

## Push Pull Legs Workout Explained Simply

Primary keyword: push pull legs workout explained

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### Quick summary

- Push pull legs separates training by movement category, which helps volume and recovery.
- It works best when you can train at least three days per week consistently.
- Beginners can use a simplified version instead of forcing six-day bodybuilding schedules.

### Simple PPL weekly setup

Monday: Push - Chest, shoulders, triceps, and core finisher.

Wednesday: Pull - Rows, pull-downs, biceps, and rear-delt work.

Friday: Legs - Squat, hinge, lunge, calves, and core.

Optional: Repeat cycle - More advanced lifters can repeat the split across six days.

Rest days: Recovery - Walk, stretch, and support recovery with food and sleep.

### Practical tips

- Three days per week is enough to use push pull legs well.
- Do not overload each day with every possible exercise.
- Keep total volume matched to your recovery capacity.
- If you are brand new, full-body training may still be the better starting point.

### Conclusion

Push pull legs is popular because it is easy to understand and easy to recover from when programmed well. Keep it simple, repeatable, and matched to your actual life.

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<https://fitwellbody.com/insights/push-pull-legs-workout-explained-simply>