

Two-Day Training Split Home

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	Push-Up	3	8-10
	Feet-Elevated Push-Up	3	8-10
Back	Pull-Up	3	10-12
	Scapular Shrug	3	8-10
Shoulders	Push-Back	3	8-10
	Feet-Elevated Pike Push-Up	3	10-12
Trapezius	Mountain Climber	3	12-15
Abdominals	Bicycle	3	15-20
	Short-Lever Front Plank	3	15-20

Week 1 & 2 Workout 2			
Muscle group	Exercise	Sets	Reps
Quadriceps	Sumo Squat	3	6-10
	Wall Squat Isohold	3	12-15
Hamstrings	Russian Leg Curl	3	8-10
Calves	Squat Calf Raise	3	15-20
	Single-Leg Ankle Hop	3	15-20
Biceps	Biceps Chin-Up	3	8-10
	Push-Up	2	10-12
Triceps	Triceps Extension	3	8-10
	Narrow Triceps Push-Up	2	10-12

Week 3 & 4 Workout 1			
Muscle group	Exercise	Sets	Reps
Chest	Push-Up	3	8-10
	Side-to-Side Push-Up	3	10-12
Back	Rafter Pull-Up	3	8-10
	Scapular Shrug	3	8-10
Shoulders	Feet-Elevated Pike Push-Up	3	8-10
	YTWL	3	10-12
Trapezius	Narrow Triceps Push-Up	3	8-10
	Wall Posterior Neck Isohold		
Abdominals	Burpee	3	15-20
	Feet-Elevated Front Plank	3	15-20

Week 3 & 4 Workout 2			
Muscle group	Exercise	Sets	Reps
Quadriceps	Wall Squat March	3	6-8
	Full Squat	3	10-12
Hamstrings	Single-Leg Box Squat	3	10-12
Calves	Elevated Calf Raise	3	15-20
	Single-Leg Ankle Hop	3	15-20
Biceps	Biceps Chin-Up	3	8-10
	Push-Up	2	10-12
Triceps	Triceps Extension	3	6-10
	Narrow Triceps Push-Up	2	8-10