

PPL 7 DAY GYM WORKOUT PLAN FOR BEGINNERS TO BUILD MUSCLE

Created by: [Murshid Akram](#)
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- Day 1 – Chest, Shoulder, and Triceps
- Day 2 – Back and Biceps
- Day 3- Quads and Calves
- Day 4 – Chest, Shoulder, and Triceps
- Day 5 – Back and Biceps
- Day 6- Hamstrings and Glutes
- Day 7 – Abs and Oblique (Core)

This Push, Pull, and Legs (PPL) split workout involves training two to three muscle groups a day and 12-15 sets per session. It is great for beginners who want to build muscle and strength and improve their physical appearance.

I've designed this program in such a way that your muscles get enough time for recovery between the workouts and won't make you exhausted at the end of the week.

Day 1 – Chest, Shoulder, and Triceps

Push Exercises	Sets	Reps	Rest
Seated Pec Deck Fly	3	15-20	2-min
Smith Machine Incline Bench Press	3	12-15	3-min
Alternating Dumbbell Front Raises	3	10-12	90-sec
Seated Smith Machine Overhead Press	3	12-15	2-min
Triceps Rope Press Down	3	15-20	2-min

Day 2 – Back and Biceps

Pull Exercises	Sets	Reps	Rest
Front Lat Pulldown	3	15-20	2-min
Seated Cable Rowing	3	15-20	2-min
Chest Supported DB/T-Bar Row	3	12-15	2-min
Chin-ups	3	Failure	2-min
Cable Curl	3	15-20	2-min

Day 3 – Quads and Calves

Leg Exercises	Sets	Reps	Rest
DB Goblet Squat	3	15-20	2-min
Leg Extension	3	15-20	2-min
Leg Press	3	10/leg	2-min
Standing Calf Raises	3	15-20	2-min

Day 4 – Chest, Shoulder, and Triceps

Push Exercises	Sets	Reps	Rest
Hammer Strength Chest Press	3	15-20	2-min
Lateral Cable Raises	3	12-15	2-min
Bent Over Raises	3	10-12	2-min
Cable Overhead Triceps Extension	3	15-20	2-min
Bench Dips	3	15-20	2-min

Day 5 – Back and Biceps

Pull Exercises	Sets	Reps	Rest
Pull-ups	3	Failure	2-min
SM Partial Deadlift	3	10-12	3-min
One-arm DB Row	3	10/side	90-sec
Alternating DB Curl	3	10/arm	90-sec
Preacher Curl	3	12-15	2-min

Day 6 – Hamstrings and Glutes

Legs Exercises	Sets	Reps	Rest
Seated Leg Curl	3	15-20	2-min
Lying Leg Curl	3	15-20	2-min
DB Romanian Deadlift	3	8-10	2-min
Glute Bridge	3	15-20	2-min

Day 7 – Abs and Oblique (Optional)

- Treadmill – 5 Minutes

- Bicycling – 5 Minutes
- Mountain Climbing – 15 seconds, 30-second rest
- Crunches – 10 reps, 30-second rest
- Bicycle Crunches – 20 seconds, 45-second rest
- Plank – 45 seconds, 30-second rest
- Reverse Crunches – 10 reps, 45-second rest
- Russian Twist – 15 seconds, 45-second rest
- Flutter Kicks – 15 seconds, 30-second rest
- Hanging Knee Raise – 10 reps, 30-second rest
- Plank – 60 Seconds Hold, 30-second rest
- Side Plank – 30 seconds on each side

Additional 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. Make Adjustment

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.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Helpful Resouces:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)

- [30 Best Gym Exercises for Abs](#)

Related Workout Programs

1. [2 Hour Cardio and Strength Workout Plan](#)
2. [5-Day Push Pull Legs Split Workout Plan to Get Muscular](#)
3. [8-Week Circuit Weight Training to Burn Fat & Build Muscle](#)
4. [6 Day PPL Split For Strength And Hypertrophy w/ PDF](#)
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