



GYM WORKOUT PLAN



Training Focus

??? → UPPER BODY, LOWER BODY

MONDAY - LEGS BACK BICEPS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

TUESDAY - CHEST SHOULDERS TRICEPS ABS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

*IN THE REAL PLAN, THIS WORKOUT IS A SEPARATE
FILE FROM THE PUSH-PULL-LEGS ONE*



GYM WORKOUT PLAN



Training Focus

??? → UPPER BODY, LOWER BODY

WEDNESDAY - LEGS BACK BICEPS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

THURSDAY - CHEST SHOULDERS TRICEPS ABS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

*IN THE REAL PLAN, THIS WORKOUT IS A SEPARATE
FILE FROM THE PUSH-PULL-LEGS ONE*



GYM WORKOUT PLAN



Training Focus

??? → UPPER BODY, LOWER BODY

FRIDAY - LEGS BACK BICEPS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

SATURDAY - CHEST SHOULDERS TRICEPS ABS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

*IN THE REAL PLAN, THIS WORKOUT IS A SEPARATE
FILE FROM THE PUSH-PULL-LEGS ONE*



GYM WORKOUT PLAN



Training Focus

??? → PUSH, PULL, LEGS

MONDAY - PUSH

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

TUESDAY - PULL

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

WEDNESDAY - LEGS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???



GYM WORKOUT PLAN



Training Focus

??? → PUSH, PULL, LEGS

THURSDAY - PUSH

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

FRIDAY - PULL

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???

SATURDAY - LEGS

Exercise	Sets	Reps	Rest Between Sets
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???
???	???	???	???