

Push pull

Push/ Pull

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Chest/Shoulder/Tricep												
Bench press 4 X 6-12 rep												
Cable crossover 3 X 10-15 rep												
Push-up 3 X failure												
Shoulder press 3 X 6-12 rep												
Lat raise 3 X 8-12 rep												
Bent over lat raise 3 X 8-12 rep												
Over head tri extension 3 X 8-12 rep												
Dips 3 X Failure												
Legs/ Back/ Bi												
Squat 4 X 8-15 reps												
Straight leg deadlift 3 X 8-12 rep												
Leg curl 3 X 8-12 rep												
Leg press calfs 3 X 20-30 rep												
Barbell row 4 X 6-12 rep												
Lat pulldown 3 X 8-12 rep												
Seated row 3 X 15-25 rep												
Ezy bar cable curl 3 X 6-12 rep												
Coconcentration curl 3 X 6-12 rep												
Chest/ Shoulder/ Tricep												
Incline DB bench 3 X 8-12 rep												
Decline DB bench 3 X 8-12 rep												
Push ups 3 X failure												
DB shoulder press 3 X 8-12 rep												
Cable lat raise 3 x 8-12 rep												
Face pull 3 X 8-12 rep												
Close grip bench 3 X 8-12 rep												
Tri pressdown 3 X 8-15 rep												

Track weight & reps each week

Push pull

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Legs/ Back/ Bi												
Dead lift 4 X 3-5 rep												
Leg press 3 X 8-12 rep												
Lunges 3 X failure												
Seated calf raises 3 X 20-30												
Pull ups 3 X failure												
T-bar row 3 X 10-15 rep												
Under hand pulldown 3 X 8-12 rep												
Cable curl 3 X 8-12 rep												
Double bi-curl 3 X 8-12 rep												

Track weight & reps each week