



**G2F 3 DAYS**  
**PUSH PULL LEGS**

*for Gym Newbies*



# DAY 1 PUSH DAY

*Note: Rest on the next day*

EXERCISE	SETS	REPS	REST
OVERHEAD PRESS	4	10-12	1-2 MINS
DUMBBELL BENCH PRESS	4	10-12	1-2 MINS
TRICEP DIPS	4	10-12	1-2 MINS
SIDE LATERAL RAISE	4	10-12	1-2 MINS
MACHINE CHEST PRESS	4	10-12	1-2 MINS



# DAY 2 PULL DAY

*Note: Rest on the next day*

EXERCISE	SETS	REPS	REST
LATT PULL DOWN	5	10-12	1-2 MINS
BARBELL BENT OVER ROW	4	10-12	1-2 MINS
T-BAR ROW	4	10-12	1-2 MINS
BARBELL SHRUGS	4	10-12	1-2 MINS
BARBELL CURLS	4	10-12	1-2 MINS
HAMMER CURLS	4	10-12	1-2 MINS



# DAY 3

## LEG DAY

EXERCISE	SETS	REPS	REST
BARBELL SQUAT	4	5	1-2 MINS
DEADLIFT	4	5	1-2 MINS
LEG PRESS	4	8	1-2 MINS
LEG CURLS	4	8	1-2 MINS
LEG EXTENSION	4	8	1-2 MINS
CALF RAISE	4	8	1-2 MINS





# KEY NOTES:

This is a 10 week program.

Progressive overload is encouraged.

Keep Track of your workout.

Make sure you have enough rest before doing the next set.

A fasted workout is not encouraged.

Increase your protein intake.

Take your supplements.

Contact us if you have any questions.