

A photograph of a very muscular man, shirtless, looking down. He is wearing dark camouflage shorts. The background is dark with some light streaks. The text 'LEGS PUSH PULL ROUTINE' is overlaid in the center in a bold, white, sans-serif font. The word 'ROUTINE' is in a slightly smaller font and has a thin white outline.

**LEGS PUSH PULL**  
**ROUTINE**

MYSL

M Y S L M  
L M Y S L M  
L M Y S L M  
L M Y S L M  
L M Y S L M  
L M Y S L M  
L M Y S L M  
L M Y S L M

# ***THE WORKOUT***

**DAY 1: LEGS A**

**DAY 2: PUSH A**

**DAY 3: PULL A**

**DAY 4: REST**

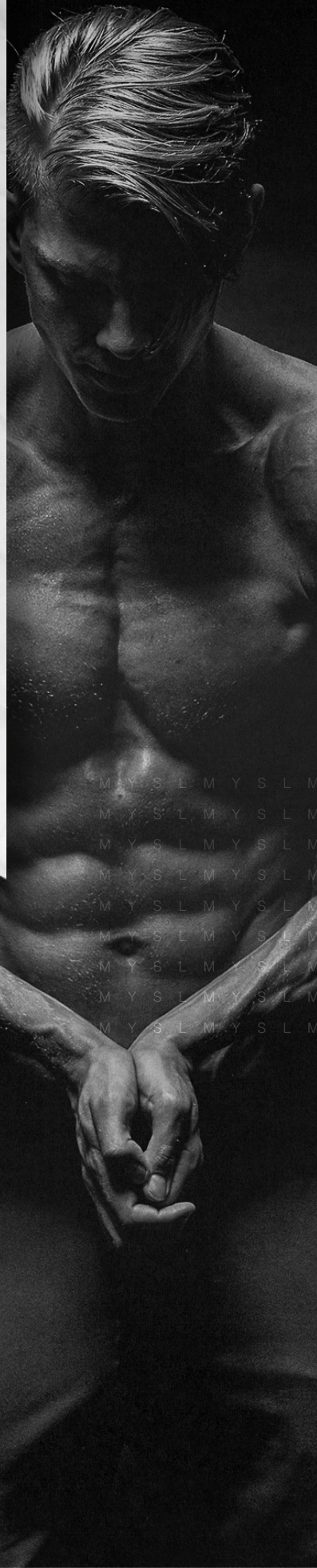
**DAY 5: LEGS B**

**DAY 6: PUSH B**

**DAY 7: PULL B**

**DAY 8: REST**

**DAY 9: REPEAT A**



M Y S L M Y S L M  
M Y S L M Y S L M  
M Y S L M Y S L M  
M Y S L M Y S L M  
M Y S L M Y S L M  
M Y S L M Y S L M  
M Y S L M Y S L M  
M Y S L M Y S L M

M Y S L M Y S L M Y S L  
M Y S L M Y S L M Y S L  
M Y S L M Y S L M Y S L  
M Y S L M Y S L M Y S L

ALPHALETE







## PULL A

DEFENING	REPS	SETS	REST (MIN)
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<b>WEIGHTED PULL-UPS</b>	<b>5</b>	<b>4</b>	<b>2,5 - 3</b>
<b>SUPPORTED DB ROW</b>	<b>8 - 10</b>	<b>4</b>	<b>1,5 - 2</b>
<b>CABLE ROW</b>	<b>8 - 10</b>	<b>4</b>	<b>1,5 - 2</b>
<b>REVERSE CABLE FLY</b>	<b>10 - 12</b>	<b>4</b>	<b>1,5</b>
<b>STANDING HAMMER CURL</b>	<b>10 - 12</b>	<b>2</b>	<b>1,5</b>
<b>INCLINE DB CURL</b>	<b>8 - 10</b>	<b>3</b>	<b>1,5</b>
<b>WEIGHTED PLANK</b>	<b>1 MIN HOLD</b>	<b>3</b>	<b>1</b>
<b>WOODCHOPPER</b>	<b>12 - 15</b>	<b>3</b>	<b>1</b>



## PULL B

DEFENING	REPS	SETS	REST (MIN)
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<b>BARBELL ROW</b>	<b>6 - 8</b>	<b>4</b>	<b>1,5 - 2</b>
<b>LAT PULLDOWN</b>	<b>8 - 10</b>	<b>4</b>	<b>1,5 - 2</b>
<b>LAT PRAYER</b>	<b>10 - 12</b>	<b>4</b>	<b>1,5</b>
<b>UPRIGHT ROW CABLE</b>	<b>10 - 12</b>	<b>4</b>	<b>1,5</b>
<b>EZ BAR CURL</b>	<b>8 - 10</b>	<b>3</b>	<b>1,5</b>
<b>REVERSE CABLE CURL</b>	<b>10 - 12</b>	<b>2</b>	<b>1,5</b>
<b>LEG RAISES</b>	<b>MAX REPS</b>	<b>3</b>	<b>1</b>
<b>CABLE CRUNCH</b>	<b>12 - 15</b>	<b>3</b>	<b>1</b>

A full-page photograph of a very muscular man, shirtless, looking upwards. He is wearing dark shorts. The background is dark and textured, resembling cracked stone or concrete. The lighting highlights his physique. Text is overlaid on the image.

MYSL

**LEGS PUSH PULL**  
*ROUTINE*