

# Push Pull Legs Exercises List

If you follow the PPL split, the complete list of push, pull, and legs exercises will help you customize the program. In this article, I've accumulated as many examples of the push, pull, and leg exercises as possible and created a simple list so you can use it to make a workout plan for yourself or add and replace workouts from the existing [PPL split](#).

## Meaning Of Push, Pull, And Legs (PPL) Training

The push, pull, legs (PPL) split is a great workout program for growing strength and muscle.

All movements that include pushing the weights up, down, or against the body come under push workouts. And they typically work on the chest, shoulder, and triceps.

Bench press, [overhead press](#), push-ups, and triceps pushdown are some examples of pull exercises.

The movements, which include pulling the weights up, down, and towards your body, fall under pull workouts. And they work on the back, biceps, rear delt, and wrists.

Pull-ups, lat pulldown, bent-over row, and seated rowing are typical pull exercises.

Some pull workouts also worked on chest and shoulder, such as dumbbell pullover, barbell upright row, and face pull. So you can also pick workouts for chest and shoulder from the pull exercises list.

Leg workout includes both pull and push exercises. For example, leg press and [squats](#) are push workouts, and the [deadlift](#) and hamstring curls are "pull workouts."

There are myriads of push, pull, and leg exercises that you can do to increase [strength, power](#), and mass.

Let's explore the complete list of PPL workouts in a table format that includes the names of the exercises, names of muscles they work, and the difficulty level.

Depending on your fitness, you can incorporate any exercise in your PPL workout program.

Exercises with difficulty level 5 or less out of 10 are suitable for beginners.

## List of Push Workouts

| No. | Workout                | Muscles Worked | Difficulty |
|-----|------------------------|----------------|------------|
| 1   | Barbell Bench Presses  | Chest          | 5/10       |
| 2   | Dumbbell Bench Presses | Chest          | 5/10       |

| No. | Workout                    | Muscles Worked     | Difficulty |
|-----|----------------------------|--------------------|------------|
| 3   | Landmine Press             | Chest and Shoulder | 6/10       |
| 4   | Chest Press Machine        | Chest              | 3/10       |
| 5   | Push-ups                   | Chest and Arms     | 6/10       |
| 6   | Bar Dips                   | Chest and Triceps  | 6/10       |
| 7   | Military Press             | Shoulder           | 5/10       |
| 8   | Dumbbell Overhead Press    | Shoulder           | 5/10       |
| 9   | Arnold Press               | Shoulder           | 7/10       |
| 10  | Dumbbell Front Raises      | Shoulder           | 5/10       |
| 11  | Lateral Raises             | Shoulder           | 5/10       |
| 12  | Barbell Front Raises       | Shoulder           | 6/10       |
| 13  | Pike Push-ups              | Shoulder           | 7/10       |
| 14  | Handstand Pushup           | Shoulder           | 8/10       |
| 15  | PecFly                     | Chest              | 4/10       |
| 16  | Floor Press                | Chest and Triceps  | 6/10       |
| 17  | Skullcrusher               | Triceps            | 6/10       |
| 18  | Close-Grip Bench Press     | Chest and Triceps  | 5/10       |
| 19  | Bench Dip                  | Triceps            | 5/10       |
| 20  | Overhead Triceps Extension | Triceps            | 5/10       |
| 21  | Tricep Pushdown            | Triceps            | 5/10       |

| No. | Workout                 | Muscles Worked    | Difficulty |
|-----|-------------------------|-------------------|------------|
| 22  | Triangle Pushup         | Chest and Triceps | 7/10       |
| 23  | Tricep Kickback         | Triceps           | 5/10       |
| 24  | Cable Forward Extension | Triceps           | 5/10       |
| 25  | IYT Raises              | Shoulder and Back | 7/10       |

