

2-day UPPER-LOWER

Welcome to the 2-day Upper-Lower split, here i will explain everything that you will need to know!

First let me tell you, how i structured this training plan.

You will see, that there is **4 different days**, even though this is just a **2-day split**. Let me tell you why.

Every day has a number added to it. They either have number **1 or 2**. So what you will do, is that one the first week, you will use the **UPPER1** and **LOWER1**.

And on the second week, you will use **UPPER2** and **LOWER2**. And on the third week, you start again from **UPPER1** and **LOWER1**, and you continue this cycle over and over!

Now let me show you when to take rest days, and in which order you should run this training plan.

Since this is a 2-day split, you have a lot of freedom, when it comes to the rest days and the order of the workouts.

You can basically schedule the days however you want. The only requirement being, that you take at least 2-3 days rest between the training sessions.

Help

-Always follow the order that the exercises are written in.

-Definitely use different weight for different rep ranges, you always have to adjust. For example, if you are doing a horizontal push for 5-8 reps, you should always choose a heavier weight, than if you did it for 8-12 reps!

-Below the name of every body part, you can see what type of exercise you are supposed to do, and in the parentheses are example exercises that you should use, you can pick any of these exercises that i included there, its up to you what you like, and what you have access to!

-Always track your progress as explained in the **Progress tracking guide**.

You are closer to your dream physique than 99% will ever be.

Own this new power.

Go to the gym. Make it a habit.

When challenges come, get the other half of the equation: (if you haven't already)

<https://bodybuildingsimplified.com/nutrition>

Let's get your eating habits right as well.

UPPER1

SHOULDERS

overhead press__3sets__5-8reps__(standing or sitting overhead press, dumbbells or a barbell)

BACK

vertical pull__3sets__8-12reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

horizontal pull__3sets__12-15reps__(barbell row, dumbbell row)

CHEST

horizontal push__3sets__5-8reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

incline push__3sets__8-12reps__(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

SHOULDERS

lateral raise__3sets__15-20reps__(dumbbell lateral raise, cable lateral raise)

rear delt movement__3sets__15-20reps__(rear delt fly, reverse pec deck, face pull)

BICEPS

normal curl__3sets__8-12reps__(barbell strict curl, ez-bar curl, dumbbell curl)

brachialis & brachioradialis curl__3sets__12-15reps__(hammer curl, any curl with overhand grip)

TRICEPS

lateral head isolation__3sets__12-15reps__(triceps pushdown, diamond pushups, dips)

overhead extension__3sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

UPPER2

CHEST

incline push__3sets__5-8reps__(barbell incline benchpress, dumbbell incline benchpress, weighted decline pushup)

horizontal push__3sets__8-12reps__(barbell benchpress, dumbbell benchpress, weighted pushup)

BACK

horizontal pull__3sets__8-12reps__(barbell row, dumbbell row)

vertical pull__3sets__12-15reps__(pull up, chin up, lat pulldown machine, dumbbell pullover)

SHOULDERS

overhead press__3sets__8-12reps__(standing or sitting overhead press, dumbbells or a barbell)

lateral raise__3sets__15-20reps__(dumbbell lateral raise, cable lateral raise)

rear delt movement__3sets__15-20reps__(rear delt fly, reverse pec deck, face pull)

BICEPS

normal curl__3sets__8-12reps__(barbell strict curl, ez-bar curl, dumbbell curl)

peak focused curl__3sets__12-15reps__(concentration curl, preacher curl)

TRICEPS

lateral head isolation__3sets__12-15reps__(triceps pushdown, diamond pushups, dips)

overhead extension__3sets__12-15reps__(skull crusher, overhead triceps extension with cables or dumbbells)

LOWER1

(if you are doing a dumbbell-only workout, the rep range of the goblet squat should be increased to 12-15)

QUADS

squat__3sets__5-8reps__(back squat, front squat, goblet squat)

HAMSTRINGS

hip hinge movement__3sets__8-12reps__(romanian deadlift, stiff leg deadlift, good mornings)

GLUTES

hip thrust__3sets__8-12reps__(hip thrust, hip thrust machine)

QUADS

isolation__3sets__12-15reps__(leg extensions, leg press, hack squat, bulgarian split squat)

HAMSTRINGS

hamstring curl__3sets__12-15reps__(hamstring curls, nordic hamstring curls)

CALVES

calf raise__3sets__15-30reps__(calf raise machine, standing on a plate/stairs)

LOWER2

HAMSTRINGS

hip hinge movement__3sets__5-8reps__(romanian deadlift, stiff leg deadlift, good mornings)

QUADS

squat__3sets__8-12reps__(back squat, front squat, goblet squat)

GLUTES

lunges__3sets__15reps each leg__(lunges, glute kickbacks)

HAMSTRINGS

hamstring curl__3sets__12-15reps__(hamstring curls, nordic hamstring curls)

QUADS

isolation__3sets__12-15reps__(leg extensions, leg press, hack squat, bulgarian split squat)

CALVES

calf raise__3sets__15-30reps__(calf raise machine, standing on a plate/stairs)