

# 16-Week Push Pull Legs Split for Women to Get Strong and Lean

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Check out [article](#) for more info

## Workout Instructions

### Weekly Schedule

- Monday – Chest, Shoulder, and Triceps
- Tuesday – OFF
- Wednesday – Back, Rear Delt, and Biceps
- Thursday – OFF
- Friday – Legs and Glutes
- Saturday – Abs and Obliques
- Sunday – OFF

### Warm-up Before Weight Training

Pick some of the following exercises and do a quick five-minute warm-up before resistance training:

- **Foam Rolling:** 3-5 minutes for upper body on Push-Pull Day and 3-5 minutes for lower body on leg day.
- **Dynamic Stretches:** You can do some **dynamic warm-up exercises** according to the muscle group you want to train to increase your blood flow and prepare muscles for weighted exercises.
- **Machine:** Do bicycling or an incline treadmill walk for a few minutes.
- **Bodyweight Cardio:** If you don't use machines, you can **use your body weight to do some cardio exercises** to increase your body temperature.
- **Lightweight Resistance Training (Recommended):** The best way to warm your muscles is to perform resistance training with lightweight. For example, if you want to hit your shoulders, do a few sets of overhead and lateral raises before working sets. Similarly, if you want to train your quads, do some leg extensions before squats, lunges, and leg presses.

## Cardio on Non-Resistance Training Days (Weight Watchers)

You can do high-intensity and **zone-2 cardio** on your rest days to speed up fat loss. However, if you want to put on mass and gain weight, I suggest focusing only on resistance training.

# Week 1-5-9-13

## Monday – Push Workout

Exercise	Sets and Reps	Target Muscle
Seated Pec Deck Fly	3 x 15	Chest
Incline DB Bench Press	3 x 12	Chest
Seated Overhead Press	3 x 12	Shoulder
Lateral Delt Raises	3 x 10	Shoulder
Overhead Triceps Extension	3 x 15	Triceps
Triceps Press Down	3 x 15	Triceps

## Wednesday – Pull Workout

Exercise	Sets and Reps	Target Muscle
Lat Pulldown	3 x 15	Back
Seated Cable Rowing	3 x 15	Back
One-arm DB Row	3 x 10/side	Back
Seated Rear Delt Fly	3 x 12	Rear Delt
Chest- Supported Row	3 x 12	Rear Delt
Concentration Curl	3 x 10/arm	Biceps

## Friday – Leg Workout

Exercise	Sets and Reps	Target Muscle
DB Goblet Squat	3 x 15	Quads
Walking DB Lunges	3 x 10/leg	Legs
Seated Leg Press	3 x 15	Quads
DB Romanian Deadlift	3 x 8-10	Hamstrings
Machine Leg Curl	3 x 15	Hamstrings
Dumbbell Frog Pump	3 x 15	Glutes
Glute Kickback	3 x 10/side	Glutes

## Saturday

Exercise	Activity	Target Muscle
High Knee Taps	15-sec x 3 sets	Lower Abs
Kneeling Cable Crunches	20 reps x 3 sets	Upper Abs
Low-to-High Cable Chop	10 reps/side x 3	Obliques
Mountain Climber	15-sec x 3 sets	Entire Core
Reverse Crunches	15 reps x 3 sets	Lower Abs
Plank	1-minute x 3 sets	Entire Core

## Week 2-6-10-14

### Monday – Push Workout

Exercise	Sets and Reps	Target Muscle
Kneeling Push-up	3 x 10-12	Chest
Bridge Press	3 x 12-15	Chest
Flat DB Bench Press	3 x 12-15	Chest
Single-arm Landmine Press	3 x 10/arm	Shoulder
Single-arm Lateral Raises	3 x 10/arm	Shoulder
Bench Dips	3 x 12-15	Triceps

### Wednesday – Pull Workout

Exercise	Sets and Reps	Target Muscle
Chin-ups	3 x 5-10	Biceps
Standing Lat Pullover	3 x 10-15	Back
Close Grip T-Bar Row	3 x 12-15	Back
Close Grip Pull-down	3 x 12-15	Back
Inverted Row	3 x 10-15	Rear Delt
Kettlebell Swings	3 x 15-20	Full-Body

### Friday – Leg Workout

Exercise	Sets and Reps	Target Muscle
Dumbbell Pop Squat	3 x 10-12	Lower Body
Reverse Lunges	3 x 10/leg	Lower Body

Step-up	3 x 10/leg	Lower Body
Leg Curl	3 x 12-15	Hamstrings
Hip Thrust	3 x 12-15	Glutes
<b>Cable Hip Abduction</b>	3 x 12/leg	Adductors
Calf Raises	3 x 15-20	Calves

