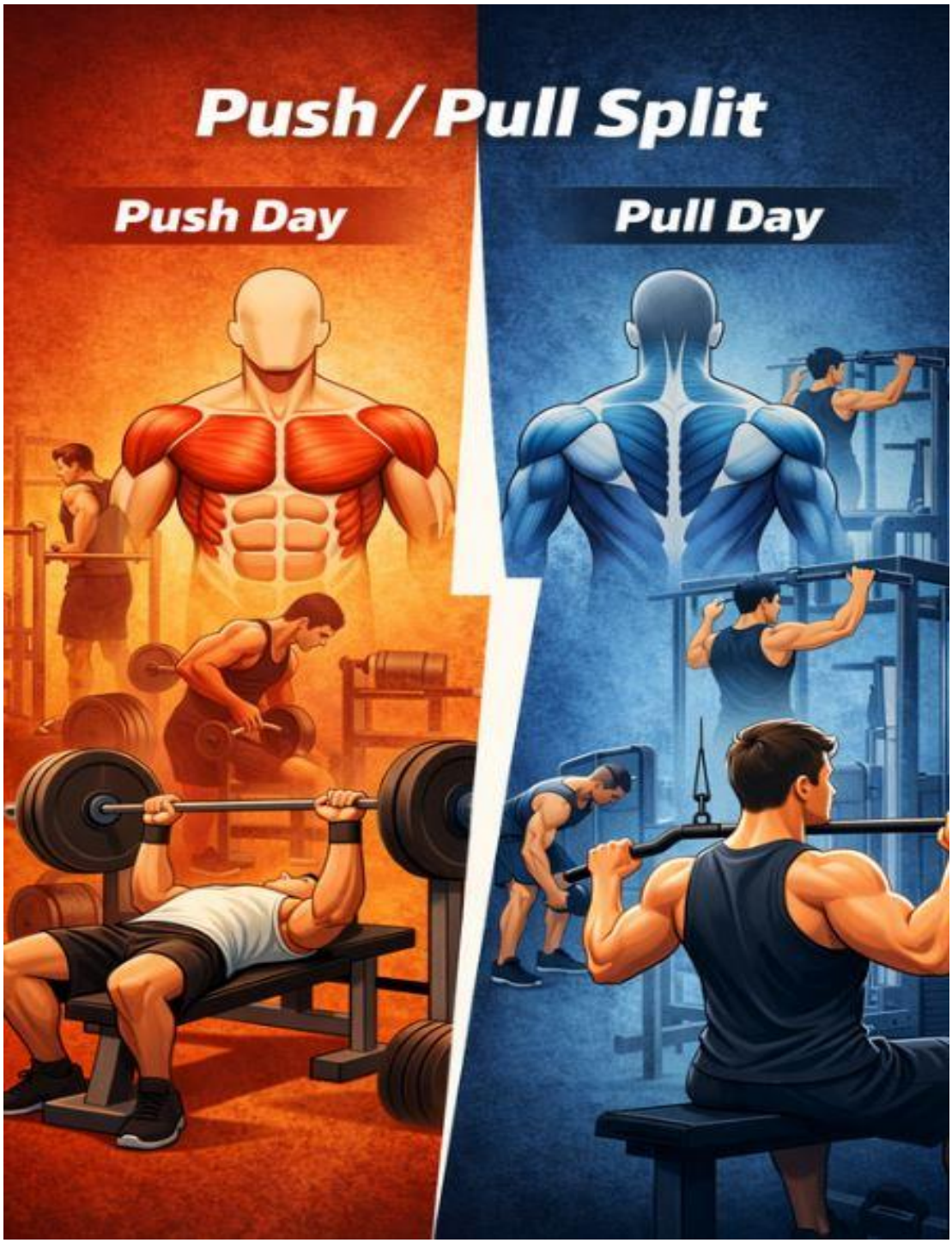
4-Week Push–Pull Workout Routine for Beginners



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Program details: 4-Week Push–Pull Workout Routine for Beginners

About the Program

Parameter	Details
Training Split	Push–Pull Workout Routine
Level	Beginners (with prior full-body or upper/lower experience)
Training Frequency	4 Times per Week
Program Duration	4 Weeks
Workout Duration	60–75 Minutes
Training Location	Gym (Full Equipment Access)
Primary Goal	Muscle Hypertrophy, Strength Foundation, Training Volume Tolerance
Equipment Used	Barbells, Dumbbells, Machines, Cables
Muscle Group Frequency	Each muscle group trained 2× per week
Progression Model	Gradual increases in load, reps, and controlled RPE progression
Fatigue Management	Alternating push and pull days with built-in recovery
Rest Between Sets	60–120 seconds (compound lifts), 45–75 seconds (isolation)
Warm-Up Included	Yes – general warm-up + movement-specific ramp sets
Beginner-Friendly	Yes – structured volume, clear movement categories

