

PPL X UL Split

Monday: Push

Tuesday: Pull

Wednesday: Legs

Thursday: Rest

Friday: Upper

Saturday: Lower

Sunday: Rest

Push Day

Pec Fly (Machine)

Incline Press

Lateral Raises (Machine)

Shoulder Press

JM Press (Chest Press Variant)

Tricep Extension

Pull Day

Lat Pulldown

Cable Row

Leverage Seated Row

Preacher Curls (Machine)

Reverse Curls

Legs (Glute Focused)

PPL X UL Split

Leg Extensions

Squats

Seated Hamstring Curls

RDLS or SDLS (same thing kinda)

Standing Calf Raise

Upper

Preacher Curl

Reverse Curl

JM Press

Tricep Extension

Pec Fly

Incline Press

TBar Row

Lat Pulldown

Lateral Raise

Shoulder Press

Lower (Hamstring Focused)

Seated Hamstring Curls

RDLS or SDLS (same thing kinda)

Leg Extensions

Squats

PPL X UL Split

Standing Calf Raise