3 DAY PUSH PULL LEGS SPLIT FOR BEGINNERS

Created by: Murshid Akram

Check out article

Summary

Goal/Purpose
The primary goal of this 3 day split push pull legs workout schedule is to build muscles and strength. However, you can also do this program to maintain strength and physique.

Program Duration
12-16 weeks! Muscle building takes time. That's why you need to work out at least three to four months consistently to see the visible changes.

Related: How Long Does It Take To Build Noticeable Muscle?

One Session Duration
60 to 90 minutes! Sixty minutes is an optimal duration to spend a day in a workout to build muscles. However, you should aim for 90 minutes to get proper training because you'll train three days a week only.

Ideal Interval Time Between Sets
2 to 3 minutes intervals between sets would be suitable if you want to build mass.

Warm-up
The warm-up before lifting weights helps you perform better during the strength training. It increases heart rate and blood flow and minimizes the risk of injuries.

You can run on the treadmill, do stationary bicycling, or perform bodyweight aerobic exercises for three to five minutes to warm up your body.

Push Pull Legs 3 Day Split for Beginners

- Day 1 – Push workout – Chest, Shoulder, and Triceps

- Day 2 – Pull workout – Back, Rear Delt, and Biceps
- Day 3 – Legs – Quads, Hamstrings, Calves, and Glutes

Day 1 – Push workout

Push Workout	Muscles	Reps
Smith Machine Flat Bench Press	Chest	15, 12, 10, 8
Incline Dumbbell Bench Press	Chest	12, 10, 8, 6
Machine Pec Fly	Chest	12 x 3
Lateral Delt Raises	Shoulder	12 x 4
Triceps Rope Pushdown	Triceps	12 x 3

Day 2 – Pull Workout

Pull Exercises	Muscles	Reps
Pullup/Assisted PU	Back & Biceps	5-10 x 3
Front Lat Pulldown	Back	15, 12, 10
Seated Cable Rowing	Back	15, 12, 10
Rear Delt Dumbbell Raise	Back	12 x 3
Cable Curl	Biceps	12 x 3
Hammer Curl	Core	12 x 3

Day 3 – Leg Workout

Legs Workout	Muscles	Reps
Dumbbell Front Lunges	Quads & Hams	10 x 2
Machine Leg Press	Quadriceps	15 x 3
Dumbbell Front Squat	Hamstrings	12 x 3
Hamstring Curl	Glutes	15 x 3
Calf Raises	Calves	15 x 3

What to Do in the Next Weeks?

You can replace some exercises with other exercises in the second, third, and fourth weeks.

Here's a quick view of exercises you can add or replace in the following weeks of the workout program.

- **Chest**
  - Incline Barbell Bench press,
  - DB squeeze press,

    - Dips, and
    - Landmine press.
- **Shoulder**
    - Arnold Press,
    - Shoulder Shrug,
    - Barbell Front Raise,
    - Leaning DB Lateral Raises
- **Legs**
    - Barbell Jammers,
    - Hack Squat,
    - Sumo Squat,
    - Bulgarian Split Squat,
    - The Sumo Deadlift,
    - Glute Bridges, and
    - Barbell Lunges.
- **Back**
    - Barbell Bent Over Row
    - V Grip Lat Pulldown
    - Cable Facepull
    - One-arm DB Row
    - Barbell T Rowing
    - Australian Pullup
- **Triceps**
    - Skull Crusher
    - Narrow Grip Bench Press
    - Diamond Pushup
    - Bench Dips
    - Overhead Triceps Extension
- **Biceps**
    - Chin-ups
    - Incline DB Curl
    - Preacher Curl
    - EZ Bar Biceps Curl

Helpful Resources:

- **20 Best Dumbbell Pull Exercises**
- **Dumbbell Push Exercises**
- **Top 10 Barbell Pull Exercises**
- **8 Best Barbell Push Exercises**
- **30+ Best Smith Machine Exercises**
- **13 Barbell Squat Variations**
- **Barbell Workouts For Mass Gain**
- **The Ultimate List of Isolation Exercises**

Related Workout Routines:

- The 3-Day Hybrid Gym Workout Routine
- 3 Day Upper Lower Split for Strength & Mass
- 3 Day Superset Workout to Build Muscles
- 3 Day Full-body Compound Workout Routine

Programs to Follow Next:

- 4 Day Superset Workout Plan
- 4 Day Gym Workout for Muscle Gain
- 4 Day Full Body Workout Routine
- 4 Day Push Pull Workout Routine

Help us grow online:

Reddit | **Facebook** | **Instagram** | **Twitter** | **Pinterest**