

DR. DESTRUCTION

BEGINNER PUSH PULL LEGS PLAN

DURATION	COMPOUND REST	ISOLATION REST	PROGRAM PHASE
45-60 Mins	90 Seconds	60 Seconds	4-8 Weeks

PUSH DAY (CHEST, SHOULDERS & TRICEPS)

EXERCISE	SETS × REPS	REST INTERVAL
Bench Press	3 Sets × 10-12 Reps	90 Sec (Compound)
Incline Dumbbell Press	3 Sets × 10-12 Reps	90 Sec (Compound)
Machine Shoulder Press	3 Sets × 10-12 Reps	90 Sec (Compound)
Dumbbell Lateral Raises	2 Sets × 12-15 Reps	60 Sec (Isolation)
Rope Pushdown	2 Sets × 12-15 Reps	60 Sec (Isolation)

PULL DAY (BACK, BICEPS & FOREARMS)

EXERCISE	SETS × REPS	REST INTERVAL
Wide Grip Lat Pulldown	3 Sets × 10-12 Reps	90 Sec (Compound)
Seated Cable Row	3 Sets × 10-12 Reps	90 Sec (Compound)
Chest Supported Row	3 Sets × 10-12 Reps	90 Sec (Compound)
EZ Bar Curl	2 Sets × 12-15 Reps	60 Sec (Isolation)
Wrist Twist	2 Sets × 12-15 Reps	60 Sec (Isolation)

LEGS DAY (THIGHS & CALVES)

EXERCISE	SETS × REPS	REST INTERVAL
Bench Squat	3 Sets × 10-12 Reps	90 Sec (Compound)
Wide Stance Leg Press	3 Sets × 10-12 Reps	90 Sec (Compound)
Leg Extension	3 Sets × 12-15 Reps	60 Sec (Isolation)
Weighted Lunges	2 Sets × 12 Steps Each Leg	90 Sec (Compound)
Calf Raises	3 Sets × 15-20 Reps	60 Sec (Isolation)

KEEP IN MIND

- **Form First:** Prioritize learning proper movement mechanics.
- **No Ego Lifting:** Never compromise execution for heavier loads.
- **Reps in Reserve:** Keep 2-3 reps in reserve on work sets.
- **Progressive Overload:** Focus on weekly metric progression.

UNIVERSAL RULES

- Perform a 5-10 minute comprehensive warm-up.
- Do 1-3 progressive warm-up sets before your first heavy exercise.
- Prioritize 7-9 hours of nightly recovery sleep.
- Track and document your weight and reps weekly.