



# **TWICE 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	Morning	Chest	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
	Evening	Posterior Deltoids	Pullovers	Single Dumbbell			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 2	REST									
Day 3	Morning	Legs	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	
	Evening	Arms & Abs	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
		Crunches	Bodyweight, Flat Bench or Incline Board							
Day 4	REST									

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Day 5	Morning	Back	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
			Scapula Shrugs	Cable Row Machine	Low Row Machine		15-20	10-12	8-10	8-10
	Evening	Anterior & Middle Deltoids	Machine Lateral Raises	Lateral Raise Machine	Seated Row Machine, lying on back (wrist straps recommended)		15-20	10-12	8-10	8-10
			Dumbbell Lateral Raises	Dumbbells, Adjustable Bench at High Angle, facing forward	Dumbbells, seated or standing		15-20	10-12	8-10	8-10
			Front Raises	Cable Machine	Dumbbells, thumbs up, seated or standing		15-20	10-12	8-10	8-10
Day 6	REST									
Day 7	REST									

## Program Guide:

- Warm up with a few light sets of the exercise you'll be doing before performing your working sets.
- Note RIR recommendations. Last 2 sets should be taken to mechanical failure.
- 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:** This guide is intended for informational and educational purposes only and does not replace professional medical advice or treatment. The twice-a-day workout plan described here is designed to intensify fitness results but may not be appropriate for all individuals. Before starting this or any new workout regimen, especially one that involves multiple sessions per day, it is essential to consult with a healthcare professional to ensure it is appropriate for your health status and fitness level. Exercise within your limits and adjust the intensity to match your capabilities. If at any time you experience pain, discomfort, or other adverse symptoms, stop the exercises immediately and seek medical advice. Safety should always be the primary consideration in your exercise routine.