## Pull Exercises List

| No. | Workout               | Muscles Worked     | Difficulty |
|-----|-----------------------|--------------------|------------|
| 1   | Pull-up               | Back and Biceps    | 5/10       |
| 2   | Inverted Row          | Back and Biceps    | 5/10       |
| 3   | Chinup                | Back and Biceps    | 6/10       |
| 4   | Lat Pulldown          | Back               | 5/10       |
| 5   | Seated Rowing         | Back               | 6/10       |
| 6   | Dumbbell Rowing       | Back               | 6/10       |
| 7   | Barbell Bent-over Row | Back               | 6/10       |
| 8   | Dumbbell Pullover     | Chest and Back     | 6/10       |
| 9   | Barbell Upright Row   | Shoulder and Trap  | 5/10       |
| 10  | Face pull             | Back and Rear Delt | 6/10       |
| 11  | Shrug                 | Shoulder           | 4/10       |
| 12  | Reverse Fly           | Back and Rear Delt | 5/10       |

| No. | Workout                  | Muscles Worked | Difficulty |
|-----|--------------------------|----------------|------------|
| 13  | Superman Pull            | Back           | 6/10       |
| 14  | Barbell T Rowing         | Back           | 5/10       |
| 15  | Rack Pull                | Back           | 4/10       |
| 16  | Barbell Biceps Curl      | Biceps         | 5/10       |
| 17  | Dumbbell Curl            | Biceps         | 4/10       |
| 18  | Incline Lying Prone Curl | Biceps         | 6/10       |
| 19  | Hammer Curl              | Biceps         | 4/10       |
| 20  | Preacher Curl            | Biceps         | 5/10       |
| 21  | Concentration Curl       | Biceps         | 6/10       |
| 22  | Zottoman Curl            | Biceps         | 6/10       |
| 23  | Cable Curl               | Biceps         | 5/10       |
| 24  | Palms up Wrist Curl      | Wrists         | 5/10       |
| 25  | Palms down wrist curl    | Wrists         | 5/10       |

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## List Of Leg Exercises

| No. | Workout | Muscles Worked | Difficulty |
|-----|---------|----------------|------------|
| 1   | Squat   | Quadriceps     | 5/10       |
| 2   | Lunges  | Quad and Ham   | 5/10       |

| No. | Workout               | Muscles Worked           | Difficulty |
|-----|-----------------------|--------------------------|------------|
| 3   | Deadlift              | Legs                     | 6/10       |
| 4   | Step-up               | Glutes and Quads         | 5/10       |
| 5   | Good Morning          | Hamstring and Lower Back | 6/10       |
| 6   | Calf Raises           | Calves                   | 6/10       |
| 7   | Landmine Squat        | Quadriceps               | 7/10       |
| 8   | Glute Bridge          | Glutes                   | 5/10       |
| 9   | Bulgarian Split Squat | Quad, Ham, and Glutes    | 7/10       |
| 10  | Sumo Deadlift         | Quad, Ham, and Glutes    | 6/10       |
| 11  | Romanian Deadlift     | Hamstring and Glutes     | 6/10       |
| 12  | Reverse Lunges        | Quad, Ham, and Glutes    | 6/10       |
| 13  | Lateral Squat         | Quad, Ham, and Glutes    | 6/10       |
| 14  | Single-Leg Deadlift   | Hamstring and Glutes     | 7/10       |
| 15  | Box Jump              | Quadriceps               | 5/10       |
| 16  | Leg Extension         | Quadriceps               | 4/10       |
| 17  | Leg Curl              | Hamstring                | 4/10       |
| 18  | Hack Squat            | Quadriceps               | 6/10       |
| 19  | Machine Leg Press     | Quadriceps               | 5/10       |
| 20  | Hip Thrusts           | Glutes                   | 6/10       |
| 21  | Sumo Squat            | Quad, Ham, and Glutes    | 5/10       |

| No. | Workout            | Muscles Worked        | Difficulty |
|-----|--------------------|-----------------------|------------|
| 22  | Front Squat        | Quadriceps            | 6/10       |
| 23  | Hex Bar Deadlift   | Quad, Ham, and Glutes | 5/10       |
| 24  | Cable Pull Through | Hamstring and Glutes  | 7/10       |
| 25  | Suitcase Deadlift  | Quad, Ham, and Glutes | 5/10       |

## Compound Push and Pull Exercises List

That was the complete list of pull, push, and leg exercises. However, if you primarily do compound workouts, I've also made a list according to that so you can pick your best ones.