Weekly Training Overview

Day	Training Focus
Monday	Push Workout
Tuesday	Rest or Light Activity
Wednesday	Pull Workout
Thursday	Rest
Friday	Push Workout
Saturday	Pull Workout or Optional Active Recovery
Sunday	Rest

Week 1 – Learning the Push / Pull Structure

Push Day (Monday & Friday) – Week 1

Exercise	Sets	Reps	RPE	Muscles Worked
Machine or Barbell Chest Press	3	10–12	7	Chest, triceps, anterior delts
Incline Dumbbell Press	3	10–12	7	Upper chest, shoulders
Seated Shoulder Press (Machine or DB)	3	10–12	7	Deltoids, triceps
Cable or Machine Chest Fly	2–3	12–14	7	Chest
Lateral Raises (Dumbbells or Machine)	3	14–16	7	Lateral delts
Triceps Pushdown (Cable)	3	12–14	7	Triceps
Overhead Triceps Extension (Cable or DB)	2	12–14	7	Triceps

Pull Day (Wednesday & Saturday) – Week 1

Exercise	Sets	Reps	RPE	Muscles Worked
Lat Pulldown (Wide or Neutral Grip)	3	10–12	7	Lats, biceps
Seated Cable Row	3	10–12	7	Mid-back, lats
Chest-Supported Machine Row	3	10–12	7	Upper back
Face Pull (Cable or Machine)	3	14–16	7	Rear delts, upper back
Dumbbell or Cable Biceps Curl	3	12–14	7	Biceps
Hammer Curl (DB or Rope)	2	12–14	7	Biceps, forearms
Optional: Back Extension (Machine)	2	12–15	7	Lower back, glutes

Week 2 – Building Volume & Confidence

Day 1 (Monday) – Push (Week 2)

Exercise	Sets	Reps	RPE	Muscles Worked
Machine or Barbell Bench Press	4	10–12	7	Chest, triceps, anterior delts
Incline Dumbbell Press	3	10–12	7	Upper chest, shoulders
Seated Shoulder Press (Machine or Dumbbells)	3	10–12	7	Deltoids, triceps
Lateral Raises (Dumbbells or Machine)	3	12–15	7	Lateral deltoids
Cable Triceps Pushdown	3	12–14	7	Triceps
Overhead Dumbbell Triceps Extension	2	12–14	7	Triceps

Day 2 (Wednesday) – Pull (Week 2)

Exercise	Sets	Reps	RPE	Muscles Worked
Lat Pulldown (Wide or Neutral Grip)	4	10–12	7	Lats, biceps
Seated Cable Row	3	10–12	7	Mid-back, lats
Chest-Supported Dumbbell Row	3	10–12	7	Upper back, biceps
Face Pull (Cable or Bands)	3	12–15	7	Rear delts, upper back
Dumbbell Biceps Curl	3	12–14	7	Biceps
Cable Hammer Curl	2	12–14	7	Biceps, forearms

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Day 3 (Friday) – Push (Week 2)

Exercise	Sets	Reps	RPE	Muscles Worked
Chest Press Machine	4	10–12	7	Chest, triceps
Dumbbell Bench Press	3	10–12	7	Chest, shoulders
Arnold Press	3	10–12	7	Deltoids
Cable Lateral Raise	3	12–15	7	Lateral delts
Assisted Dips or Bench Dips	3	8–10	7	Chest, triceps
Rope Triceps Pushdown	2	12–14	7	Triceps

Day 4 (Saturday) – Pull (Week 2)

Exercise	Sets	Reps	RPE	Muscles Worked
Assisted Pull-Ups or Lat Pulldown	4	8–10	7	Lats, biceps
One-Arm Dumbbell Row	3	10–12 / arm	7	Lats, mid-back
Cable Row (Close Grip)	3	10–12	7	Mid-back
Rear Delt Fly (Machine or Dumbbells)	3	12–15	7	Rear delts
EZ-Bar Curl	3	10–12	7	Biceps
Incline Dumbbell Curl	2	12–14	7	Biceps

Week 3 – Progressive Overload Phase

Day 1 (Monday) – Push (Week 3)

