

8-Day Workout Plan to Train Two Body Parts a Day

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About This Program

I've been exercising for a while and tried all kinds of training splits, from [single-muscle group](#) to full body a day.

As per experience, I can tell all [kinds of workout splits](#) work well as long as you train consistently, eat good foods, and sleep properly. Still, it is good to try different splits and see what works best for you.

In this article, I'll share my two body parts a day workout plan, I also call it a double-muscle group split.

This training plan is an efficient way to get more work done in less time.

It allows you to work on every muscle group within only three sessions. For example, my program starts with **chest and arms** on day 1, **back and abs** on day 2, and [legs and shoulders](#) on day 3.

The two-muscle split workout allows training your muscles more frequently and helps you build strength and size over time.

So, this plan is worth trying if you want to train two body parts a day.

8-Day Workout Plan to Train Two Body Parts a Day

- **Day 1:** Chest and Arms
- **Day 2:** Back and Core
- **Day 3:** Shoulder and Legs
- **Day 4: OFF**
- **Day 5:** Chest and Arms
- **Day 6:** Back and Core
- **Day 7:** Legs and Shoulder
- **Day 8: OFF**
- **Repeat...**

Day 1 – Chest and Arms

Exercises	Sets	Reps	Interval
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Incline Bench Press	4	12, 10, 8, 6	3-minute
Flat Machine Press	4	12, 10, 8, 6	3-minute
Seated Pec Deck Fly	4	15, 12, 10, 8	2-minute
Parallel Bar Dips	4	AMRAP	90-second
Triceps Press Down	3	15, 12, 10	2-minute
Overhead Rope Extension	3	15, 12, 10	2-minute
Barbell Biceps Curl	3	15, 12, 10	2-minute
Reverse Cable Curl	3	15, 12, 10	2-minute

Day 2 – Back and Core

Exercises	Sets	Reps	Interval
Pull-ups	4	AMRAP	1-minute
Lat Pulldown (Overhand Grip)	3	12, 10, 8	2-minute
Lat Pulldown (Neutral Grip)	3	12, 10, 8	2-minute
Bent-over Barbell Row	3	12, 10, 8	2-minute
Close Grip T-Bar Row	3	15, 12, 10	2-minute
Single-arm DB Row	3	10/side	1-minute
Kneeling Cable Crunches	3	15-20	1-minute
Hanging Knee Raises	3	15-20	1-minute

Day 3 – Shoulder and Legs

This program is based on a [superset scheme](#). It involves performing shoulder and leg exercises in pairs.

For example, this workout starts with alternating between overhead press and leg extension for the given number of sets before moving to the second pair (side delt raises and hack squat).

The superset method is a time-efficient way to get more work done in less time.

Exercises	Sets	Reps	Interval
Overhead Press + Leg Extension	4	12-15	1-2 mins
Lateral Delt Raises + Hack Squat	4	12-15	1-2 mins
Rear Delt Raises + Leg Press	4	12-15	1-2 mins
Shrug + Calf Raises	4	12-15	1-2 mins

Day 4 – Chest and Arms

Exercises	Sets	Reps	Interval
Incline Bench Press	4	12, 10, 8, 6	3-minute
Cable Crossover	5	15, 12, 10, 8, 6	2-minute
Deficit Push-ups	4	AMRAP	2-minute
Close Grip Bench Press	4	12, 10, 8, 6	2-minute
BB/DB French Press	3	15, 12, 10	2-minute
Incline Dumbbell Curl	3	12, 10, 8	2-minute
Preacher/Concentration Curl	3	12, 10, 8	2-minute

Day 5 – Back and Core

Exercises	Sets	Reps	Interval
Pull-ups	4	AMRAP	2-minute
Deadlift	5	12, 10, 8, 6, 4	3-minute
Seated Cable Rowing	4	12, 10, 8, 8	2-minute
Straight-arm Lat Pulldown	4	15, 12, 10, 8	2-minute
Low Back Extension	4	10-12 each	2-minute
Cable Oblique Chop	3	10/side	No Rest
Kneeling Cable Crunches	3	20-25 each	1-minute

Day 6 – Legs and Shoulder

Exercises	Sets	Reps	Interval
Back Squat	5	20, 15, 12, 10, 8	3-minute
1-arm Lateral Raises + Seated Leg Curl	3	12-15	1-2 mins
Upright Row + Lying Leg Curl	3	12-15	1-2 mins
Rear Delt Fly+ Hip Thrust	3	12-15	1-2 mins
Face Pull + Hip Adduction	3	12-15	1-2 mins

My Final Thoughts

Training two body parts is a popular and effective way to save time and work your muscles more frequently.

Many popular training splits, such as [upper-lower](#) and [push-pull-legs](#) splits involve targeting two to three muscle groups a day.

If you want to create a personalized double-muscle split by yourself, try to pair one large and one small muscle group. For example, you can train chest and arms, back and abs, and legs and shoulders together.

You can also make it easier by pairing chest and biceps, shoulder and triceps, lats and hamstrings, and traps and quads.

Gradually increase weight on the bar or machines, try negative reps, rest-pause reps, [drop sets](#), and [pyramid sets](#) to keep challenging your muscles.

But remember, any kind of workout splits can work less or more for you well as long as you train consistently, focus on nutrition and supplementation, and rest properly.