PUSH · PULL · LEGS SPLIT

6-day PPL or 3-day full rotation — pick your week

	MON	TUE	WED	THU	FRI	SAT	SUN
6-DAY	Push	Pull	Legs	Push	Pull	Legs	Rest
3-DAY	Push	Rest	Pull	Rest	Legs	Rest	Rest

PUSH

- [ ] Bench press
- [ ] Overhead press
- [ ] Incline DB press
- [ ] Lateral raise
- [ ] Triceps pushdown

PULL

- [ ] Deadlift / rack pull
- [ ] Pull-up / lat pulldown
- [ ] Barbell row
- [ ] Face pull
- [ ] Biceps curl

LEGS

- [ ] Back squat
- [ ] Romanian deadlift
- [ ] Leg press
- [ ] Leg curl
- [ ] Calf raise

Progressive overload rule: add 1 rep or 2.5 kg / 5 lb when you hit the top of the rep range on every set

PUSH DAY LOG

Date _____ Bodyweight _____ Sleep _____ Energy 1–5 ____

EXERCISE 1: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 2: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 3: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 4: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 5: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 6: _____

SET	1	2	3	4	5
kg/lb					
reps					

PULL DAY LOG

Date _____ Bodyweight _____ Sleep _____ Energy 1–5 ____

EXERCISE 1: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 2: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 3: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 4: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 5: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 6: _____

SET	1	2	3	4	5
kg/lb					
reps					

LEG DAY LOG

Date _____ Bodyweight _____ Sleep _____ Energy 1–5 ____

EXERCISE 1: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 2: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 3: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 4: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 5: _____

SET	1	2	3	4	5
kg/lb					
reps					

EXERCISE 6: _____

SET	1	2	3	4	5
kg/lb					
reps					

PERSONAL RECORD BOARD

Date every PR — the log that keeps you coming back

LIFT	1RM	3RM	5RM	8RM	DATE	NOTES

WEEKLY VOLUME TRACKER

Total sets per muscle — aim for 10–20 a week

MUSCLE	WK1	WK2	WK3	WK4	WK5	WK6	WK7	WK8
Chest								
Back								
Shoulders								
Quads								
Hamstrings								
Glutes								
Biceps								
Triceps								
Calves								
Core								