

**PUSH
PULL
LEGS**

AT HOME

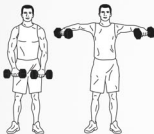
PUSH PULL LEGS

Day 1: push

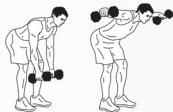
2 minutes rest between sets

2 minutes rest after each exercise

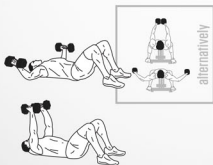
© darebee.com



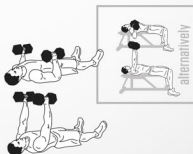
4 sets lateral raises
6-10 reps



4 sets bent over lateral raises
6-10 reps



4 sets chest fly
8-10 reps



4 sets chest press
8-10 reps

PUSH PULL LEGS

Day 2: pull

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets bicep curls
8-12 reps



4 sets upright rows
8-10 reps



4 sets alternating bicep curls
8-12 reps



4 sets shrugs
8-10 reps

PUSH PULL LEGS

Day 3: abs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



2 sets elbow planks hold
60 seconds each



2 sets side elbow planks hold
60 seconds each



4 sets high crunches
10-14 reps



2 sets back extensions
8-10 reps

PUSH PULL LEGS

Day 4: legs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets reverse lunges
10-12 reps



4 sets squats
10-12 reps



4 sets calf raises
12-16 reps



4 sets deadlifts
8-10 reps

PUSH PULL LEGS

Day 5: push

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



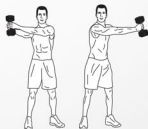
4 sets overhead tricep extensions
5-7 reps / per arm



4 sets tricep extensions
5-7 reps / per arm



4 sets svend press
8-10 reps / per arm



4 sets twists
8-10 reps / per arm

PUSH PULL LEGS

Day 6: pull

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



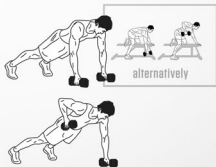
4 sets bicep curls
10-12 reps



4 sets hammer curls
10-12 reps



4 sets upright rows
8-10 reps



4 sets renegade rows
6-8 reps / per arm

PUSH PULL LEGS

Day 7: abs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets knee-in & twist
12-14 reps



4 sets flutter kicks
12-14 reps



2 sets high hollow hold
30 seconds each



2 sets back extensions
8-10 reps

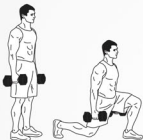
PUSH PULL LEGS

Day 8: legs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



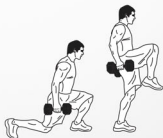
4 sets lunges
10-12 reps



4 sets side lunges
10-12 reps



4 sets calf raises
12-16 reps



4 sets lunge step-ups
10-12 reps

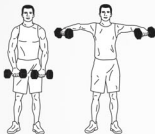
PUSH PULL LEGS

Day 9: push

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



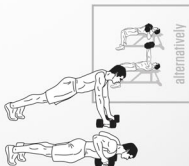
4 sets lateral raises
6-10 reps



4 sets shoulder press
6-10 reps



4 sets bent over lateral raises
6-10 reps



4 sets push-ups
10-14 reps

PUSH PULL LEGS

Day 10: pull

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets bicep curls
8-12 reps



4 sets bent over rows
8-10 reps



4 sets shrugs
8-10 reps



4 sets alternating bicep curls
8-12 reps

PUSH PULL LEGS

Day 11: abs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



2 sets elbow planks hold
90 seconds each



2 sets side elbow planks hold
90 seconds each



4 sets long-arm crunches
12-14 reps



2 sets back extensions
8-10 reps

PUSH PULL LEGS

Day 12: legs

2 minutes rest between sets

2 minutes rest after each exercise

 darebee.com



4 sets squats
10-12 reps



4 sets calf raises
12-16 reps



4 sets goblet squats
10-12 reps



4 sets single leg deadlifts
5-6 reps / per side

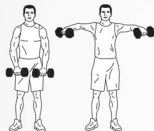
PUSH PULL LEGS

Day 13: push

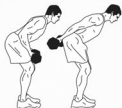
2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



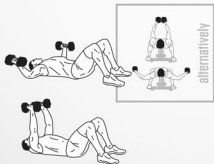
4 sets
lateral raises
6-10 reps



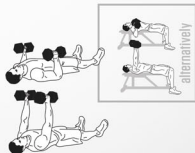
4 sets
tricep kickbacks
6-10 reps



4 sets
alt shoulder press
5-7 reps / per arm



4 sets chest fly
8-10 reps



4 sets chest press
8-10 reps

PUSH PULL LEGS

Day 14: pull

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets
bicep curls
8-12 reps



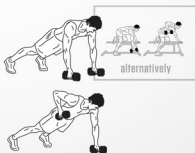
4 sets
bent over rows
8-10 reps



4 sets
upright rows
8-10 reps



4 sets shrugs
8-10 reps



4 sets renegade rows
6-8 reps / per arm

PUSH PULL LEGS

Day 15: abs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets side bridges
10-12 reps



