

THE ULTIMATE 2 DAY WORKOUT SPLIT TO GET GOING

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I've shared three different examples of 2 day split workout routines for intermediate and beginners both.

Whether you want to build or sustain your strength and mass, you can follow one of the programs.

You can also follow each routine weekly if you want variety in your training.

Example 1 – Upper/Lower Hybrid Split Workout

During this program, you'll perform a combination of upper and lower body exercises on each training day through the superset method.

The [superset training](#) involves performing two exercises in a row that target the antagonist's muscles. It is an excellent way to get more work done in less time.

However, it can be challenging for those who are lifting for the first time. In this case, you should follow a standard rep-set method.

Here's the two day split workout schedule:

- Day 1 – Back, Shoulder, Glutes, and Core
- Day 2 – Legs, Chest, and Arms
- Any two days of the week.

Other information:

- Workout Level: Intermediate

- Target Gender: Male and Female
- Duration/Session: 60-90 minutes

Day 1 – Back, Shoulder, Glutes, and Core

Workout	Sets	Reps	Rest b/w sets
Pull-up + Overhead Press	2	10-12	1-min
Front Lat Pulldown + Lateral Raises	2	10-12	1-min
Seated Cable Rowing + Long Leg March	2	10-12	1-min
Reverse Pec Deck Fly + Hip Thrust	2	10-12	1-min
Shrug + Hanging Knee Raises	2	10-12	1-min
Wood Chop + Plank (Optional)	2	10/1-min	1-min

Day 2 – Legs, Chest, and Arms

Workout	Sets	Reps	Rest b/w sets
DB Front Squat + SM Bench Press	2	10-12	1-min
DB Lunges + Incline DB Bench Press	2	10-12	1-min
Romanian DL + Pec Deck Fly	2	10-12	1-min
Leg Curl + Triceps Pushdown	2	10-12	1-min
Calf Raises + Any Biceps Curl	2	10-12	1-min

Example 2 – Push Pull Split Workout for Beginners

This split workout involves performing the [push and pull workout](#) on separate days.

Usually, the push workout includes the [training of the chest](#), shoulder, quads, glutes, and triceps. And the pull workout includes back, biceps, posterior delt, and [hamstring exercises](#).

Here's the schedule of the 2 day push pull split:

- Day 1 – Push Workout (Chest, shoulder, quads, glutes, and triceps)

- Day 2 – Pull Workout (Back, biceps, posterior delt, and hamstring)

Other information:

- Workout Level: Beginner
- Target Gender: Male and Female
- Duration/Session: 45-60 minutes

Day 1 – Push Workout

Workout	Sets	Reps	Rest b/w sets
Machine Leg Press	3	10-15	2-min
Incline DB Bench Press	3	10-15	2-min
Pec Deck Fly	2	10-15	90-sec
Lateral Delt Raises	3	10-15	2-min
Rope Pushdown	2	10-15	90-sec
Glute Bridge	2	10-15	90-sec

Day 2 – Pull Workout

Workout	Sets	Reps	Rest b/w sets
Front Lat Pulldown	3	10-15	2-min
Seated Cable Row	3	10-15	2-min
One-arm DB Row	2	10-15	90-sec
Reverse Peck Deck Fly	2	10-15	2-min
Preacher/Cable Curl	2	10-15	90-sec
Machine Leg Curl	3	10-15	90-sec

Example 3 – Full Body Workout

The [full body workout](#) involves training almost every large muscle group within each session.

It is an excellent way to get total body training in less time compared to the one or [two-muscle group split routine](#).

If you have only two days to work out, I suggest you follow this plan.

Other information:

- Workout Level: Intermediate
- Target Gender: Male and Female
- Duration/Session: 45-60 minutes

- Goal: Build strength and mass and burn a good number of calories.

Monday

Workout	Sets	Reps	Rest b/w sets
Dumbbell Front Squat	3	10-15	2-min
Seated Cable Row	3	10-15	2-min
Military Press	3	10-15	90-sec
Peck Deck Fly	3	10-15	90-sec
Triceps Pushdown	1	15-20	1-min
Barbell Curl	1	15-20	1-min
High to Low Cable Chop	2	10/side	30-sec

Thursday

Workout	Sets	Reps	Rest b/w sets
Front Lunges	2	10/leg	1-min
Front Lat Pulldown	3	10-15	2-min
Flat DB Bench Press	3	10-15	2-min
Lateral Delt Raises	2	10-15	90-sec
Rear Delt Raises	2	10-15	90-sec
DB Romanian Deadlift	3	6-10	2-min
Hanging Knee Raises	2	10-15	30-sec

Note: Feel free to tweak as per your need.

Key Tips for Maximizing This Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.³

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. Protein Shake
2. Chicken Salad
3. Dried Fruits

4. Oatmeal
5. Energy Bars
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Warm up Before Lifting

Warm-up is a crucial part of any weight training routine as it helps prevent injuries and improve performance. The goal is to increase blood flow and heart rate and get yourself ready for weight training. You can do some [low-intense cardio exercises](#) (not stretching), such as jogging, jumping jacks, running on the treadmill, or bicycling, for 5 minutes to get ready.

4. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.^{4,5}

5. Post-Workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.⁴

6. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume the protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

7. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

8. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Nutritional Tips for Muscle Growth

Eating nutritious and healthy foods is as crucial as lifting weights. Diet is an essential part of the muscle-building program; you can't increase mass unless you feed your muscles the required amount of protein, carbs, fats, and other nutrients.

According to the International Society of Sports Nutrition, here is the diet recommendation for natural bodybuilding.¹

For example, if you're a 60 kg (132 lbs) weighted person.

Protein	Carbs	Fats
145-190 g	400-500	50-60
580-760 calories	1600-2000 calories	400-480 calories

1 gram protein and carbs = four calories and fats = eight calories

You can consume the above nutrients in three to six meals per day, with a meal containing 0.4-0.5 g/kg body weight of protein before and post workout.

Depending on how many calories you burn throughout the day, you can increase or decrease consumption.

You can also check out recommended whey isolate protein and [high calories protein foods](#).

You can incorporate one of the following supplements in your diet program:

1. [Bulk Extreme](#)
2. [Nutrigo Lab Strength](#)

Program to Follow Next:

[The Ultimate 3 Day Gym Workout Routine](#)

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