

3 DAY WORKOUT PLAN

BEGINNER PUSH PULL LEGS (PPL)



- **Goal:** Build **muscle**, improve **strength**, and learn proper **movement** patterns
- **Warm-up:** 5–10 minutes light **cardio** + dynamic **stretching**
- **Rest:** 60–90 seconds between sets

DAY 1 – PUSH (Chest, Shoulders, Triceps)

Exercise	Reps
Barbell Chest Press	3 x 10–12
Incline Dumbbell Press	3 x 10
Shoulder Press Dumbbell	3 x 10
Lateral Raises Dumbbell	2 x 12–15
Rope Triceps Pushdowns	3 x 12
Overhead Dumbbell Triceps Extensions	3 x 12

DAY 2 – PULL (Back, Biceps)

Exercise	Reps
Barbell Lat Pulldown	3 x 10–12
Seated Cable Row Wide-Grip	3 x 10–12
Dumbbell bench kneeling Row	2 x 10/side
Face Pulls (Rear Delts)	2 x 12–15
Dumbbell Biceps Curls	3 x 12
Rope Hammer Curls	3 x 12

DAY 3 – LEGS

Exercise	Reps
Leg Extensions	3 x 12
Barbell Squats	3 x 12
Romanian Deadlifts	3 x 12
Leg Curl Machine	2 x 12
Standing Calf Raises Dumbbells	3 x 15