

# 2-Day Body Part Split to Maintain Aesthetics

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This body part split is based on the [superset method](#), meaning you'll perform exercises in pairs. The superset targets more muscles in a short time and helps [grow muscle mass](#).

## Day 1 – Upper Body

Superset	Sets	Reps
Pull-ups + Bar Dips	3	Failure
Incline Machine Bench Press + Side Delt Raises	3	10-12
Front Lat Pulldown + Machine/Cable Chest Fly	3	12-15
Seated Cable Row + Hanging Knee/Leg Raises	3	12-15
Overhead Press + Barbell Biceps Curl	3	10-12

## Day 2 – Lower Body

Superset	Sets	Reps
Leg Extension + Leg Curl	3	15-20
Leg Press + Step-up	3	10-15
Lunges + Dumbbell RDL	3	10-12
Calf Raises + Hip Thrust	3	12-15