4 sets boat folds
10-12 reps



2 sets high hollow hold
90 seconds each



2 sets back extensions
8-10 reps

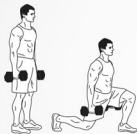
PUSH PULL LEGS

Day 16: legs

2 minutes rest between sets

2 minutes rest after each exercise

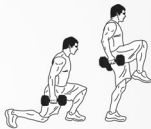
© darebee.com



4 sets
lunges
10-12 reps



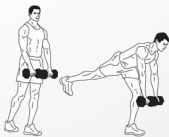
4 sets
side lunges
10-12 reps



4 sets
lunge step-ups
10-12 reps



4 sets calf raises
12-16 reps



4 sets single leg deadlifts
5-6 reps / per side

PUSH PULL LEGS

Day 17: push

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets

shoulder press

8-10 reps / per arm



4 sets

overhead tricep extensions

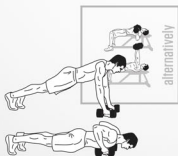
5-7 reps / per arm



4 sets

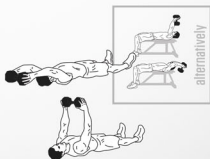
tricep extensions

5-7 reps / per arm



4 sets push-ups

10-14 reps



4 sets pullovers

6-10 reps

PUSH PULL LEGS

Day 18: pull

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets
bicep curls
8-12 reps



4 sets
shrugs
8-10 reps



4 sets
hammer curls
10-12 reps



4 sets bent over rows
8-10 reps



4 sets upright rows
8-10 reps

PUSH PULL LEGS

Day 19: abs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



2 sets elbow planks hold
2 minutes each



2 sets side elbow planks hold
2 minutes each



4 sets reverse crunches
12-14 reps



2 sets back extensions
8-10 reps

PUSH PULL LEGS

Day 20: legs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets
squats
10-12 reps



4 sets
reverse lunges
10-12 reps



4 sets
calf raises
12-16 reps



4 sets goblet squats
10-12 reps



4 sets single leg deadlifts
5-6 reps / per side

PUSH PULL LEGS

Day 21: push

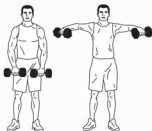
2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



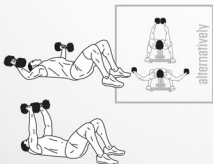
4 sets
arnold press
6-10 reps



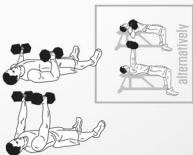
4 sets
lateral raises
6-10 reps



4 sets
bent over lateral raises
6-10 reps



4 sets chest fly
8-10 reps



4 sets chest press
8-10 reps

PUSH PULL LEGS

Day 22: pull

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets
bicep curls
8-12 reps



4 sets
upright rows
8-10 reps



4 sets
shrugs
8-10 reps



4 sets alternating bicep curls
8-12 reps



4 sets kneeling rows
6-8 reps / per arm

PUSH PULL LEGS

Day 23: abs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets leg raises
10-12 reps



4 sets windshield wipers
10-12 reps



2 sets high hollow hold
2 minutes each



2 sets back extensions
8-10 reps

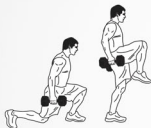
PUSH PULL LEGS

Day 24: legs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets
lunge step-ups
10-12 reps



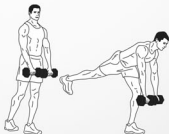
4 sets
side lunges
10-12 reps



4 sets
calf raises
12-16 reps



4 sets **deadlifts**
8-10 reps



4 sets **single leg deadlifts**
5-6 reps / per side

PUSH PULL LEGS

Day 25: push

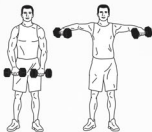
2 minutes rest between sets

2 minutes rest after each exercise

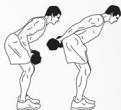
© darebee.com



4 sets
shoulder press
6-10 reps



4 sets
lateral raises
6-10 reps



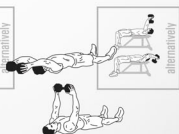
4 sets
tricep kickbacks
6-10 reps



4 sets
push-ups
10-14 reps



4 sets
chest fly
8-10 reps



4 sets
pullovers
6-10 reps

PUSH PULL LEGS

Day 26: pull

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets
bicep curls
8-12 reps



4 sets
upright rows
8-10 reps



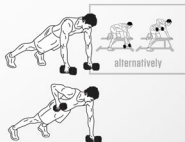
4 sets
bent over rows
8-10 reps



4 sets
shrugs
8-10 reps



4 sets
hammer curls
10-12 reps



4 sets
renegade rows
6-8 reps / per arm

PUSH PULL LEGS

Day 27: abs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



2 sets elbow planks hold
2min 30sec each



2 sets side elbow planks hold
2min 30sec each



4 sets plank crunches
12-14 reps



2 sets back extensions
8-10 reps

PUSH PULL LEGS

Day 28: legs

2 minutes rest between sets

2 minutes rest after each exercise

© darebee.com



4 sets
squats
10-12 reps



4 sets
reverse lunges
10-12 reps



4 sets
calf raises
12-16 reps



4 sets
side lunges
10-12 reps



4 sets
goblet squats
10-12 reps



4 sets
single leg deadlifts
5-6 reps / per side