

## Two-Day Training Split Gym

In this program some upper-body muscle groups are trained with the legs . This divides the two workouts into a workout for the chest, back, shoulders, trapezius, and abdominals, and a workout for the quadriceps, hamstrings, calves, biceps, and triceps. However, the advantage of the two-day training split is that it better balances the number of muscle groups trained for each workout.

Week 1 & 2 Workout 1			
Muscle group	Exercise	Sets	Reps
Chest	Decline bench press	3	8-10
	Incline cable fly	3	8-10
Back	Close -grip pulldown	3	10-12
	Smith machine row	3	8-10
Shoulders	Smith machine shoulder press	3	8-10
	Cable lateral raise	3	10-12
Trapezius	Barbell shrug	3	12-15
Abdominals	Hanging leg raise	3	15-20
	Oblique crunch	3	15-20

Week 1 & 2 Workout 2			
Muscle group	Exercise	Sets	Reps
Quadriceps	Smith machine squat	3	6-10
	One -leg leg extension	3	12-15
Hamstrings	Dumbbell Romanian deadlift	3	8-10
Calves	Donkey calf raise	3	15-20
	Seated calf raise	3	15-20
Biceps	Barbell curl	3	8-10
	Cable concentration curl	2	10-12
Triceps	Seated triceps extension	3	8-10
	Triceps pressdown	2	10-12

**Week 3 & 4 Workout 1**

<b>Muscle group</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Chest	Incline dumbbell press	3	8-10
	Machine fly	3	10-12
Back	Seated cable row	3	8-10
	Wide -grip pulldown	3	8-10
Shoulders	Dumbbell shoulder	3	8-10
	press		
	Barbell front raise	3	10-12
Trapezius	Behind -the -back	3	8-10
	barbell shrug		
Abdominals	Hip thrust	3	15-20
	Exercise ball crunch	3	15-20

**Week 3 & 4 Workout 2**

<b>Muscle group</b>	<b>Exercise</b>	<b>Sets</b>	<b>Reps</b>
Quadriceps	Leg press	3	6-8
	Dumbbell lunge	3	10-12
Hamstrings	Lying leg curl	3	10-12
Calves	Seated calf raise	3	15-20
	Leg press calf raise	3	15-20
Biceps	Alternating dumbbell curl	3	8-10
	Preacher curl	2	10-12
Triceps	Triceps dip	3	6-10
	Lying triceps extension	2	8-10