



2 Day Split- Upper Body

DATE:							
REPS/ SETS:							
CYCLE PHASE:	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L
<u>WARM-UP</u>							
LIFT/ MUSCLE(S)							
<u>DB BENCH PRESS</u> Chest 							
<u>SINGLE ARM ROWS</u> Rhomboids/ Traps 							
<u>RB LAT PULL DOWN OR PULL-UPS</u> Lats 							
<u>OVERHEAD PRESS</u> Shoulders 							
<u>CURLS</u> Biceps 							
<u>TRICEP KICKBACKS</u> Triceps 							
<u>ROTATING FRONT RAISE</u> Front Delts 							
NOTES:							

Optional

Cooldown



2 Day Split- Lower Body

Optional

DATE:							
REPS/ SETS:							
CYCLE PHASE:	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L	M F O L
<u>WARM-UP</u> <u>GOOD MORNINGS</u> <u>FORWARD STEP</u> <u>DOWNS</u>							
LIFT/ MUSCLE(S)							
<u>RDLS</u> Hamstrings 							
<u>DECLINE SQUATS</u> Quads 							
<u>BULGARIAN SPLIT SQUATS</u> Quads/ Glutes 							
<u>SINGLE LEG CALVES</u> Calves 							
<u>WEIGHTED SITUPS</u> Front Abs 							
<u>SUPERWOMANS</u> Lower Lats 							
NOTES:							

Cooldown