Compound movements work on two to three muscles simultaneously and allow you to lift heavier weights.

Okay, so here are some of the best examples of compound push and pull workouts.

| No. | Compound Pull Exercises | Compound Push Exercises  |
|-----|-------------------------|--------------------------|
| 1   | Deadlift                | Flat/Incline Bench Press |
| 2   | Pull-ups                | DB Bench Presses         |
| 3   | Barbell Bent-over Row   | Push-ups                 |
| 4   | Chinup                  | Military Press           |
| 5   | Dumbbell Pullover       | Bar Dips                 |
| 6   | Face pull               | IYT Raises               |
| 7   | Barbell Upright Row     | Close-Grip Bench Press   |
| 8   | Sumo Deadlift           | Landmine Press           |
| 9   | Romanian Deadlift       | Squat                    |

| No. | Compound Pull Exercises | Compound Push Exercises |
|-----|-------------------------|-------------------------|
| 10  | Cable Pull Through      | Hip Thrusts             |

**Related:**

- [List Of Compound Exercises](#)
- [Dumbbell Compound Exercises List And How To Do Them](#)

## List Of Push And Pull Bodyweight Exercises

For those who work out without any pieces of equipment, I've also made a list of bodyweight push, pull, and legs exercises.

You can use this list to create a [bodyweight workout plan](#) for yourself.

### Bodyweight Push Workout List

1. Incline/Flat/Decline Push up
2. Diamond Push-up
3. Archer Push-up
4. Bar Dips
5. Bench Dips
6. Pike Push-up
7. Handstand Push-up
8. Bodyweight Triceps Extension
9. I-Y-T Raises

### List Of Bodyweight Pull Exercises

1. Pull-ups
2. Chinup
3. Inverted Row
4. Superman Pull
5. Bicep Leg Curl
6. Renegade Row
7. Standing Wall Pull

8. Negative Pull-ups

## **Bodyweight Leg Workouts List**

1. Standard Squat
2. Forward Lunges
3. Reverse Lunges
4. Lateral Lunges
5. Sumo Squat
6. Split Squat
7. Single-leg Deadlift
8. Glute Kickback
9. Lying Leg Curl
10. Glute Bridge
11. Calf Raises
12. Step-up
13. Jump Squat

## **List Of Core And Combined Push-Pull Workouts**

You've seen a complete list of all push, pull, and leg exercises so far. However, core and combination of pull-push workouts aren't covered in that list, which is essential in creating a workout regimen.

So, let's also see those movements.

### **Core Exercises**

1. All types of Crunches
2. Planks
3. Russian Twists
4. Mountain Climbing
5. Leg Raises
6. Toe Touching
7. Flutter Kicks
8. Windshield Wipers
9. Dumbbell Side Bend

10. Woodchop
11. Hanging Knee Raises
12. Hanging Leg Raises
13. Dragon Flag
14. Ab Wheel Rollout
15. Barbell Oblique Twist

## **List Of Exercises That Have Both Push And Pull Movements**

1. Clean and Press
2. Burpees
3. Pushup to Renegade Row
4. Barbell Jammer
5. Power Clean
6. Push Jerk

### **Related Articles:**

- 1) [The Best Push Pull Legs 3 Day Split \(With PDF\)](#)
- 2) [4 Day Push Pull Workout Routine \(With PDF\)](#)
- 3) [Push Pull Legs 5 Day Split Workout With PDF](#)
- 4) [6 Day Gym Workout Schedule With PDF](#)