## Saturday

Exercise	Activity	Target Muscle
High Knee Taps	15-sec x 3 sets	Lower Abs
Hanging Knee Raises	10 reps x 3 sets	Lower Abs
High-to-Low Cable Chop	10 reps/side x 3	Obliques
Flutter Kicks	15-sec x 3 sets	Lower Abs
Bicycle Crunches	12 reps x 3 sets	Obliques
Side Plank	20-sec/side x 2	Obliques

## Week 3-7-11-15

### Monday – Push Workout

Exercise	Sets and Reps	Target Muscle
Incline Push-up	3 x 10-12	Chest
Machine Chest Fly	3 x 12-15	Chest
Flat DB Bench Press	3 x 12-15	Chest
Seated IYT Raises	3 x 6-8	Shoulder
Triceps Press down	3 x 10/arm	Triceps
1-arm OH Triceps Extension	3 x 10/arm	Triceps

### Wednesday – Pull Workout

Exercise	Sets and Reps	Target Muscle
Barbell/DB Hang Clean	3 x 8-10	Full-body
Front Lat Pulldown	3 x 12-15	Back
Seated Cable Rowing	3 x 12-15	Back
One-arm DB Row	3 x 10/arm	Back
Chest-Supported Row	3 x 12-15	Upper Back
Preacher Curl	3 x 12-15	Biceps

## Friday – Leg Workout

Exercise	Sets and Reps	Target Muscle
Plie Squat	3 x 10-12	Adductors
Lateral Lunges	3 x 10/leg	Adductors
Leg Extension	3 x 15-20	Quads
Hamstring March	3 x 30-sec	Hamstrings
Hip Thrust	3 x 12-15	Glutes
Cable Pull Through	3 x 10-12	Glutes
Long Leg Marching	3 x 10/leg	Glutes

## Saturday

Exercise	Activity	Target Muscle
Mountain Climber	15-sec x 3 sets	Lower Abs
Hanging Knee Raises	10 reps x 3 sets	Lower Abs
Seated Knee Tucks	20 reps x 3 sets	Lower Abs
Plank DB Drag	10 per side x 3	Entire Abs
Russian Twist	15-sec x 3 sets	Obliques
Flutter Kicks	15-sec x 3 sets	Lower Abs

## Week 4-8-12-16

## Monday – Push Workout

Exercise	Sets and Reps	Target Muscle
Incline Barbell Chest Press	3 x 12-15	Chest
Decline Cable Chest Fly	3 x 10-11	Chest
Seated Overhead Press	3 x 12-15	Shoulder
Seated Lateral Raises	3 x 10-12	Shoulder
Triceps Press down	3 x 10-15	Triceps
Bench Dips	3 x 10-15	Triceps

## Wednesday – Pull Workout

Exercise	Sets and Reps	Target Muscle
Kettlebell Swings	3 x 20	Full-body

Deadlift Off Blocks	3 x 8-10	Back
Seated Cable Rowing	3 x 12-15	Back
Lat Pulldown	3 x 12-15	Back
Reverse Pec Deck Fly	3 x 10-12	Rear Delt
Preacher Curl	3 x 5-10	Biceps

## Friday – Leg Workout

Exercise	Sets and Reps	Target Muscle
Leg Curl	3 x 10-12	Hamstrings
Single-leg Deadlift	3 x 10/leg	Hamstrings
Step-up	3 x 30-sec	Lower Body
Hip Thrust	3 x 12-15	Glutes
Glute Kickback	3 x 10-12	Glutes
Seated Calf Raises	3 x 10/leg	Calves
Donkey Calf Raises	3 x 12-15	Calves

## Saturday

Exercise	Activity	Target Muscle
Pallof press	10-12 reps x 3 sets	Total Core
<b>Side Plank Hip Dips</b>	10 per side x 3 sets	Obliques
<b>Landmine Oblique Twist</b>	10 per side x 3 sets	Obliques
Alternate Heel Tap	10 per side x 3 sets	Obliques
<b>Side Oblique Crunch</b>	10 per side x 3 sets	Obliques
<b>Back Supported Leg Raises</b>	10 reps x 3 sets	Lower Abs

# Wrapping It Up

Push-Pull-Leg (PPL) is a famous strength training split that involves splitting workouts in three days: push day, pull day, and leg day, allowing you to train your every muscle group throughout the body effectively.

The PPL split for women is different from that for men. A women's PPL program focuses more on the lower body and abs and bringing out the best shape instead of building a beefy body like men's.

Keeping women's fitness goal in mind, I've designed the above workout plan, so any female looking to gain lean mass, build athletic physique, and increase strength can use that routine.

It may not suit everyone as everybody has a different shape and fitness level, but a little tweak by yourself can make this routine functional for you.

### **Helpful Resources:**

1. [70 Low Carb Food List for Weight Loss with PDF](#)
2. [List of 53 Low Calorie Foods for Weight Loss w/PDF](#)
3. [The Push Pull Legs Exercises List with PDF](#)

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