

Standard Push & Pull Split Routine

Push Day - Date:

Muscle Group	Exercise	Warm Up Set	Set 1	Set 2	Set 3	Recommended Reps	Rest
Chest	Barbell Bench Press					4 to 6	2 minutes
Legs	Barbell Squat					4 to 6	2 minutes
Shoulders	Overhead barbell press					4 to 6	2 minutes
Triceps	Close-grip bench press					6 to 8	2 minutes
Calves	Standing Calf Raises					8 to 10	1 minute

Pull Day - Date:

Muscle Group	Exercise	Warm Up Set	Set 1	Set 2	Set 3	Recommended Reps	Rest
Back	Deadlift					4 to 6	2 minutes
Back	Bent-over Row					4 to 6	2 minutes
Biceps	Drag Curl*					8 to 10	2 minutes
Traps	Barbell Shrug					8 to 10	2 minutes
Abs	Hanging Leg Raise					10 to 12	1 minute

Notes: