

# PUSH PULL 4-DAY SPLIT WORKOUT

## Push Workout

Smith Machine Back Squat

Machine Leg Press

Flat Barbell Bench Press

Incline DB Bench Press

Parallel Bar Dip

Rope Pushdown

## Pull Workout

Pull-ups

Front Lat Pulldown

Seated Cable Rowing

Alternate Dumbbell Curl

Hammer Curl

Bent-over Barbell Wrist  
Extension

## Push Workout

Incline DB Bench Press

Deficit Pushups

Barbell Overhead Press

Dumbbell Lateral Raises

Leg Extension

Calf Raises

## Pull Workout

Bent-over Barbell Row

V Grip Lat Pulldown

Face Pull

Rear Delt DB Raises

DB Romanian Deadlift

Machine Leg Curl

Hanging Knee Raise

Reps: 8-15

Rest: 1-3 minutes

# 4 5 Day Intermediate And Advanced Push Pull Legs Split Routine

**Lingjun Ying**



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