



PPL - Google Sheets Workout Template ☆ ID

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1	Day 1 - Push	Muscle Group	Exercise	Sets	Reps	Rest (Seconds)	Weight
2		Chest	Barbell Flat Bench Press	4	8 - 12	240	
3		Chest	Dumbbell Incline Bench Press	3	8 - 12	180	
4		Chest	Cable Crossover	3	12 - 15	180	
5		Shoulders	Barbell Upright Row	2	15 - 20	120	
6		Shoulders	Cable Lateral Raise	4	15 - 20	120	
7		Triceps	Dumbbell Triceps Kickback	4	15 - 20	120	
8							
9	Day 2 - Pull	Muscle Group	Exercise	Sets	Reps	Rest (Seconds)	Weight
10		Back	Barbell T-Bar Row	3	8 - 12	180	
11		Back	Machine Chest Supported Row	3	8 - 12	180	
12		Back	Cable Wide-Grip Lat Pull-Downs	3	12 - 15	180	
13		Back	Weighted Pull-Ups	3	12 - 15	180	
14		Biceps	Dumbbell Hammer Biceps Curl	4	15 - 20	120	
15							