

# PUSH PULL 4-DAY SPLIT WORKOUT

## Push Workout

Smith Machine Back Squat

Machine Leg Press

Flat Barbell Bench Press

Incline DB Bench Press

Parallel Bar Dip

Rope Pushdown

## Pull Workout

Pull-ups

Front Lat Pulldown

Seated Cable Rowing

Alternate Dumbbell Curl

Hammer Curl

Bent-over Barbell Wrist  
Extension

## Push Workout

Incline DB Bench Press

Deficit Pushups

Barbell Overhead Press

Dumbbell Lateral Raises

Leg Extension

Calf Raises

## Pull Workout

Bent-over Barbell Row

V Grip Lat Pulldown

Face Pull

Rear Delt DB Raises

DB Romanian Deadlift

Machine Leg Curl

Hanging Knee Raise

Reps: 8-15

Rest: 1-3 minutes

# 4 5 Day Intermediate And Advanced Push Pull Legs Split Routine

**Jiyuan Zhang**



## **4 5 Day Intermediate And Advanced Push Pull Legs Split Routine:**

## **4 5 Day Intermediate And Advanced Push Pull Legs Split Routine** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**4 5 Day Intermediate And Advanced Push Pull Legs Split Routine**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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