

3-Day Push/Pull/Legs (PPL) Workout for Beginners

Point	Summary
Main Goal	Build Strength, Increase Lean Muscle Mass & Learn Proper Compound Lifts
Workout Type	Strength Training + Hypertrophy (Push/Pull/Legs Split)
Training Level	Beginner
Program Duration	8 Weeks (Recommended)
Training Frequency	3 Days per Week
Workout Duration	45–60 Minutes per Session
Equipment Required	Barbell, Dumbbells, Bench, Squat Rack, Pull-Up Bar/Lat Pulldown Machine, T-Bar Row Machine, Leg Press Machine, Leg Extension Machine, Leg Curl Machine, Cable Machine, Dip Station, Calf Raise Machine
Target Muscle Groups	Chest, Shoulders, Triceps, Upper Back, Lower Back, Rear Deltoids, Trapezius, Biceps, Glutes, Quadriceps, Hamstrings, Calves
Target Gender	Male & Female
Training Split	Push → Pull → Legs (PPL)
Primary Focus	Build Foundational Strength, Improve Movement Patterns, Increase Muscle Mass & Progressive Overload

Muscle Split Overview	
Workout	Target Muscles
Push	Chest, Shoulders, Triceps
Pull	Upper Back, Lower Back, Rear Deltoids, Trapezius, Biceps
Legs	Glutes, Quadriceps, Hamstrings, Calves

Workout 1: Push Day			
Exercise	Sets	Reps	Rest
Military Press	5	5	1-2 Min
Dumbbell Bench Press	3	5	1-2 Min
Tricep Dip	3	8	1-2 Min
Lateral Raise	3	8	1-2 Min
Lying Dumbbell Extension	3	8	1-2 Min
Tricep Pushdown	3	8	1-2 Min

Workout 2: Pull Day			
Exercise	Sets	Reps	Rest
Pull-Up (or Lat Pulldown)	5	5	1-2 Min
Bent-Over Barbell Row	3	5	1-2 Min
T-Bar Row	3	8	1-2 Min
Dumbbell Shrug	3	8	1-2 Min
Preacher Curl	3	8	1-2 Min
Hammer Curl	3	8	1-2 Min

Workout 3: Leg Day			
Exercise	Sets	Reps	Rest
Barbell Squat	5	5	1-2 Min
Deadlift	3	5	1-2 Min
Leg Press	3	8	1-2 Min
Lying Leg Curl	3	8	1-2 Min
Leg Extension	3	8	1-2 Min
Seated Calf Raise	3	8	1-2 Min

Day	Workout
Monday	Push
Tuesday	Pull
Wednesday	Rest / Active Recovery
Thursday	Legs
Friday	Rest
Saturday	Optional Cardio / Mobility
Sunday	Rest

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