

2-Day Split Chart

Day 1: Upper Body

Body Part	# Exercises Per Body Part	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight
Chest	2	1st exercise: Multi-joint	Chest Press	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
		2nd exercise: Single-joint	Chest Fly	1	15 – Light	15 – Light	12 – Medium
				2	15 – Light	15 – Light	12 – Medium
Back	2	1st exercise: Multi-joint	Seated Row	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
		2nd exercise: Multi-joint	Lat Pulldown	1	15 – Light	15 – Light	12 – Medium
				2	15 – Light	15 – Light	12 – Medium
Shoulders	1	1st exercise: Multi-joint	Shoulder Press	1	15 – Light	15 – Light	15 – Light
				2	15 – Light	12 – Medium	12 – Medium
				3	15 – Light	12 – Medium	10 – Med-Heavy
		2nd exercise: Single-joint	Laterals	1	15 – Light	15 – Light	12 – Medium
				2	15 – Light	15 – Light	12 – Medium
Triceps	1	Single-joint	Tricep Extension	1	15 – Light	15 – Light	12 – Medium
				2	12 – Medium	12 – Medium	12 – Medium
				3	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
Biceps	1	Single-joint	Bicep Curl	1	15 – Light	15 – Light	12 – Medium
				2	12 – Medium	12 – Medium	12 – Medium
				3	12 – Medium	10 – Med-Heavy	10 – Med-Heavy
Abs	1	Single-joint	Crunches	1	15 x	20 x	25 x
				2	15 x	20 x	25 x
				3	15 x	20 x	25 x

Day 2: Lower Body: Legs and Shoulders

Bodypart	# Exercises Per Bodypart	Type of Movement	Exercise Example	Set #	Beginner Reps/Weight	Intermediate Reps/Weight	Advanced Reps/Weight		
Legs	4	1st exercise: Multi-joint	Leg Press	1	15 – Light	15 – Light	15 – Light		
				2	15 – Light	12 – Medium	12 – Medium		
				3	15 – Light	12 – Medium	10 – Med-Heavy		
		2nd exercise: Multi-joint	Wall Squat	1	15 – Bodyweight	15 – Light	12 – Medium	12 – Medium	
				2	15 – Bodyweight	12 – Medium	12 – Medium		
				3	15 – Bodyweight	12 – Medium	12 – Medium		
		3rd exercise: Single-joint	Leg Extension	1	15 – Light	12 – Medium	12 – Medium	12 – Medium	
				2	12 – Medium	12 – Medium	10 – Med-Heavy		
		4th exercise: Single-joint	Leg Curl	1	15 – Light	12 – Medium	12 – Medium	12 – Medium	
				2	12 – Medium	12 – Medium	10 – Med-Heavy		
		Shoulders	1	1st exercise: Multi-joint	Shoulder Press	1	15 – Light	15 – Light	15 – Light
						2	15 – Light	12 – Medium	12 – Medium
3	15 – Light					12 – Medium	10 – Med-Heavy		
2nd exercise: Single-joint	Laterals			1	15 – Light	15 – Light	12 – Medium		
				2	15 – Light	15 – Light	12 – Medium		
Lower Back	1	Single-joint	Hyperextension	1	10 x	15 x	20 x		
				2	10 x	15 x	20 x		
				3	10 x	15 x	20 x		