

2 Days On 1 Day Off Workout: 9-Day Split for Building Muscle

Created by: [Murshid Akram](#)

Full URL: <https://thefitnessphantom.com/2-days-on-1-day-off-workout-split-with-pdf>

(Commercial use is prohibit)

I've designed an ultimate 9-day workout plan based on 2 days on 1 day off split strategy.

This program involves training every muscle group twice in 9 days and aims to build muscle and strength over time.

If you want a sustainable, easy-to-follow, and well-structured 2 on 1 off split routine, try the following schedule:

- **Day 1:** Chest & Shoulder
- **Day 2:** Legs & Arms
- **Day 3:** OFF
- **Day 4:** Back, Rear Delts, & Abs
- **Day 5:** Legs and Chest
- **Day 6:** OFF
- **Day 7:** Shoulder and Arms
- **Day 8:** Back, Calves, and Abs

- **Day 9:** OFF
- Repeat

Workout Plan Summary

Schedule Type	2 days workout, 1 day rest
Duration/Session	75-90 minutes
Split Type	Combined Body Part Split
Program Goal	Strength & Mass Building
Workout Difficulty	Beginner to Intermediate
Target Gender	Male & Female
Target Age Group	16-35 years
Recommended Duration	3 months

This routine involves training 2-3 muscle groups in each session. For example, chest and shoulder on day 1; Legs, biceps, and triceps on day 2, and back, rear delts, and abs on day 3.

It allows you to work on every body part more frequently with greater energy and concentration.

The rest days after every two sessions prevent burnout and keep you fresh, so you can lift weights at your full potential in each session.

Okay, let's uncover the program.

Day 1 – Chest & Shoulder

Exercises	Sets	Reps	Rest
-----------	------	------	------

Incline Smith Press	3-4	8-12	2-3 mins
Flat DB Bench Press	3-4	6-10	2-3 mins
Seated Pec Fly	3-4	10-12	2-3 mins
Bent-over Cable Fly	3-4	8-10	2-3 mins
Seated FDL Raises	3-4	6-8	2-minute
Reverse Pec Deck Fly	3-4	10-12	2-minute

Warm-up for day 1:

- **Arms Swings:** 15 seconds per side
- [Resistance Band Shoulder Pass-Through](#): 2 sets of 10 reps
- One-arm Banded Overhead Press: 2 sets of 10 reps per side
- Pec Deck Fly: 2 sets of 15 reps
- Dive Bomber Push-ups: 2 sets of 6-8 reps
- After completing these exercises, move to the main lifts.

Day 2 – Legs & Arms

Exercises	Sets	Reps	Rest
Back Squat	4-5	10-12	2-3 mins
2A Leg Extension	3-4	8-12	30-second
2B Chin-ups	3-4	6-10	30-second
3A Seated Leg Curl	3-4	10-12	1-minute
3B Straight Bar Dips	3-4	8-10	30-second
4A Barbell Curls	3-4	10-12	1-minute
4B Single-arm Pushdown	3-4	10/arm	1-minute

Superset leg extension with chin-ups, leg curls with bar dips, and barbell curls with single-arm pushdowns. Take 30 to 60 seconds of rest between exercises during the supersets.

Warm-up for day 2:

- Leg Swings: 2 sets of 10 swings per leg
- Asian Squats: 2 sets of 12-15 reps
- Reverse Lunges: 1 set of 10 reps per side
- Lateral Lunges: 1 set of 10 reps on each leg

Day 3 – OFF

Take a full day off or do low-impact cardio, such as brisk walking or climbing.

Day 4 – Back, Rear Delts, & Abs

Exercises	Sets	Reps	Rest
Pull-ups	3-4	6-12	1-2 mins
Front Pulldown	3-4	8-12	1-2 mins
Bent-over Row	3-4	8-12	1-2 mins
One-arm Cable Row	3-4	10/side	1-2 mins
Cable Face Pull	3-4	8-10	1-2 mins
Hanging Knee ups	3-4	10-12	1-2 mins
Cable Crunches	3-4	10/arm	1-minute

Warm-up for day 4:

- World's Greatest Stretch: 2 sets of 5 reps on each side with 5 second's hold.
- Banded Pull-apart: 2 sets of 10-12 reps

- Resistance Band Bent-over Row: 2 sets of 12-15 reps
- Inverted Row: 2 sets of 12-15 reps

