



Push, Pull, Legs: Workout Tracker

Keep track of your PPL workouts and log your progressive overload with this free push, pull, legs template.

Day 1: Push (Chest & Triceps)

Exercise	# of reps completed			
	Set 1	Set 2	Set 3	Set 4
Bench Press				
Incline Dumbbell Press				
Dumbbell Flys				
Skull Crushers				
Dumbbell Lateral Raises				

Day 2: Pull (Back and Biceps)

Pull-ups or Lat Pulldowns				
Bent-over Barbell Rows				
Seated Cable Rows				
Bicep Curls (Barbell or Dumbbell)				
Hammer Curls				

Day 3: Legs

Barbell Squats				
Romanian Deadlifts (Barbell or Dumbbell)				
Leg Extension Machine				
Leg Curls (Lying or Seated)				
Calf Raises (Standing or Seated)				



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Day 2: Pull (Back and Biceps)

Day 3: Legs
