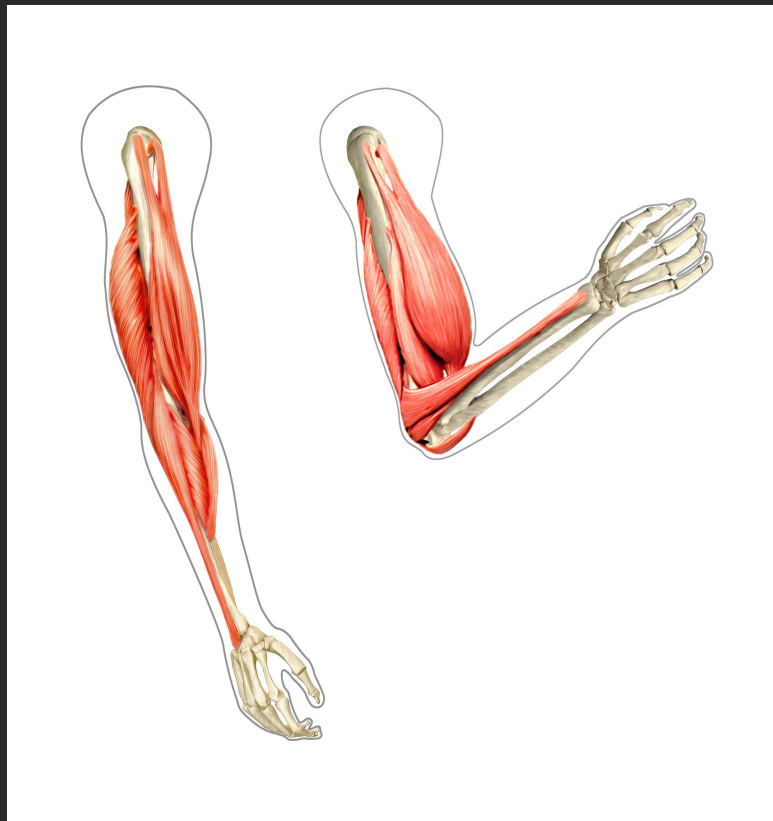
resistance band or dumbbell

Short head:

Standing curl & Concentration curl

Long head: Hammer curls

Brachialis: reverse curls



Legs

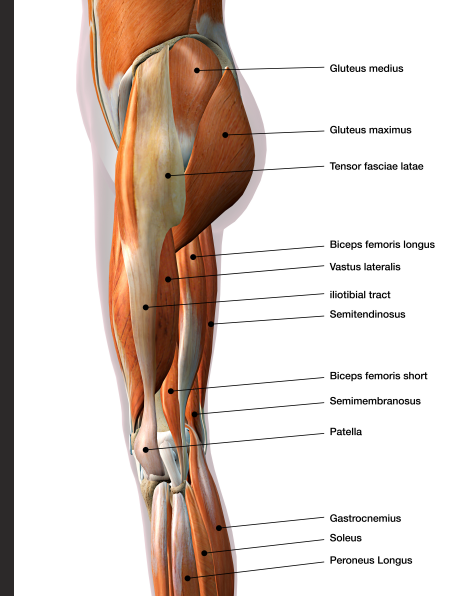
Legs: 3 x20

Front squat

Leg curls

Sumo squat

Calf raises



Chest: 3 sets x 10-20 reps

Upper Chest:

Push up time under tension

Decline Push up

Cable crossover (High to Low)

Lower Chest: 3 sets x 10-20

Incline Push ups

Chair Dips

Cable crossover (Low to High)

Mid Chest:

Cable fly (Behind back)

Cable crossover over (Mid)

Push up (hands closer)

Triceps

Triceps Resistance Bands kickbacks

Incline overhead press resistance band

Resistance band pushdown

Shoulders 3 sets of 10

Front Delts: overhead military Press

Lateral Delt: Side raises

Reverse pec flys resistance bands

Rear delts

Lying floor pulls

PULL

Back 3 sets 8-12 reps

Resistance band Rows

Lat pull down

Face pulls

Biceps 3 15 sets 1

Standing curl, Concentration curl resistance band

Hammer curls

reverse curls

Last set do each till failure at the end

LEGS 3 x20

Front squat

Leg curls

Sumo squat

Calf raises

Links to exercise demonstration

Push up tut: <https://youtu.be/ubfkxpDMLSc>

Cable crossover: <https://youtu.be/IKTBEgjnCJA>

Decline Push up: <https://youtu.be/SKPab2YC8BE>

Dip: <https://youtu.be/c3ZGl4pAwZ4>

Incline push up: <https://youtu.be/bXsbK9UPu3c>

Resistance band flys: <https://youtu.be/Qp0kFogluvw>

Close hands push up: <https://youtu.be/NPmRYblneTE>

Incline overhead extension resistance bands: <https://youtu.be/dAZTvVj3YPk>

Resistance Band kickbacks: https://youtu.be/awNyBs_jNwg

Overhead press resistance band: <https://youtu.be/IKaUTcyXERO>

Reverse pec fly: <https://youtu.be/vCstHe2rVq4>

Band lat raises: <https://youtu.be/yfNg5sFndbw>

Face Pulls: <https://youtu.be/wWKh-Q4boXw>

Lat pull down: <https://youtu.be/gWW94WRXzn4>

Front squats: <https://youtu.be/RGafRjgt5sw>

Leg curls: <https://youtu.be/EktBtOMTUEw>

Links to exercise demonstration

Sumo squat: <https://youtu.be/G21gvD0zHI0>

Calf raises: <https://youtu.be/TZrBb5M1CdM>

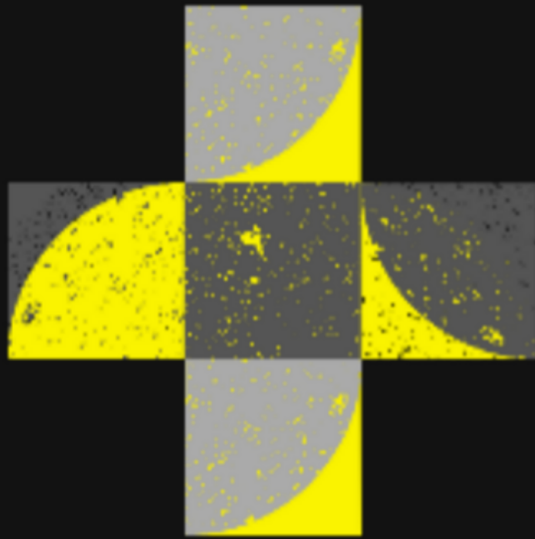
Standing biceps curls: <https://youtu.be/vWDS75nm7aA>

Concentration curls: <https://youtu.be/VVgfDTs2dl8>

Hammer curls: <https://youtu.be/SniJo-6t7Gk>

Reverse grip curl: <https://youtu.be/oINIQU-jkbQ>

**Any questions please email me at
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