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Workouts



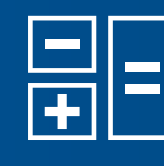
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5 DAY BODY PART SPLIT PLANT FITNESS WORKOUT

In this edition of a series of Planet Fitness appropriate workouts, we provide a 5 day body part workout one could do with the equipment at Planet Fitness.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-body-part-split-planet-fitness-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 5 Days

Time Per Workout: 45 - 70 Mins

Equipment: Bodyweight, Cables, Dumbbells, Machines

Target Gender: Male & Female

Author: Josh England

Day 1: Plant Fitness Chest Workout

Exercise	Sets	Reps
Dumbbell Incline Bench Press	5	8 - 12
Machine Chest Press	4	8 - 10
A1. Cable Fly	4	10 - 15
A2. Chest Dip	4	8 - 12
B1. Machine Chest Fly	3	12 - 15
B2. Push Up	3	Failure

Day 2: Plant Fitness Back Workout

Exercise	Sets	Reps
Pull Ups	5	8 - 12
Dumbbell Row	4	8 - 12
Smith Machine Row	4	8 - 12
A1. Seated Cable Row	3	10 - 15
A2. Close Grip Pull Down	3	10 - 15
Straight Arm Lat Pull Down	2	20

Day 3: Plant Fitness Leg Workout

Exercise	Sets	Reps
Leg Press	4	8 - 12
Goblet Squat	3	8 - 12
Dumbbell Hip Thrust	4	8 - 12
A1. Lying Leg Curl	3	10 - 15
A2. Dumbbell Rear Lunge	3	10 - 15 Each
Standing Calf Raise	4	20 - 25
Glute Focused Hyperextension	3	10 - 15

Day 4: Plant Fitness Shoulder Workout

Exercise	Sets	Reps
Seated Dumbbell Press	4	8 - 12
Dumbbell Lateral Raise	4	8 - 12
Cable Face Pull	3	10 - 15
Machine Lateral Raise	3	10 - 15
Machine Reverse Fly	3	10 - 15
Smith Machine Shrug	4	8 - 12

Day 5: Plant Fitness Arm Workout

Exercise	Sets	Reps
Dumbbell Curl	3	10 - 12
Lying Dumbbell Tricep Extension	3	10 - 12
Cable Hammer Curl	3	10 - 12
Tricep Dip	3	10 - 12
Machine Preacher Curl	3	10 - 12
Standing Cable Overhead Extension	3	10 - 12