

Workout Structure: Push/Pull/Legs

I've left some blank spaces in case you wanted to follow along with the routine in my video, and add some exercises of your own.

For any Online Personal Training queries, please fill in a consultation form at

<https://glitchcoaching.com/consultation/>

Session	Muscle Group	Exercise	Sets	Reps
PUSH	Chest	Push ups	3	10-20
		Standing Chest Fly	3	10-20
	Shoulders	Wall Shoulder Press	3	10-15
		Lateral Raises	3	10-20
	Triceps	Tricep Dips	3	10-15
		Wall Tricep Extension	3	10-15

Session	Muscle Group	Exercise	Sets	Reps
PULL	Back	Bent Over Reverse Fly	3	10-20
		Bent Over Rows	3	10-20
		Single Arm Row	3	10-20
	Biceps	Leg Bicep Curl	3	10-15
		Standing Bicep Curl	3	10-15
	Abs	Sit Ups	3	10-15
		Leg Raises	2	10-15

Session	Muscle Group	Exercise	Sets	Reps
LEGS	Quads/Glutes	Squats	4	10-15
		Split Squats	3	10-15
	Hamstrings/Glutes	Romanian Deadlifts	3	10-15
	Calf's	Calf Raises	4	10-20