



TWO BODY PARTS A DAY WORKOUT PLAN PDF

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					RIR 1 - 2		RIR 0	
	Exercise	Equipment Options			Set 1	Set 2	Set 3	Set 4
Day 1: Chest & Deltoids	Chest Press	Chest Press Machine	Smith Machine, Flat Bench	Dumbbells, Flat Bench	15-20	10-12	8-10	8-10
	High Incline Press	Shoulder Press Machine	Smith Machine, High Incline Bench	Dumbbells, High Incline Bench	15-20	10-12	8-10	8-10
	Chest Flyes	Dumbbells	Pec Deck	Cable Machine, Crossover	15-20	10-12	8-10	8-10
	Pullovers	Single Dumbbell			15-20	10-12	8-10	8-10
	Lateral Raises	Lateral Raise Machine	Cable Machine, Single Side	Dumbbells	15-20	10-12	8-10	8-10
	Front Raises	Cable Machine	Dumbbells		15-20	10-12	8-10	8-10
Day 2	REST							
Day 3: Legs & Arms	Squats	Pendulum (if available) or Hack Squat Machine	Smith Machine, Heel elevated	Dumbbells, Heel elevated (option goblet or DBs at sides)	15-20	10-12	8-10	8-10
	Leg Extensions	Leg Extension Machine			15-20	10-12	8-10	8-10
	Hip Adductions	Hip Adduction "Good Girl" Machine			15-20	10-12	8-10	8-10
	Romanian Deadlifts (RDLs), option Single-Leg B-Stance RDLs	Dumbbells	Barbell or Hex Bar	Smith Machine	15-20	10-12	8-10	8-10
	Leg Curls	Seated Leg Curl Machine	Prone Lying Leg Curl Machine	Standing Leg Curl Machine	15-20	10-15	10-12	8-10
	Calf Raises	Dumbbells, Step or Riser	Standing Calf Raise Machine	Seated Calf Raise Machine	15-20	15-20	15-20	
	Triceps Extensions, Equipment of Choice	Cable Machine, attachment of choice	Triceps Extension Machine	Dumbbells, Flat Bench	15-20	10-12	8-10	8-10
	Hammer Curls	Dumbbells	Biceps Curl Machine		15-20	10-12	8-10	8-10
Biceps Curls, Standing or Seated	Dumbbells	Biceps Curl Machine	Barbell or EZ Curl	15-20	10-12	8-10	8-10	
Day 4	REST							
Day 5: Back & Posterior Deltoids	Lat Pulldowns	Cable Pulldown Machine, Shoulder-width or Wide Handle Attachment of Choice	Lat Pulldown Machine	Supported Pullup Machine	15-20	10-12	8-10	8-10
	Seated Row	Low Row Machine	T-Bar Row Machine	Seated Cable Row Machine, Handle Attachment of Choice	15-20	10-12	8-10	8-10
	Posterior Shoulder Flyes	Fly Machine, Facing forward	Dumbbells, Adjustable Bench (face forward)	Cable Machine, Single or Both Arms	15-20	10-12	8-10	8-10
	Y or "I" Raises	Dumbbells	Barbell Plate		15-20	10-12	8-10	8-10
	Kelso Shrugs	Smith Machine, Adjustable Bench on High Incline	Dumbbells, Adjustable Bench on High Incline		15-20	10-12	8-10	8-10
Day 6	REST							
Day 7	REST							

Program Guide:

- RIR = Reps In Reserve. Note RIR recommendations. Last 2 sets should be taken to mechanical failure.
- Warm up with a few light sets of the exercise you'll be doing before performing your working sets. 30 to 50 reps of warm-up with very light weight is reasonable.
- Three minutes is optimum rest time between your harder sets.
- Progressive overload always applies. Once the suggested rep range becomes easy, increase the resistance.
- Do not use momentum: no launching, kipping, hitching, swinging, etc. Make the target muscles do all the work.
- The only reps that count are perfect reps. Always use proper form.
- Select the equipment that allows you to get maximal load on the muscle. This does *not* mean "hardest". Pick the equipment that allows you to apply the most intense effort using good stable form.

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Disclaimer: The information provided in this two-parts-a-day workout plan is for general informational and educational purposes only and should not be taken as professional advice or treatment. This workout regimen, involving exercises split into two sessions per day, is designed for individuals with a certain level of fitness and may not be suitable for everyone. Before starting this or any new exercise program, especially one as intensive as a twice-daily routine, it is crucial to consult with a healthcare or fitness professional. This is particularly important if you have any health concerns, medical conditions, or are not accustomed to regular physical activity. Listen to your body and adjust the intensity and duration of the workouts according to your personal fitness level and capabilities. If at any point you experience pain, discomfort, or any other adverse symptoms, stop the exercise immediately and seek medical attention if necessary. Always prioritize your safety and well-being, and remember that rest and recovery are essential components of any rigorous fitness regimen.