

PUSH PULL LEGS NADASON FITNESS EDITION



WORKOUT ONE: PUSH



PRO TIP

The push/pull/legs split is the most efficient workout split there is (in terms of training volume) because all related muscle groups are trained together in the same workout. This means that you get the maximum overlap of movements within the same workout.

Compound lifts are your friends! Despite what you may hear, even if you're a beginner compound exercises help you build your foundation quicker by giving you more for the time and effort you put in.

Option 1:



EXERCISE	SETS/REPS	REST
Bench Press	3sets x 5-8reps	3 minutes
Incline Dumbbell Press	3sets x 8-12reps	1-2 minutes
Decline Cable Flys	3sets x 8-12reps	1-2 minutes
DB Shoulder Press	3sets x 8-12reps	1-2 minutes
Lateral Raises	4sets x 8-12 reps	1-2 minutes
Tricep Cable Kickbacks	4sets x 8-12 reps	1-2 minutes

Option 2:



EXERCISE	SETS/REPS	REST
Incline Bench Press	3sets x 5-8reps	3 minutes
Pec Deck Flys	3sets x 8-12reps	1-2 minutes
Dips (add weight or use assistance)	3sets x 8-12reps	1-2 minutes
Machine Shoulder Press	3sets x 8-12reps	1-2 minutes
Cable Lateral Raises	4sets x 8-12reps	1-2 minutes
Tricep Extensions (Rope)	4sets x 12-15reps	1-2 minutes
Close Grip Push Ups	3sets x 12-15reps	1-2 minutes



WORKOUT TWO: PULL



PRO TIP

Always warm up properly first in order to prepare your body for the heavier work, and to help prevent injury.

However, another advantage of this split routine is that fewer warm-up sets are required as training each exercise/body part warms you up for the next.

Check out my warm up/mobility routines on [@NadasonFitness](#)

Option 1:

EXERCISE	SETS/REPS	REST
Deadlift (Trap-Bar optional)	3sets x 5-8reps	3 minutes
Single-Arm Seated row	3sets x 8-12reps	1-2 minutes
Lat-Pulldowns	3sets x 8-12reps	1-2 minutes
Reverse Flys	3sets x 8-12reps	1-2 minutes
Incline DB Curls	3sets x 12reps	1-2 minutes
Hammer Curls	3sets x 12reps	1-2 minutes



Option 2:

EXERCISE	SETS/REPS	REST
Barbell Rows	3sets x 5-8reps	3 minutes
Pull-Ups (add weight or use assistance)	3sets x 8-12reps	1-2 minutes
DB Shrugs	3sets x 8-12reps	1-2 minutes
Face-Pulls	3sets x 8-12reps	1-2 minutes
Preacher Curls	3sets x 12reps	1-2 minutes
21's - use cables for control (optional)	3sets x 21reps	1-2 minutes



WORKOUT THREE: LEGS



PRO TIP

The ideal training volume for building muscle is around 9–18 sets per muscle per week. If you're choosing good lifts, doing 6–20 reps per set, and bringing those sets within 1–2 reps of failure, the bottom end of that range is often enough to maximize muscle growth.

Higher training volumes beyond a certain threshold become ineffective, referred to as “junk” volume. This is where you might notice injuries starting to creep in.

Option 1: Quad/Calf Focused



EXERCISE	SETS/REPS	REST
Squats	3sets x 5-8reps	3 minutes
Leg Extensions	3sets x 8-12reps	1-2 minutes
Elevated Bulgarian Split Squat (Quad Bias)	3sets x 8-12reps	1-2 minutes
Hamstring Curls	3sets x 8-12reps	1-2 minutes
Standing Calf Raises	3sets x 12-15reps	1-2 minutes
Seated Calf-Raises	3sets x 12-15reps	1-2 minutes

Option 2: Hamstrings and Glutes



EXERCISE	SETS/REPS	REST
Romanian Deadlifts	3sets x 10-12 reps	2-3 minutes
Hip Thrust (Machine Optional)	3sets 5-8reps	1-2 minutes
Single Leg Hamstring Curl	3sets x 8-12reps	1-2 mintutes
Bulgarian Split Squat (Glute Bias)	3sets x 8-12reps	1-2 minutes
Single Leg Calf-Raises	4sets x 12-15reps	1-2 minutes



ABS AND CARDIO



PRO TIP

Skipping abs to often? I've created this regime to help you target all muscle groups including abs to avoid skipping ab day! You can incorporate 2-3 of these exercises per training day or at the start/end of a workout.

The importance of cardio: Remember, cardio doesn't just get you lean, it is a necessity for a healthy lifestyle. If you are trying to gain lean muscle, make sure you use cardio sparingly.

Option 1:



EXERCISE	SETS/REPS	REST
Plank	3sets x 60secs	1-2 minutes
Leg Raises	3sets x 10reps	1-2 minutes
Russian Twists	3sets x 30reps	1-2 minutes
Flutter Kicks	3sets x 60reps	1-2 minutes
Frog Plank	3sets x 30secs	1-2 minutes
Bicycle Crunch	3sets x 30reps	1-2 minutes
Interval training - Treadmill OR	20min	1min sprint/1min rest
Interval training - Track	20min	1 min sprint/1min rest

Option 2:



EXERCISE	SETS/REPS	REST
Decline crunches	3sets x 20reps	1-2 minutes
Pallof Press	3sets x 30secs	1-2 minutes
Leg/Knee Raises	3sets x 20reps	1-2 minutes
Ab-Roller	3sets x 12reps	1-2 minutes
Woodchoppers	3sets x 20reps	1-2 minutes
Farmer Walk's	3sets x 60seconds	1-2 minutes
Interval training - Exercycle OR	20min (low to mid intensity)	
Interval training - X-Trainer	20min (low to mid intensity)	

