

THE 6 DAY BODYWEIGHT PUSH PULL LEGS WORKOUT ROUTINE

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I've shared an ultimate 6 day bodyweight push pull legs workout routine that can help bolster muscles, increase mobility and endurance, and build lean mass.

The push-pull-legs (PPL) routine involves performing the chest, triceps, and shoulder exercises on push day; back, biceps, and posterior delt exercises on pull day; and quad, hamstring, glute, and calf's workout on leg day.

The PPL is one of the popular methods of training the entire body and improving overall fitness.

If you're looking for a well-designed, easy-to-follow, and effective PPL bodyweight workout plan, you should check this out.

PPL Exercises You Can Include in a Workout Plan

Push Exercise	Pull Exercise	Leg Exercise
Standard Push-ups	Pull-up	Standard Squat
Pike Push-ups	Chin-up	Front Lunges
Chair Dips	Superman Pull	Reverse Lunges
Dive Bomber Push-ups	Renegade Row	One-Leg RDL
Diamond Pushups	Bent-over Towel Row	Curtsy Lunges
Bar Dips	Inverted Row	Pop Squat
Incline Pushup	Prone IYT Raises	Long Leg March
Plank Triceps Extension	Negative Pull-up	Glute Bride
Archer Push-up	L Pull Up	Bulgarian Split Squat
Lateral Delt Raises	Towel Face Pull	Calf Raises
Grappler Push-up	Door Frame Rows	Elevated Glute Bridge
Floor Dips	Rear Delt Flyes	Pistol Squat

Knee Tap Push-Up	Bodyweight Torso Pull	Skater Squats
1-arm Pushup	Prone 90-degree External Rotation	Sumo Squat
Handstand Push-up	Standing Lat Pulldown w/ Towel	Sissy Squats

You can add as many exercises to this list as you want.

Related: People who work out with no equipment at all can follow this [home workout program](#).

Workout Routine to Build Muscle

About Program:

- **Suggested Program Duration:** 12 weeks
- **Program Goal:** Bolster muscles, build lean mass, and improve body composition.
- **Target Gender:** Male and Female
- **Workout Level:** Beginner to Intermediate
- **Equipment Needed:** Pull-up bar, towel, and dip stand
- **Duration per session:** 30-45 minutes

PPL Schedule:

- **Monday** – Push Workout (Chest, Shoulder, and Triceps)
- **Tuesday** – Pull Workout (Back, Biceps, and Posterior Delt)
- **Wednesday** – Leg and Abs Workout
- **Thursday** – Push Workout (Chest, Shoulder, and Triceps)
- **Friday** – Pull Workout (Back, Biceps, and Posterior Delt)
- **Saturday** – Leg and Abs Workout
- **Sunday** – OFF

Day 1 (Push) – Chest, Shoulder, and Triceps

- 10 Dive Bomber Pushup
- 10 Standard Pushups
- 10 Bench Dips
- 10 Decline Push-ups
- 10 [Plank Triceps Extension](#)

- 20 [Lateral Delt Raises](#) (10/side)
- Aim for three to five rounds

Day 2 (Pull) – Back, Biceps, and Posterior Delt

- 10 Chin-ups
- 10 [Superman Pulls](#)
- 20 [Plank Rows](#) (10/side)
- 10 [Inverted Rows](#)
- 10 [Rear Delt Flyes](#)
- 10 Bodyweight Torso Pull
- Do three to five rounds.

Day 3 – Leg and Abs Workout

- 20 Basic Squats
- 20 Stationary Front Lunges (10/leg)
- 10 Lateral Lunges (5/leg)
- 10 [Single-leg Romanian Deadlifts](#) (5/leg)
- 10 Glute Bridges
- 20 Standing Calf Raises
- 10 Sit-ups
- 15-sec Reverse Crunches
- 1-min Plank
- Do as many rounds as possible.

Day 4 (Push) – Chest, Shoulder, and Triceps

- 10 Incline Pushups
- 10 Triangle Pushups
- 10 Pike Pushups
- 20 [Archer Push-ups](#) (10/side)
- 10 Bar Dips
- 10 [Plank to pushups](#)
- 20 Lateral Delt Raises (10/side)
- Do as many rounds as possible.

Day 5 (Pull) – Back, Biceps, and Posterior Delt

- 10 Pull-ups

- 10 Inverted Rows
- 10 Superman Pull
- 10 [Towel Bent-over Row](#)
- 10 [Floor IYT Raises](#)
- 10 Chin-ups
- 10 Renegade Rows (5/side)
- Perform as many rounds as possible.

Day 6 – Leg and Abs Workout

- 10 Jump Squats
- 10 [Back and Forth Lunges](#) (5/side)
- 10 [Archer Squats](#) (5/leg)
- 10 [Long Leg March](#) (5/leg)
- 10 Single-leg Romanian Deadlifts (5/side)
- 15-sec Flutter Kicks
- 10 Sit-ups
- 1-min Plank
- Repeat as many times as possible.

Frequently Asked Questions (FAQs)

Should You Train Six Times a Week?

Yes, working out six times a week is fine as long as you follow a well-structured split routine and consume a balanced diet.

A good workout routine should be designed in a way that allows your muscles a decent recovery time (48 hours) between two sessions.

However, if you feel cramps in your muscles, reduce the frequency or pause your training until you're ready to resume.

Can You Build Muscle with Only Bodyweight?

Yes, bodyweight exercises help build lean mass and improve body composition. However, if you have been working out for a while, building muscle with only

bodyweight exercises will be challenging. So, it is best to start lifting weights if you want to [take your strength and physical appearance to the next level](#).

I'm a Beginner. Can I Follow This Routine?

This program includes some intermediate-level exercises which can be challenging for beginners. I suggest you perform these [beginner-level exercises](#) before you begin this 6 day push pull legs bodyweight routine.

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Nutritional Tips for Muscle Growth

Eating nutritious and healthy foods is as crucial as lifting weights. Diet is an essential part of the muscle-building program; you can't increase mass unless you feed your muscles the required amount of protein, carbs, fats, and other nutrients.

According to the International Society of Sports Nutrition, here is the diet recommendation for natural bodybuilding.

For example, if you're a 60 kg (132 lbs) weighted person.

Protein	Carbs	Fats
145-190 g	400-500	50-60
580-760 calories	1600-2000 calories	400-480 calories

1 gram protein and carbs = four calories and fats = nine calories

You can consume the above nutrients in three to six meals per day, with a meal containing 0.4-0.5 g/kg body weight of protein before and post workout.

Depending on how many calories you burn throughout the day, you can increase or decrease consumption.

You can also check out recommended whey isolate protein and [high calories protein foods](#).

You can incorporate one of the following supplements in your diet program:

1. [Bulk Extreme](#)
2. [Nutrigo Lab Strength](#)
3. [Mass Extreme](#)

You can add more exercises from the list below:

1. [Top 5 Rear Delt Bodyweight Exercises](#)
2. [13 Best Bodyweight Push Exercises](#)
3. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
4. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
5. [Knee push-ups for beginners \(with Video\)](#)
6. [8 Best Bodyweight Hamstring Exercises at Home](#)
7. [The 20 Best Bodyweight Exercises for Arms](#)
8. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
9. [Full Bodyweight Workouts For Beginners](#)
10. [Bodyweight Exercises For Back At Home](#)
11. [Bodyweight Exercises for Shoulder](#)

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