Day 5 – Legs and Chest

Exercises	Sets	Reps	Rest
1A Forward Lunges	2-3	10/leg	1-2 mins
1B Push-ups	2-3	15-30	1-2 mins
Leg Press	3-4	10-12	2-3 mins
Reverse Hack Squat	3-4	10-12	2-3 mins
Incline Hammer Chest Press	3-4	8-12	2-3 mins
Decline Hammer Press	3-4	8-12	2-3 mins
Dumbbell Pullover	2-3	8-10	2-3 mins

Warm-up for day 5:

- Leg Swings: 2 sets of 10 swings per leg
- [Dive Bomber Push-ups](#): 2 sets of 6-8 reps
- Seated Leg Curls: 2 sets of 15-20 reps
- Bench Press w/ Light Dumbbells: 2 sets of 12-15 reps

Day 6 – OFF

Rest for an entire day and let your muscles recover from previous workouts.

Day 7 – Shoulder and Arms

Exercises	Sets	Reps	Rest
Seated Smith Overhead Press	3-4	8-12	2-3 mins

Single-arm Cable Side Raises	3-4	10/side	2-3 mins
Smith Machine Shrug	3-4	10-12	2-3 mins
4A Preacher Curl	3-4	10-12	30-second
4B Bar Press down	3-4	12-15	30-second
5A Hammer Curl	3-4	10-12	30-second
5B One-arm Overhead Extension	3-4	12/arm	30-second

Warm-up for day 7:

- Shoulder Pass-Through: 2 sets of 10 reps
- Banded Lateral Raises: 2 sets of 10 reps
- Inverted Row: 1 set of 20 reps
- Chin-ups: 1 set of 10 reps
- Bar dips: 1 set of 15 reps

Day 8 – Back, Calves, and Abs

Exercises	Sets	Reps	Rest
Close Grip Pulldown	3-4	10-12	1-2 mins
Close Grip T-Row	3-4	10-12	1-2 mins
Chest Supported Prone DB Row	3-4	10-12	1-2 mins
Standing Calf Raises	3-4	15-20	1-2 mins
Seated Calf Raises	3-4	15-20	1-2 mins
Reverse Crunch to Hip Lift	3-4	10-12	1-2 mins
Decline Cable Wood Chop	3-4	10/side	1-minute

Warm-up for day 8:

- Banded Pull-apart: 2 sets of 10 reps
- Resistance Band Deadlift: 2 sets of 10 reps

This content is fully owned by thefitnessphantom.com, written by Murshid Akram

- Single-arm Bent-over Reverse Fly w/ Band: 2 sets of 10 reps per side
- Inverted Row: 2 sets of 15 reps

Day 9 – OFF

Rest on this day and restart your split with chest and shoulder training on day 10.

Frequently Asked Questions (FAQs)

Who Can Follow This 2-On-1-Off Workout Routine?

Anyone wanting to build strength and muscle mass can follow this program, irrespective of gender and body type. But you have to make some adjustments to suit your fitness level. For example, some exercises in this program are easy for intermediate lifters but challenging for beginners, so you have to adjust them accordingly to make this program workable for you.

Can You Adjust This Program for Specific Goals?

Yes, you can plan the 2-on-1-off split in the following ways:

- **Strength:** Aim to perform heavy compound lifts with lower repetitions to build maximum strength.
- **Endurance:** Incorporate more cardiovascular activities or high-intensity circuit training to level up your stamina and endurance levels.
- **Functional Fitness:** Combine strength training with mobility and endurance exercises to build a strong and flexible body.

If you want me to create a plan based on your goal, let me know through email or social media channels.

What to Do on Rest Days?

You can do easy cardio, such as walking for 5-10 kilometers at a normal pace or stretching exercises to ease muscle soreness and increase flexibility.

Can You Use This Program to Lose Weight?

Yes, the above workouts plus a little bit of cardio and a low-calorie meal plan will not only increase fat loss but also strengthen muscle and joints, build lean mass, and improve aesthetics.

Helpful Resources:

1. [70 Barbell Exercises by Muscle Group](#)
2. [Ultimate List of Dumbbell Exercises by Muscle Group](#)
3. [35 Best Smith Machine Exercises for Building Muscle](#)
4. [List of 55 Best Compound Exercises](#)
5. [The Ultimate List of Isolation Exercises](#)
6. [20 Best Dynamic Warm-Up Exercises](#)
7. [The Ultimate List of Functional Exercises](#)

“The reader does not steal, and the thief does not read.”