



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



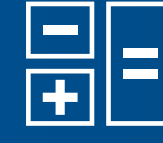
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5 DAY PUSH, PULL, LEGS WORKOUT PROGRAM CYCLE

Ditch the set 7 day weekly split and start cycling your workouts during the week with this workout. You'll train each muscle more frequently & gain more mass.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-push-pull-legs-workout-program-cycle>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 8 Weeks

Days Per Week: 5 Days

Time Per Workout: 45 - 60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

Target Gender: Male & Female

Author: Lewis Goldham

Day 1: Push Workout - Chest, Deltoids & Triceps

| Exercise | Sets | Reps |
|--|------|---------|
| 1. Bench Press | 4 | 6 - 8 |
| 2. Incline Dumbbell Press * | 4 | 8 - 10 |
| 3. Cable Fly ** | 3 | 10 - 12 |
| 4. Lying Dumbbell Tricep Extension | 3 | 10 - 12 |
| 5. Close Grip Push Up | 3 | Failure |

*Perform 1.5 reps by performing an additional half rep on the bottom portion of the movement.
**Pause at the bottom and top part of the exercise for a 1-2 second count.

Day 2: Cardio

| Work | Rest | Rounds |
|------------|---------|--------|
| 1. 10 Secs | 10 Secs | 12 |
| 2. 15 Secs | 15 Secs | 10 |
| 3. 20 Secs | 20 Secs | 8 |
| 4. 30 Secs | 30 Secs | 6 |

Cardio sessions can be completed in any method such as biking, running, rowing, etc. Hit it hard in the work intervals and try to recover as much as possible in the rest time so you can really push it again.

Day 3: Pull Workout - Back, Rear Delts & Biceps

| Exercise | Sets | Reps |
|--|------|---------|
| 1. Weighted Pull Up | 4 | 5 |
| 2. Chest Down Pause Row | 4 | 8 - 10 |
| 3. Wide Grip Lat Pull Down | 4 | 10 - 12 |
| 4. Dumbbell Hammer Curl | 3 | 12 |
| 5. EZ Bar Curl | 3 | 12 |

Day 4: Leg Workout - Quads, Hamstrings, Glutes & Calves

| Exercise | Sets | Reps |
|--|------|---------|
| 1. Barbell Back Squat | 4 | 6 |
| 2. Romanian Deadlift | 4 | 6 - 8 |
| 3. Front Foot Elevated Split Squat | 3 | 10 Each |
| 4. Hamstring Curl | 4 | 8 |
| 5. Cable Pull Through | 3 | 10 |
| 6. Leg Press Calf Raise | 3 | 15 - 20 |

