

Two Day Split Plan

Day 1

Target Muscles	Legs, Abs, Core, Back , Biceps		
Exercise / Machine	Muscle Group	Sets	Reps
Leg Press	Legs	5	20, 12, 12, 12, 12
Leg Adduction Machine	Legs	4	20, 12, 12, 12
Leg Abduction Machine	Legs	4	20, 12, 12, 12
Hyper Extension Bench	Core	4	15x15x15 (3: right, back, left)
Calf Machine	Legs	4	20, 20, 20, 20
Sit Ups	Abs	4	40, 40, 40, 40
Abdominal Bench	Abs	4	25, 25, 25, 25
Lat Pulldown Machine	Back	4	12, 12, 12, 12
Butterfly Reverse	Back	4	12, 12, 12, 12
Hammer Curls	Biceps	5	12, 12, 12, 12
Twisting Biceps Curls	Biceps	4	12, 12, 12, 12

Day 2

Target Muscles	Shoulder, Neck, Chest, Triceps		
Exercise / Machine	Muscle Group	Sets	Reps
Dumbbell Side Lateral Raise	Shoulder	5	12, 12, 10, 10, 10
Plate press out	Shoulder	4	12, 12, 12, 12
Rear delt flys	Shoulder	4	12, 12, 12, 12
Seated overhead dumbbell press	Shoulder	4	12, 12, 12, 12
Weighted Shoulder Roll	Neck	4	15, 15, 15, 15
Butterfly	Chest	5	12, 10, 10, 10, 10
Chest Press Machine (Incline)	Chest	3	12, 12, 12
Dip Machine	Chest, Triceps	4	12, 12, 12, 12
Skullcrushers (Lying Triceps Extensions)	Triceps	4	12, 12, 12, 12
Rope Tricep Pushdown	Triceps	4	12, 12, 12, 12
Overhead Triceps Extension	Triceps	4	12, 12, 12, 12