

PPL – Arnold Split

Monday – Push Day

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Bench Press	3	8-12
Incline Press	3	8-12
Chest Flys	3	8-12
Dips	3	8-12
Crossbody cable extensions	3	8-12
Overhead dumbbells	3	8-12
Shoulder press	3	8-12
Lateral raises	3	8-12

Tuesday – Pull Day

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Lat pulldowns	3	8-12
Rope lat pulldowns	3	8-12
T-Bar rows	3	8-12
Upper back pulldown	3	8-12
Shrugs	3	8-12
Seated bicep curls	3	8-12
Hammer Curls	3	8-12
Preachure curls	3	8-12

Wednesday – Leg Day

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Squats	3	8-12
Bulgarian Split Squats	3	8-12
Leg extensions	3	8-12
Leg (Hamstring) curls	3	8-12
Calves	3	12-15
Abs	3	12-15

Thursday – Chest and Back

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Chest press	3	8-12
Low to high cable	3	8-12
High to low cable	3	8-12
Pull ups	3	8-12
V-row	3	8-12
Crossbody traps extensions-	3	8-12

Friday – Shoulders and Arms

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Shoulder press	3	8-12
Lateral raises	3	8-12
Face pulls	3	8-12
Spider bicep curls	3	8-12
Rope hammer curls	3	8-12
Triceps overhead	3	8-12
Skull crushers	3	8-12

Saturday – Leg Day

<i>Exercise</i>	<i>Sets</i>	<i>Reps</i>
Squats	3	8-12
Leg extensions	3	8-12
Leg (Hamstring) curls	3	8-12
Romanian Deadlift	3	8-12
Glute bridges	3	8-12
Calves	3	12-15
Abs	3	12-15

Sunday is rest day.