

PUSH PULL LEG (PPL Built Different)

Point	Summary
Main Goal	Build Lean Muscle Mass, Increase Strength, Improve Overall Physique & Athletic Performance through High-Frequency Training
Workout Type	Strength & Muscle Building (Hypertrophy Focus)
Training Level	Intermediate to Advanced
Program Duration	10–16 Weeks
Training Frequency	6 Days per Week (Push • Pull • Legs × 2)
Workout Duration	60–90 Minutes per Session
Equipment Required	Barbell, Dumbbells, Cable Machine, Smith Machine, Bench, Squat Rack, Pull-Up Bar, Leg Press, T-Bar Row Machine, Lat Pulldown Machine, Resistance Bands
Target Muscle Groups	Chest, Back, Shoulders, Biceps, Triceps, Quadriceps, Hamstrings, Glutes, Calves, Core
Target Gender	Male & Female
Training Split	Push • Pull • Legs (Each Muscle Group Trained Twice Per Week)
Primary Focus	Progressive Overload, Strength Development, Muscle Hypertrophy, Symmetry & Recovery

Day 1 – Push

Exercise	Sets	Reps
Push Up	5	10-15
Dumbbell Shoulder Press	4	10,8,6,6
Dip	3	12
Seated Lateral Raise	3	12-15
V-Bar Tricep Extension	3	12,10,8
Core or Rear Delt Exercise	3	15-20

Day 2 – Pull

Exercise	Sets	Reps
Straight Arm Lat Pull Down	3	15-20
Dumbbell Row	4	12,10,6,6
Pull Up	3-5	5+
Cable Row	3	12
Cable Face Pull	4	15-20
Incline Bicep Curl	4	12

Day 3 - Leg

Exercise	Sets	Reps
Trap Bar Deadlift	4	12,8,6,3
Leg Press	3	15
Bodyweight Walking Lunge	3-4	15 Each Leg
Hamstring Curl	3	12
Seated Calf Raise	3	20
Core Exercise	3	15-20

Day 4 - Push

Exercise	Sets	Reps
Incline Dumbbell Bench Press	4	12,10,8,6
Machine Fly	3	12-15
Machine Shoulder Press	4	8
Lateral Raise	4	20,15,12,10
Seated French Press	3	12
Core or Rear Delt Exercise	3	15-20

Day 5 - Pull

Exercise	Sets	Reps
Lat Pull Down	4	6-8
T-Bar Row	4	12,12,6,6
Close Grip Lat Pull Down	3	12
Inverted Row	3	10-12
Reverse Machine Fly	3	15
Hammer Curl	4	12

Day 6 - Leg

Exercise	Sets	Reps
Squat	4	15,12,8,5
Dumbbell Stiff Leg Deadlift	3	15,10,6
Lateral Lunge	3	8-12 Each Leg
Hamstring Curl	3	12-15
Hyperextension	3	15-20
Core Exercise	3	15-20

Key Rule & Tips

Rule	Description
Cardio	Optional 30–45 minutes of LISS cardio.
Rest	Rest as needed between sets.
Form Over Weight	Prioritize technique and mind-muscle connection.
Progressive Overload	Gradually increase weights.
Flexibility	Modify the plan based on your needs.

www.coachnishantphule.com

@coachnishantphule