Exercise	Sets	Reps	RPE	Muscles Worked
Barbell or Machine Bench Press	4	8–10	7.5	Chest, triceps, anterior delts
Seated Dumbbell Shoulder Press	3	10–12	7.5	Deltoids, triceps
Incline Dumbbell Press	3	10–12	7.5	Upper chest, shoulders
Cable or Machine Lateral Raise	3	12–15	7.5	Lateral deltoids
Cable Triceps Pushdown	3	10–12	7.5	Triceps
Overhead Dumbbell Triceps Extension	2–3	12–14	7.5	Triceps

Day 2 (Wednesday) – Pull (Week 3)

Exercise	Sets	Reps	RPE	Muscles Worked
Lat Pulldown or Assisted Pull-Up	4	8–10	7.5	Lats, upper back, biceps
Barbell or Machine Row	3	10–12	7.5	Mid-back, lats
Seated Cable Row (Neutral Grip)	3	10–12	7.5	Rhomboids, biceps
Face Pull (Cable or Machine)	3	12–15	7.5	Rear delts, upper back
Barbell or Dumbbell Biceps Curl	3	10–12	7.5	Biceps
Hammer Curl (Dumbbells or Cable)	2–3	12–14	7.5	Biceps, forearms

Day 3 (Friday) – Push (Week 3)

Exercise	Sets	Reps	RPE	Muscles Worked
Machine Chest Press or Barbell Bench Press	4	8–10	7.5	Chest, triceps
Standing Barbell or Dumbbell Shoulder Press	3	8–10	7.5	Deltoids, triceps
Cable Chest Fly	3	12–14	7.5	Chest
Machine Lateral Raise	3	12–15	7.5	Lateral deltoids
Parallel Bar Dips (Assisted if needed)	3	8–10	7.5	Chest, triceps
Rope Triceps Pushdown	2–3	12–14	7.5	Triceps

Day 4 (Saturday) – Pull (Week 3)

Exercise	Sets	Reps	RPE	Muscles Worked
Deadlift (Trap Bar or Conventional)	3	6–8	7.5	Posterior chain, back
Pull-Ups or Lat Pulldown	3	8–10	7.5	Lats, biceps
Chest-Supported Dumbbell Row	3	10–12	7.5	Upper back
Rear Delt Fly (Machine or Dumbbells)	3	12–15	7.5	Rear delts
EZ-Bar Curl	3	10–12	7.5	Biceps
Cable Curl (Slow Tempo)	2–3	12–14	7.5	Biceps

Week 4 – Peak Intensity & Movement Mastery (RPE 8)

Push Day (Monday & Friday) – Week 4

Exercise	Sets	Reps	RPE	Muscles Worked
Barbell or Machine Bench Press	4	6–8	8	Chest, triceps, anterior delts
Incline Dumbbell Press	3	8–10	8	Upper chest, shoulders, triceps
Seated Shoulder Press (Machine or Dumbbells)	3	8–10	8	Deltoids, triceps
Cable or Machine Chest Fly	3	10–12	8	Chest
Lateral Raises (Dumbbells or Machine)	3	12–15	8	Lateral deltoids
Cable Triceps Pushdown	3	10–12	8	Triceps
Overhead Triceps Extension (Cable or Dumbbell)	2	12–14	8	Triceps

Pull Day (Wednesday & Saturday) – Week 4

Exercise	Sets	Reps	RPE	Muscles Worked
Lat Pulldown or Assisted Pull-Ups	4	6–8	8	Lats, biceps, upper back
Seated Cable Row	3	8–10	8	Mid-back, lats, biceps
Chest-Supported Dumbbell Row	3	8–10	8	Upper back, lats
Face Pulls (Cable or Bands)	3	12–15	8	Rear delts, upper back
Barbell or Dumbbell Biceps Curl	3	10–12	8	Biceps
Incline Dumbbell Curl or Cable Curl	2	12–14	8	Biceps
Back Extension or Machine Reverse Hyper	2	12–15	8	Lower back, glutes

Understanding RPE in This Program

Throughout this program, you'll notice frequent references to **RPE**, which stands for *Rate of Perceived Exertion*. RPE is a simple yet powerful tool used by coaches and athletes to measure how hard a set feels, based on effort rather than exact weight.

Instead of chasing numbers on the bar, RPE teaches beginners to listen to their body and train at an intensity that promotes progress while minimizing injury risk. This is especially important in beginner programs, where technique, consistency, and recovery matter more than maximal loads.

Using RPE allows this program to stay flexible and beginner-friendly, regardless of individual strength levels, recovery capacity, or daily readiness.

