

Push- Leg- Pull

Exercise												
Push												
Bench Press 3 x 3-5 reps												
Shoulder Press 3 x 3-5 reps												
Cable crossover 3 x 8-12 reps												
Push ups 3 x Failure												
Lat raise 3 x 8-12 reps												
Bent over lat raise 3 x 8-12 reps												
Tricep pressdown 3 x 8-12 reps												
Dips 3 x Failure												
Legs												
Deadlift 3 x 3-5 reps												
Squat 3 x 8-12 reps												
Leg Extensions 3 x 8-12 reps												
Leg Curls 3 x 8-12 reps												
Lunges 3 x Failure												
Standing Calf Raises 3 x 15-25 reps												
Seated Calf Raises 3 x 15-25 reps												
Pull												
Bent Over Row 3 x 3-5 reps												
Lat Pulldown 3 x 8-12 reps												
Seated Cable Row 3 x 12-15 reps												
Chin up 3 x Failure												
Cable Curl 3 x 8-12 reps												
Face Pull 3 x 8-12 reps												

Track the weight you use and the reps each week.