



**4 DAY PUSH PULL
WORKOUT ROUTINE PDF**

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	Exercise	Equipment Options		Warm-up Sets		Working Sets	
		Full Gym (preferred)	Garage Gym	Set 1	Set 2	Set 3	Set 4
Day 1: Push Day A	Pendulum Squat, or Hack Squat, or Leg Press, or Heel Elevated Squats	Pendulum Squat Machine, Hack Squat Machine, Leg Press Machine, or Smith Machine	Dumbbells	12-15	8-10	6-8	6-8
	Hip Thrusts	Hip Thrust Machine, Flat Bench or Padded Plyo Box	Barbell and Flat Bench	12-15	8-10	6-8	6-8
	Chest Press	Chest Press Machine, Smith Machine, Flat Bench	Dumbbells, Flat Bench	12-15	8-10	6-8	6-8
	Pec Flyes	Pec Deck, or Cable Machine	Dumbbells, Flat Bench	12-15	8-10	6-8	6-8
	Thumbs Up Front Raises	Cable Machine, single-side	Dumbbells	12-15	8-10	6-8	6-8
	Triceps Extensions, Attachment of Choice	Cable Machine, EZ Curl, V-bar, Rope, or Stirrup Handles	Dumbbells, Flat Bench	12-15	8-10	6-8	6-8
Day 2	REST						
Day 3: Pull Day A	Romanian Deadlifts (RDLs), Biped or Single-Leg Offset Stance (aka B Stance)	Dumbbells or Trap (Hex) Bar, or Barbell	Dumbbells or Trap (Hex) Bar, or Barbell	12-15	8-10	6-8	6-8
	Lat Pulldowns, or Pull-Ups	Cable Machine, or Lat Pulldown Machine	Pullup Bar	12-15	8-10	6-8	6-8
	Seated Low Row	Chest-Supported Seated Low Row Machine, or Seated Cable Row Machine	Dumbbells, Bench	12-15	8-10	6-8	6-8
	Kelso Shrugs	Smith Machine. Incline Bench set to High.	Dumbbells. Incline Bench set to High	12-15	8-10	6-8	6-8
Day 4	REST						
Day 5: Push Day B	Leg Extensions (Loaded Knee Flexion)	Leg Extension Machine	Sissy Squat, with or without weight.	12-15	8-10	6-8	6-8
	Bulgarian Split Squats (Rear Foot Elevated)	Dumbbells, or Smith Machine, or Barbell. Bench or elevated foot pad.	Dumbbells, or Barbell. Bench or elevated foot pad	12-15	8-10	6-8	6-8
	High Incline Chest Press	Incline Chest Press Machine, or Smith Machine w/ Incline Bench	Dumbbells, Adjustable Bench	12-15	8-10	6-8	6-8
	DB Pullovers	Single Dumbbell	Single Dumbbell	12-15	8-10	6-8	6-8
	Close Grip Chest Press	Smith Machine	Barbell	12-15	8-10	6-8	6-8
	Lateral Raises	Cable Machine or Shoulder Fly Machine	Dumbbell, Standing, Seated, or Supported with high incline bench	12-15	8-10	6-8	6-8
	Calf Raises	Leg Press Machine, or Calf Press Machine	Dumbbells from a Step	15-20	8-10	6-8	6-8

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Day 6	REST						
Day 7: Pull Day B	Seated Leg Curls	Seated Leg Curl Machine	Nordic Curls	12-15	8-10	6-8	6-8
	Kickbacks, or Hyperextensions, or Stiff Leg DLs	Cable Machine (with ankle cuff), or Kick-Back Machine. 45° Hyperextension bench. Dumbbells or Barbell	Use Stiff Leg DL. Dumbbells or Barbell	12-15	8-10	6-8	6-8
	Biceps Curls	Bicep Curl Machine, Cable Machine (single-side), Dumbbells, or Fixed Weight Barbell (straight or EZ Curl)	Dumbbells or Barbell	12-15	8-10	6-8	6-8
	Hammer Curls	Cable Machine with Rope or Handle, or Dumbbells	Dumbbells	12-15	8-10	6-8	6-8
	Upright Row	Cable Row Machine, Lying supine recommended	Barbell, or Dumbbells	12-15	8-10	6-8	6-8
	Barbell Plate Raises, Or Dumbbell "I" Raises	Barbell Plate, or Dumbbells. DB Option: face forward supported on high incline bench.	Barbell Plate, or Dumbbells. DB Option: face forward supported on high incline bench.	12-15	8-10	6-8	6-8
	Rear Delt Flyes	Rear Delt/Pec Deck Machine, or Cable Machine	Dumbbells and Incline Bench	12-15	8-10	6-8	6-8

Application Notes:

- Warm up with a few light sets of the exercise you'll be doing
- before performing your working sets.
- Recover between each set so you can do the next with the same or greater intensity. One to two minutes for warm-up sets, and three minutes for "working" sets is a good general guideline. Train yourself to go by "feel" and try not to get stuck into watching the clock.
- Three minutes of rest time for upper body. One to two minutes for Legs and Arms.
- Progressive overload always applies. Increase resistance or reps once the load or top end of rep range gets easier.
- Don't use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- Concentrate on perfect form. Be relentless in your self-critique.

Heel Elevated Squats:

- Use a heel wedge, barbell plate, or wooden board to elevate heels.

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Disclaimer: This document is intended solely for educational and informational purposes and is not a substitute for professional medical advice or treatment. The 4 day push pull workout routine outlined here aims to enhance muscular balance and strength but may not be appropriate for all fitness levels. Before beginning this or any workout regimen, especially one that involves intense and frequent strength training, it's crucial to consult with a healthcare professional to ensure it aligns with your personal health needs and fitness goals. Always listen to your body, and adjust the intensity and volume to suit your comfort and capability levels. Should you experience any unusual pain, discomfort, or other symptoms during your workouts, stop immediately and seek medical evaluation. Prioritizing safety and appropriate exercise practices is essential to avoid injury and ensure the effectiveness of your fitness program.