RPE	What It Feels Like	Reps Left in Reserve	What It Means for Beginners
RPE 6	Very manageable	4–5 reps left	Too easy for main working sets
RPE 7	Challenging but controlled	3 reps left	Ideal for learning technique and building consistency
RPE 7.5	Moderately hard	2–3 reps left	Good balance of effort and safety
RPE 8	Hard but still clean	2 reps left	Effective for muscle growth without failure
RPE 9	Very hard	1 rep left	Not recommended for beginners
RPE 10	Maximum effort	0 reps left	Training to failure — avoid at this stage

Where This Program Fits in Your Beginner Training Journey

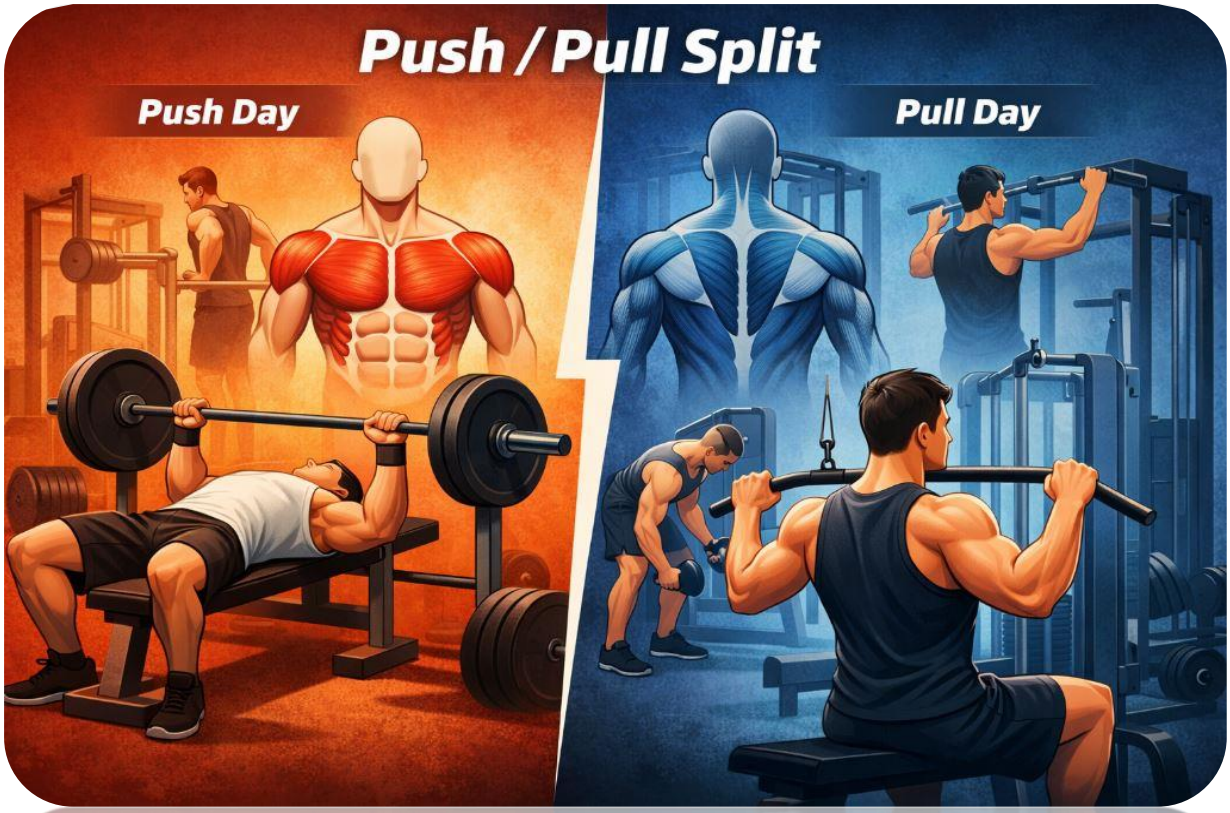
While the **Push–Pull Workout Routine for Beginners** is an excellent step forward, it's essential to understand that it works best when placed at the right moment in your training progression. For most true beginners, the ideal starting point is a full-body training program performed three times per week, which allows frequent practice of fundamental movement patterns while keeping overall volume manageable.

Once basic technique, consistency, and recovery habits are established, the next logical phase is an Upper / Lower split. This increases training volume per muscle group while maintaining balanced frequency and sufficient recovery. Only after completing one or both of these phases does a Push–Pull routine truly shine, as it demands better exercise execution, higher session volume, and improved recovery capacity.

After finishing this 4-week Push–Pull program, trainees are typically well prepared to move toward:

- a **Push–Pull–Legs (PPL) split**,
- a more advanced Push–Pull structure with higher volume, or
- specialized muscle-group-focused splits, depending on individual goals.

In short, this program is not the beginning of the journey — it's the **bridge between beginner fundamentals and more advanced split-based training**.



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