



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



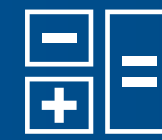
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2 DAY SIMPLE A/B SPLIT BY STEVE

Effective 2 day per week fullbody routine that is perfect for building muscle and strength. If you don't have time to live in the gym this is the routine for you.

Link to Workout: <https://www.muscleandstrength.com/workouts/2-day-simple-ab-split-by-steve.html>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 8 Weeks

Days Per Week: 2 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight, Dumbbells

Author: Steve Shaw

Workout A

Exercise	Sets	Reps
Full Body		
Squat	3	6 - 10
Barbell Bench Press	3	6 - 10
Bent Over Row	3	6 - 10
Stiff Leg Deadlift	2	10 - 25
Ab Exercise (Pick your favorite)	3	10 - 25

Workout B

Exercise	Sets	Reps
Full Body		
Deadlift	3	6 - 10
Seated Barbell Press Behind Neck	3	6 - 10
Close Grip Bench Press	3	6 - 10
Standing Barbell Curl or Standing Dumbbell Curl	3	6 - 10
Seated Calf Raise	2	10 - 25