

Push-Pull Routines

Muscle Groups	Movements	Set #	Beginner Reps/Weight (per movement)	Intermediate Reps/Weight (per movement)	Advanced Reps/Weight (per movement)
Chest/Back	Chest Press/Seated Row	1	15 – Light	15 – Light	15 – Light
		2	15 – Light	12 – Medium	12 – Medium
		3	15 – Light	12 – Medium	10 – Med-Heavy
Chest/Back	Incline Press/High Row	1	15 – Light	15 – Light	15 – Light
		2	15 – Light	12 – Medium	12 – Medium
		3	15 – Light	12 – Medium	10 – Med-Heavy
Shoulders/Back	Shoulder Press/Lat Pull-down	1	15 – Light	15 – Light	15 – Light
		2	15 – Light	12 – Medium	12 – Medium
		3	15 – Light	12 – Medium	10 – Med-Heavy
Triceps/Biceps	Tricep Push-down/Bicep Curl	1	15 – Light	15 – Light	15 – Light
		2	15 – Light	12 – Medium	12 – Medium
		3	15 – Light	12 – Medium	10 – Med-Heavy
Quads/Hamstrings	Leg Extension/Leg Curls	1	15 – Light	15 – Light	15 – Light
		2	15 – Light	12 – Medium	12 – Medium
		3	15 – Light	12 – Medium	10 – Med-Heavy
Lower Back/Abs	Hyperextensions/Crunches	1	10 x	15 x	20 x
		2	10 x	15 x	20 x
		3	10 x	15 x	20 x