

# 2-Day Gym Workout for Building Pure Strength

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This [2-day strength training program](#) mainly focuses on three compound lifts: bench press, deadlift, and squat.

These lifts will improve your lifting ability and increase your one-rep max (1RM).

In this specific program, I've kept squat and bench press in one session and deadlift in another. However, if your squat is weak and the deadlift is strong, then you can do the bench press with the deadlift on day one and squat on day two.

**Instructions:** Take as much time as you want between sets. The goal here is to increase strength, not endurance or hypertrophy. I also recommend doing some [dynamic stretches](#) to activate your muscles for heavy lifting.

## Day 1 – Squat and Bench

Exercise	Reps	Sets
Squat (Warm-up)	15-20	1
Squat (Moderate weight)	10-12	1
Squat (Moderate Heavy)	8-10	1
Squat (Heavy)	4-8	1
Squat (Heavier)	2-6	2

Squat (Heaviest)	2-4	2
Bench Press (Warm-up)	10-15	1
Bench Press (Moderate weight)	8-12	1
Bench Press (Heavy)	6-8	1
Bench Press Heavier	2-6	3

## Day 2 – Deadlift and Overhead Press

Exercise	Reps	Sets
Deadlift (Warm-up)	10-12	1
Deadlift (Moderate weight)	8-10	1
Deadlift (Heavy)	6-8	1
Deadlift (Heavier)	4-6	2
Squat (Heaviest)	2-4	2
Overhead Press (Moderate)	8-10	1
Overhead Press (Heavy)	6-8	2
Overhead Press (Heaviest)	2-6	2