

The 2 Day Gym Workout Schedule to Keep You Going

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Check out [article](#) for more info

Summary About Program

- Program Duration: 4 weeks
- Frequency: 2 days a week
- Workout Level: Beginners
- Routine Type: Split
- Suitable age group: 16-45

Week 1

Day 1 – Quadriceps, Chest, Shoulder, and Triceps

Exercises	Muscles	Reps	Rest
Smith Machine Back Squat	Quad	12 x 3	2 min
Machine Leg Press	Quad	10 x 3	2 min
Smith Machine Flat Bench Press	Chest	12 x 3	2 min
Incline Dumbbell Bench Press	Chest	10 x 3	2 min
Dumbbell Overhead Press	Shoulder	10 x 2	2 min
Dumbbell Lateral Raise	Side Delt	10 x 3	90-sec
Rear Delt Machine Fly	Rear Delt	10 x 3	90-sec
Rope Pushdown	Triceps	12 x 2	90-sec

Day 2 – Back, Biceps, Hamstrings, Glutes, and Calves

Exercises	Muscles	Reps	Rest
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Single-arm DB Row	Back	10 x 2	90 sec
Alternate Dumbbell Curl	Biceps	10 x 3	2 min

Dumbbell Hammer Curl	Biceps	10 x 2	90 sec
Machine Leg Curl	Hams	10 x 3	2 min
Weighted Glute Bridge	Glute	10 x 2	1-min
Calf Raises	Calves	10 x 3	90 sec

Week 2

Day 1 – Quad, Chest, Shoulder, and Triceps

Exercises	Muscles	Reps	Rest
Smith Machine Back Squat	Quad	12 x 3	2 min
Leg Extension	Quad	10 x 3	2 min
Incline Bench Press	Chest	10 x 3	2 min
Pec Deck Fly	Chest	10 x 3	2 min
Dumbbell Front Raise	Shoulder	10 x 3	2 min
Dumbbell Lateral Raise	Side Delt	10 x 3	90-sec
Dumbbell Reverse Fly	Rear Delt	10 x 3	90-sec
Bench Dips	Triceps	12 x 2	90-sec

Day 2 – Back, Biceps, Hams, Glute, and Calves

Exercises	Muscles	Reps	Rest
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Bent-over Barbell Row	Back	10 x 2	90 sec
Barbell Curl	Biceps	10 x 3	2 min
Cable Curl	Biceps	10 x 2	90 sec
Leg Curl	Hams	10 x 3	2 min
Glute Kickback	Glute	10 x 2	1-min
Calf Raises	Calves	10 x 3	90 sec

Week 3

Day 1 – Chest, Shoulder, Triceps, and Quads

Exercises	Muscles	Reps	Rest
Barbell Overhead Press	Shoulder	12 x 3	2 min
Dumbbell Sumo Squat	Quads	12 x 3	2 min
Smith Machine Bench Press	Chest	10 x 3	2 min
Incline DB Bench Press	Chest	12 x 3	2 min
Dumbbell Pullover	Chest	10 x 3	2 min
Cable Upright Row	Shoulder	10 x 3	2 min
Rope Pushdown	Triceps	10 x 3	90-sec
Bench Dips	Triceps	12 x 2	90-sec

Day 2 – Back, Biceps, Hamstrings, and Calves

Exercises	Muscles	Reps	Rest
Chinups	Back	12 x 3	2 min
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Face Pull	Back	10 x 3	2 min
Cable Curl	Biceps	10 x 2	2 min
Hammer Curl	Biceps	10 x 2	2 min
Romanian Deadlift	Hams	10 x 3	2 min
Calf Raises	Calves	10 x 3	90 sec

Week 4

Day 1 – Chest, Shoulder, Triceps, and Quads

Exercises	Muscles	Reps	Rest
Smith Machine Back Squat	Quads	12 x 3	2 min
Machine Leg Press	Quad	12 x 3	2 min
Incline Machine Bench Press	Chest	10 x 3	2 min
Pec Deck Fly	Chest	12 x 3	2 min
Dumbbell Arnold Press	Shoulder	10 x 3	2 min
Lateral Dumbbell Raise	Shoulder	10 x 3	2 min
One-arm Dumbbell Overhead Tricep Extension	Triceps	10 x 3	90-sec

Day 2 – Back, Biceps, and Hamstrings

Exercises	Muscles	Reps	Rest
Deadlift Off Blocks	Back	10 x 3	2 min
Front Lat Pulldown	Back	12 x 3	2 min
Seated Cable Rowing	Back	12 x 3	2 min
Bent-over Barbell Row	Back	10 x 3	2 min
Cable Curl	Biceps	10 x 3	2 min
Concentration Curl	Biceps	10 x 3	2 min
Machine Leg Curl	Hams	10 x 3	2 min

Related Program:

1. [The 5 Best Workout Splits For Strength & Gain](#)
2. [3 Day Push Pull Legs \(PPL\) Split to Gain Muscle](#)
3. [The Most Impressive 3-4-5 Day Upper Lower Split for Real Gains](#)

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