

2 Day Split Workout

		Day 1		
Muscle group	Exercise	Sets	Reps	Rest
Chest	Barbell bench press	3	10-12	1 min
	Incline bench press	3	10-12	1 min
	Dumbbell incline press	3	10-12	1 min
	Dumbbell flyes	3	10-12	1 min
Shoulders	Machine lateral raise	3	10-12	1 min
	Dumbbell overhead press	3	10-12	1 min
	Smith machine upright row	3	10-12	1 min
Back	Barbell Rows	4	10-12	1 min
	One arm bent over row	4	10-12	1 min
	Lat pulldowns	4	10-12	1 min
	Extensions	4	10-12	1 min
Abs	Crunch	4	20-25	1 min
	Oblique crunch	3	20-25	1 min
	Leg lifts	3	20-25	30 secs.

		Day 2		
Muscle group	Exercise	Sets	Reps	Rest
Biceps	Barbell curls	3	10-12	1 min
	Alternate dumbbell curls	3	10-12	1 min
	Seated hammer curls	3	10-12	1 min
	Preacher curls	3	10-12	1 min
Triceps	Triceps cable pushdowns	3	10-12	1 min
	Dumbbell kickbacks	3	10-12	1 min
	Lying triceps extension	3	10-12	1 min
Legs	Barbell squats	3	10-12	1 min
	Leg extension	3	10-12	1 min
	Dumbbell lunges	3	10-12	1 min
	Lying leg curls	3	10-12	1 min
	Still-leg deadlifts	3	10-12	1 min
	Barbell standing calf raise	3	10-12	1 min
	Seated calf raises	3	10-12	1 min
Traps	Smith machine shrug	3	10-12	1 min

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