



# 3 DAY PUSH/PULL/LEGS (PPL) WORKOUT FOR BEGINNERS

## Workout Summary

**Main Goal:** Increase Strength  
**Training Level:** Beginner  
**Days Per Week:** 3 Days  
**Program Duration:** 10 Weeks  
[Click here for the full workout!](#)

**Equipment:** Barbell, Cables, Dumbbells, Machines  
**Target Gender:** Male & Female  
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## Workout 1: Push Day

Exercise	Sets	Reps	Rest
Military Press (AKA Overhead Press)	5	5	1-2 Min
Dumbbell Bench Press	3	5	1-2 Min
Tricep Dip	3	8	1-2 Min
Lateral Raise	3	8	1-2 Min
Lying Dumbbell Extension	3	8	1-2 Min
Tricep Pushdown	3	8	1-2 Min

## Workout 2: Pull Day

Exercise	Sets	Reps	Rest
Pull Up (or Lat Pull Down)	5	5	1-2 Min
Bent-Over Barbell Row	3	5	1-2 Min
T-Bar Row	3	8	1-2 Min
Dumbbell Shrug	3	8	1-2 Min
Preacher Curl	3	8	1-2 Min
Hammer Curl	3	8	1-2 Min

## Workout 3: Leg Day

Exercise	Sets	Reps	Rest
Barbell Squat	5	5	1-2 Min
Deadlift	3	5	1-2 Min
Leg Press	3	8	1-2 Min
Lying Leg Curl	3	8	1-2 Min
Leg Extension	3	8	1-2 Min
Seated Calf Raise	3	8	1-2 Min