

## 8 Cycle PPL Program

Cycle	Push		Pull		Legs	
1 (A)	Bench Press	4x8	Deadlift	3x5	Back Squat	4x8
	Overhead Press	3x8	Pull-ups / Lat Pull	4x8-10	Romanian Deadlift	3x10
	Incline Press	3x10	Barbell Row	3x8	Walking Lunges	3x10 each leg
	Lateral Raise	3x12-15	Chest Supported Row	3x10	Front / Goblet Squat	3x12
	Skull Crushers	3x12	Rear Delt Fly	3x15	Calf Raises	4x12-15
	Push-ups	2 sets to near failure	Curl	3x10-12	Plank	3x45-60 sec
2 (A)	Bench Press	4x8	Deadlift	3x5	Back Squat	4x8
	Overhead Press	3x8	Pull-ups / Lat Pull	4x8-10	Romanian Deadlift	3x10
	Incline Press	3x10	Barbell Row	3x8	Walking Lunges	3x10 each leg
	Lateral Raise	3x12-15	Chest Supported Row	3x10	Front / Goblet Squat	3x12
	Skull Crushers	3x12	Rear Delt Fly	3x15	Calf Raises	4x12-15
	Push-ups	2 sets to near failure	Curl	3x10-12	Plank	3x45-60 sec
3 (A)	Bench Press	4x8	Deadlift	3x5	Back Squat	4x8
	Overhead Press	3x8	Pull-ups / Lat Pull	4x8-10	Romanian Deadlift	3x10
	Incline Press	3x10	Barbell Row	3x8	Walking Lunges	3x10 each leg
	Lateral Raise	3x12-15	Chest Supported Row	3x10	Front / Goblet Squat	3x12
	Skull Crushers	3x12	Rear Delt Fly	3x15	Calf Raises	4x12-15
	Push-ups	2 sets to near failure	Curl	3x10-12	Plank	3x45-60 sec
4 (B)	Bench Press	5x5	Deadlift	5x3	Back Squat	5x5
	Overhead Press	4x6	Pull-ups / Lat Pull	4x6-8	Romanian Deadlift	4x6-8
	Incline Press	3x8	Barbell Row	4x6	Walking Lunges	3x8 each leg
	Lateral Raise	4x12	Chest Supported Row	3x10	Front / Goblet Squat	3x10
	Skull Crushers	3x10	Rear Delt Fly	3x15	Calf Raises	4x15
	Push-ups	3 sets to near failure	Curl	3x10	Ab / Core Work	10 min
5 (B)	Bench Press	5x5	Deadlift	5x3	Back Squat	5x5
	Overhead Press	4x6	Pull-ups / Lat Pull	4x6-8	Romanian Deadlift	4x6-8
	Incline Press	3x8	Barbell Row	4x6	Walking Lunges	3x8 each leg
	Lateral Raise	4x12	Chest Supported Row	3x10	Front / Goblet Squat	3x10
	Skull Crushers	3x10	Rear Delt Fly	3x15	Calf Raises	4x15
	Push-ups	3 sets to near failure	Curl	3x10	Ab / Core Work	10 min
6 (B)	Bench Press	5x5	Deadlift	5x3	Back Squat	5x5
	Overhead Press	4x6	Pull-ups / Lat Pull	4x6-8	Romanian Deadlift	4x6-8
	Incline Press	3x8	Barbell Row	4x6	Walking Lunges	3x8 each leg
	Lateral Raise	4x12	Chest Supported Row	3x10	Front / Goblet Squat	3x10
	Skull Crushers	3x10	Rear Delt Fly	3x15	Calf Raises	4x15
	Push-ups	3 sets to near failure	Curl	3x10	Ab / Core Work	10 min
7 (C)	Bench Press	5x3	Deadlift	4x3	Back Squat	5x3
	Overhead Press	5x3	Pull-ups / Lat Pull	4x6-8	Romanian Deadlift	3x6
	Incline Press	3x6	Barbell Row	4x5	Walking Lunges	3x5 each leg
	Lateral Raise	4x15	Chest Supported Row	3x8	Front / Goblet Squat	3x8
	Close-grip Bench	3x8	Rear Delt Fly	3x15	Calf Raises	5x12
	Push-ups	1 set Max Reps	Curl	4x8	Ab / Core Work	10 min
8 (C)	Bench Press	5x3	Deadlift	4x3	Back Squat	5x3
	Overhead Press	5x3	Pull-ups / Lat Pull	4x6-8	Romanian Deadlift	3x6
	Incline Press	3x6	Barbell Row	4x5	Walking Lunges	3x5 each leg
	Lateral Raise	4x15	Chest Supported Row	3x8	Front / Goblet Squat	3x8
	Close-grip Bench	3x8	Rear Delt Fly	3x15	Calf Raises	5x12
	Push-ups	1 set Max Reps	Curl	4x8	Ab / Core Work	10 min