

# 3-Day PPL Hypertrophy Program

Introduction:

The PPL (Push-Pull-Legs) program splits the workouts to target specific muscle groups each day, maximizing both intensity and recovery time for each group. The main goal is hypertrophy, or muscle growth, achieved through moderate to high reps and controlled tempos.

Day 1: Push Day

Focus: Chest, Shoulders, and Triceps

1. **Bench Press** - 4 sets x 5-8 reps(Main focus on strength)
2. **Incline Dumbbell Press** - 3 sets x 10-12 reps
3. **Overhead Shoulder Press** (Barbell or Dumbbells) - 4 sets x 8-10 reps
4. **Lateral Raises** - 3 sets x 12-15 reps
5. **Dips** (Bodyweight or Weighted) - 3 sets x 10-12 reps
6. **Tricep Pushdowns** - 4 sets x 12-15 reps

**Tips:** Focus on continuous tension in the pressing movements, aiming for controlled lowering and explosive pressing phases.

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Day 2: Pull Day

Focus: Back and Biceps

1. **Deadlifts** – 4 sets x 5-8 reps(Main focus on strength)
2. **Barbell Rows** - 4 sets x 8-10 reps
3. **Pull-Ups** (Bodyweight or Assisted) - 4 sets x 8-10 reps
4. **Seated Cable Rows** - 3 sets x 12-15 reps
5. **Face Pulls** - 3 sets x 12-15 reps
6. **Bicep Curls** (Barbell or Dumbbells) - 4 sets x 10-12 reps
7. **Incline Dumbbell Curls** 4 sets x 10-12 reps

**Tips:** Keep your back straight and use a full range of motion. Ensure control and avoid momentum to maximize back and bicep engagement.

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Day 3: Legs Day

Focus: Quads, Hamstrings, Glutes, and Calves

1. **Back Squats** - 4 sets x 5-8 reps (Main focus on strength)
2. **Hack Squats** - 3 sets x 10-12 reps

3. **Romanian Deadlifts** - 4 sets x 8-10 reps
4. **Leg Extensions** - 3 sets x 12-15 reps
5. **Leg Curls** - 3 sets x 12-15 reps
6. **Calf Raises** (Machine or Standing) - 4 sets x 15-20 reps

**Tips:** Focus on proper form, especially with squats and deadlifts. Controlled reps are essential for muscle activation and safety.

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Key Notes:

- **Rest Time:** Rest between sets should be around 60-90 seconds for compound exercises, and 45-60 seconds for isolation exercises.
- **Progressive Overload:** Gradually increase weights or reps each week to stimulate muscle growth.
- **Tempo:** Control the eccentric (lowering) phase of each exercise to increase time under tension, ideally 2-3 seconds on the way down, 1 second on the way up.

This 3-day PPL hypertrophy program is excellent for those with limited time who still want an effective, comprehensive training split.