



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



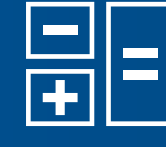
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MOUNTAIN DOG PPL: PUSH, PULL, LEGS WORKOUT ROUTINE

Build muscle mass with one of the best strength coaches in the game, John Meadows. This Mountain Dog PPL is an exclusive Meadows workout on M&S!

Link to Workout: <https://www.muscleandstrength.com/workouts/mountain-dog-ppl-workout>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Day

Time Per Workout: 60-90 Mins

Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Machines, Medicine Ball, Other

Target Gender: Male & Female

Author: [John Meadows](#)

John Meadows Push Workout

Exercise	Sets	Reps
Decline Dumbbell Press	5 - 6	2 x 20, 2-3 x 3-4, 1 x 6-8
Incline Dumbbell Press	3	1 x 10-15, 2 x 6-8
Pec Minor Dip	3	Failure
Overhead Smith Machine Press	3	8-10
Y-Raise	3	15
Dual Rope Tricep Extension	3	15
Dual Rope Overhead Extension	3	15

**Prioritize quality reps over quantity while still pushing yourself during your working sets*

John Meadows Pull Workout

Exercise	Sets	Reps
Meadows Row	3	8-12
Single Arm Barbell Row	3	8-12
Assisted Pull Up	3	8-12
Rear Delt Fly	3	20-25
Seated Hammer Curl	3	12-15

John Meadows Leg Workout

Exercise	Sets	Reps
Leg Curls	3	8*
Spider Bar Squats	6	2 x 8, 3 x 3, 1 x 6-8
A1. Inverted Leg Press	3	8
A2. Sissy Squat	3	8
Smith Machine Split Squat	3	8 Each

**On final set perform a double drop, then partials, finish off with 10 sec iso hold.*