

Push & Pull Workouts

The goal of this worksheet is to create a simple workout formula for you. When working out you want to move as much as possible in the least amount of time focusing on building muscle and burning calories. Knowing and understanding how to build your own workouts is vital for longevity and variety purposes.

The Formula

A

- 1 - Upper Major**
- 2 - Lower Major**

B

- 1 - Upper Major**
- 2 - Upper Secondary**
- 3 - Lower Major**

The Setup

The Warm-Up

- 6-8 mins of Cardio (Building in Intensity)
- 3-5 mins Mobilizing The Joints/Muscle Groups Being Used For The Workout

The Workout

The Sets

- 3 Sets for Beginners
- 4 Sets for Intermediate
- 5-6 Sets for More Advanced

The Reps

- 8 to 12 Reps Per Exercise

The Superset

- Perform Exercises Back to Back Then Rest 45 Seconds Until Starting Back At First Exercise.
- A1/A2 Then Rest/Repeat.
- B1/B2/B3 Then Rest/Repeat.

Push/Pull

How It Works

-Alternate a Push & Pull Sequence
Each Time At The Gym

-Perform Couplet A

Exercise 1 Immediately Followed By

Exercise 2 in a Superset Manner,

Rest 45 seconds Then Return to Exercise 1

For Remainder of Sets/Reps Determined

For This Particular Workout

-Perform Triplet B

Exercise 1 Immediately Followed By

Exercise 2 Immediately Followed By

Exercise 3 in a Superset Manner, Rest 45

seconds Then Return to Exercise 1 For

Remainder of Sets/Reps Determined For

This Particular Workout

Exercises

Push Major

- Flat Bench Press/Dumbbell Press
- Incline Bench Press/Dumbbell Press
- Decline Bench Press/Dumbbell Press
- Flat Bench Dumbbell Fly
- Incline Bench Dumbbell Fly
- Decline Dumbbell Fly
- Machine Chest Press
- Machine Incline Chest Press
- High Cable Crossovers
- Low Cable Crossovers
- Dips
- Barbell Shoulder Press
- Dumbbell Shoulder Press
- Machine Shoulder Press
- Arnold Dumbbell Press

Exercises

Push Secondary

- Cable Tricep Extension
- Single Arm Cable Tricep Extension
- Single Arm Dumbbell Tricep Overhead Extension
- Both Arm Dumbbell Tricep Overhead Extension
- Tricep Kickbacks
- Tricep Body Press
- Dumbbell Front Raise
- Dumbbell Lateral Raise
- Dumbbell Rear Raise
- Cable Front Raise
- Cable Lateral Raise
- Cable Rear Raise

Exercises

Pull Major

- Pullup
- Lat Pulldown
- Cable Pullover
- Dumbbell Pullover
- Facepull
- Inverted Row
- Machine Row
- Barbell Bent Over Row
- Dumbbell Bent Over Row
- Single Arm Dumbbell Bent Over Row
- Cable Bent Over Row
- Machine Bent Over Row
- Dumbbell Upright Row
- Cable Upright Row

Exercises

Pull Secondary

- Barbell Bicep Curls
- Dumbbell Bicep Curls
- Cable Bicep Curls
- Preacher Bicep Curls
- Concentration Curls
- Single Arm Alternating Bicep Curls

Legs Major

- Leg Press
- Body Squats
- Body Sumo Squats
- Dumbbell Sumo Squats
- Goblet Squats
- Barbell Back Squats
- Barbell Front Squat
- Barbell Deadlifts
- Dumbbell Deadlifts
- Barbell Deadlifts
- Dumbbell Sumo Deadlifts
- Barbell Sumo Deadlifts
- Step Ups
- Walking Lunges
- Step Forward Lunges
- Step Sideways Lunges
- Step Backwards Lunges
- Lunges In Place

Sample Workouts

Push Workout

A

- 1 - DB Chest Press**
- 2 - Wtd Walking Lunges**

B

- 1 - Dips**
- 2 - Tricep Extension**
- 3 - Step Ups**

Sample Workouts

Pull Workout

A

- 1 - Lat Pulldown**
- 2 - Leg Press**

B

- 1 - DB Bent Over Rows**
- 2 - Bicep Curls**
- 3 - DB Sumo Deadlifts**