

VISTA HUB · FITNESS GUIDE 2026

Push Pull Legs Workout Routine

Beginner to Intermediate · Gym Split Plan
Sets × Reps · Form Tips · Weekly Schedule
Progressive Overload Notes

FREE PRINTABLE PDF · A4

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Original self-typed guide · Not medical advice

What Is Push Pull Legs (PPL)?

Push Pull Legs is a proven training split that groups exercises by movement pattern. **Push** trains chest, shoulders, and triceps. **Pull** trains back and biceps. **Legs** trains quads, hamstrings, glutes, and calves. This keeps related muscles together so you recover better between sessions.

This Vista Hub PDF is written for **beginners and early intermediates** who train with barbells, dumbbells, cables, or machines in a standard gym. Aim for 45–75 minutes per session. Warm up 5–8 minutes before heavy sets.

Who this guide is for

- Lifters who want a clear 3–6 day weekly structure
- People moving up from full-body or random “machine hopping”
- Home or commercial gym users with basic free weights

Weekly schedule options

Option A — 3 days (beginner): Push · Pull · Legs · Rest · Rest · Rest · Rest (or light walk)

Option B — 6 days (intermediate): Push · Pull · Legs · Push · Pull · Legs · Rest

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Push	Pull	Legs	Rest	Push*	Pull*	Rest

*Optional second Push/Pull if using Option B (6-day). Swap days to fit your life — keep order Push → Pull → Legs when possible.

Rest days matter. Muscles grow when you recover. Sleep 7–9 hours, eat enough protein, and skip “extra” hard sessions on rest days. Light walking or mobility is fine.

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Push Day — Chest, Shoulders, Triceps

PUSH

Focus on pressing and overhead work. Rest **90–150 seconds** between compound sets; **60–90 seconds** between isolation sets. Choose a weight that leaves 1–2 reps “in the tank” on most sets.

Exercise	Sets × Reps	Form tip
Barbell or DB Bench Press	4 × 6–10	Feet planted; lower bar to mid-chest; elbows ~45° from torso. Spotter optional for last set.
Incline Dumbbell Press	3 × 8–12	Bench at 30–40°. Don't flare elbows wide. Soft lockout at top.
Seated Overhead Press (DB or BB)	3 × 8–12	Ribs down, core braced. Press up and slightly forward; don't shrug.
Cable or Machine Lateral Raise	3 × 12–15	Slight elbow bend; lead with elbows. Pause 1 sec at top. Light weight, strict form.
Triceps Pushdown (cable)	3 × 10–15	Elbows pinned to sides. Full extension; control the return.
Optional: Chest Fly (cable/DB)	2 × 12–15	Slight bend in elbows; stretch at bottom without shoulder pain. Skip if fatigued.

Beginner swaps

- Bench Press → Machine Chest Press (easier to learn path)
- Overhead Press → Landmine or Machine Shoulder Press
- If shoulders feel cranky: reduce incline angle or swap fly for push-ups on knees

Session goal: Leave the gym with a solid pump and controlled technique — not failed max attempts. Log your working weights each week.

Pull Day — Back, Rear Delts, Biceps

PULL

Prioritize a full stretch and strong squeeze on every row and pulldown. Rest **90–150 seconds** on compounds; **60–90 seconds** on curls and rear-delt work.

Exercise	Sets × Reps	Form tip
Pull-Ups or Lat Pulldown	4 × 6–10	Chest up; pull elbows down/back. Full hang at bottom if shoulders allow. Assisted band OK for beginners.
Barbell or Chest-Supported Row	4 × 6–10	Neutral spine; row to lower ribs. Don't yank with lower back. Pause 1 sec at squeeze.
Seated Cable Row (neutral grip)	3 × 8–12	Shoulders down; drive elbows back. Avoid excessive torso rock.
Face Pulls (rope)	3 × 12–15	Pull to face/forehead; external rotation at end. Great for rear delts & posture.
Dumbbell or EZ-Bar Curl	3 × 8–12	Elbows still; no swinging. Control the eccentric (2–3 sec down).
Optional: Straight-Arm Pulldown	2 × 12–15	Slight elbow bend; feel lats stretch. Keep ribs down.

Grip & recovery notes

- If grip fails before back: use straps on heavy rows only (still train grip elsewhere)
- Alternate underhand / neutral grips across weeks for elbow comfort
- Deadlift fans: place a light conventional or Romanian deadlift *after* rows on Pull, or move it to Legs — don't max both days

Mind-muscle cue: Think “elbows to hips” on rows and “elbows to pockets” on pulldowns — not just “hands to body.”

Legs Day — Quads, Hamstrings, Glutes, Calves

LEGS

Legs respond well to moderate volume and deep but comfortable range of motion. Rest **2–3 minutes** after squats and hinges; **60–90 seconds** on isolation work.

Exercise	Sets × Reps	Form tip
Back Squat or Goblet Squat	4 × 6–10	Brace core; knees track over toes. Depth: thighs at least parallel if mobility allows. Heels down.
Romanian Deadlift (BB or DB)	3 × 8–12	Soft knees; hips back; feel hamstring stretch. Bar close to legs. Neutral spine.
Leg Press or Walking Lunges	3 × 10–12	Full foot contact. Don't lock knees hard. Lunges: short steps, torso upright.
Lying or Seated Leg Curl	3 × 10–15	Control both directions. Squeeze hard at peak flexion.
Leg Extension (optional finisher)	2 × 12–15	Avoid if knees hurt — swap for extra goblet squats. Soft lockout only.
Standing or Seated Calf Raise	3 × 10–15	Full stretch at bottom; pause 1 sec at top. Slow tempo beats ego weight.

Beginner swaps

- Back Squat → Goblet Squat or Leg Press until depth and bracing feel solid
- RDL → Hip hinge with light DBs or kettlebell (“good morning” pattern with care)
- Skip lunges if balance is poor — use split squats holding a rack

Knee or low-back discomfort: Reduce depth/load, shorten range, or choose machines. Pain (sharp) ≠ normal training fatigue. See a qualified professional if pain persists.

Form Tips · Warm-Up · Progressive Overload

Universal form rules

1. Brace before every heavy rep

Big breath into belly/ribs, squeeze glutes lightly, then move. Keeps spine safer on presses and squats.

3. Full (comfortable) range

Use a range you can own with good posture. Partial reps are tools — not the default for beginners.

2. Control the eccentric

Lower weights in 2–3 seconds. Bouncing and bouncing-out of the hole steals gains and invites injury.

4. Leave 1–2 reps in reserve

Most working sets should stop before absolute failure. Save true grinders for rare top sets.

5–8 minute warm-up (every session)

1. 2–3 min easy bike, rower, or brisk walk
2. 10 bodyweight squats + 10 arm circles + 8 hip hinges
3. 1–2 light ramp-up sets of your first compound (not to failure)

Progressive overload (how to get stronger)

Progressive overload means gradually doing *more* over time — more weight, more reps, or better control. Without it, PPL becomes maintenance only.

- **Double progression:** Pick a rep range (e.g. 8–12). When you hit the top of the range on all sets with good form, add a small weight next session and build reps again.
- **Logbook:** Write exercise · weight · sets × reps. Phone notes work. Review weekly.
- **Small jumps:** +1–2.5 kg on upper body; +2.5–5 kg on lower when ready. Microplates help.
- **Deload:** Every 6–8 weeks (or when sleep/joints complain), cut volume ~40% for one week.

Example: Incline DB Press at 20 kg × 8, 8, 8 → next weeks push toward 10–12 reps → then try 22.5 kg × 8 again. That is progressive overload.

Sample Week Log · Equipment · Nutrition Basics

Blank weekly tracker (print & fill)

Day	Focus	Top lift & weight	How I felt (1–5)	Notes
Mon	Push			
Tue	Pull			
Wed	Legs			
Thu	Rest / walk	—		
Fri	Push (opt.)			
Sat	Pull (opt.)			
Sun	Rest	—		

Helpful equipment (optional)

- Adjustable dumbbells or a fixed DB set
- Resistance bands for warm-ups and face-pull alternatives
- Flat / adjustable workout bench
- Lifting straps or chalk (advanced grip help only)
- Simple notebook or notes app for logging

Nutrition & recovery (high level)

Protein

A common target is roughly 1.6–2.2 g protein per kg body weight daily from food first. Spread across meals.

Calories

To gain muscle: slight surplus. To lose fat: slight deficit while keeping protein and training hard. Crash diets kill gym progress.

Sleep

7–9 hours most nights. Poor sleep makes every set feel heavier.

Hydration

Sip water through the day; more if you sweat heavily. Don't wait until thirsty mid-set.

Food and supplement needs vary. This PDF is a training outline only — not a personalized diet plan.

FAQ • Safety • Disclaimer

Frequently asked questions

How many days should I run PPL?

Start with 3 days (Push / Pull / Legs) if you are new or busy. Move to 6 days only when recovery, sleep, and form are solid.

Can I do this at home?

Yes, with dumbbells, a bench, and bands. Swap barbell moves for DB versions. Pull-ups can become band-assisted or inverted rows under a sturdy table/bar.

How long until I see results?

Strength often improves within weeks if you log progressive overload. Visible physique changes usually take consistent months plus nutrition — not days.

Should I add cardio?

1–3 easy cardio sessions (20–30 min walk, cycle, or zone-2) on rest days or after lifting is fine. Don't sprint yourself into recovery debt every day.

Is this program for women and men?

Yes. The movement patterns are the same; load and calorie needs differ by individual.

Safety checklist

- Learn technique with light loads before chasing PRs
- Use collars on barbells; clear the floor around you
- Stop if you feel sharp joint pain, dizziness, or chest pain — seek medical help
- Ask a trainer to spot-check squat and hinge form once if possible

Disclaimer — Not medical advice. This Vista Hub Push Pull Legs Workout Routine PDF is a general educational fitness outline for healthy adults. It is *not* personalized medical, physiotherapy, or coaching advice. Consult a physician before starting any new exercise program, especially if you have injuries, cardiovascular conditions, or other health concerns. Train at your own risk. Vista Hub / vhoriginal.com is not responsible for injuries or outcomes from use of this guide.

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