

## 2 Day Compound Workout Routine to Build Muscles

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Check out [article](#) for more info

If you want to increase strength and size by working out only twice a week, this workout routine is for you. I've shared a complete four-week workout plan that can be extended to 12 weeks as well.

This plan includes the best compound workouts that will help you scale your fitness to the next level.

You'll train your **chest, shoulder, and back on your first day** and your **legs, arms, and core on the other day** in this program.

The workout will take 60-minute to complete, but you can increase and decrease the duration depending on your goal and fitness level.

Choose any two days of the week and follow the below workout schedule.

**Note:** Do five minutes of warm-up exercises to increase your heart rate and oxygen. The warm-up helps improve performance and minimize the risk of injuries.

### Week 1

#### Day 1 – Chest, Shoulder, Back, and Hamstrings

Exercise	Reps	Sets	Rest
<a href="#">Incline Barbell Bench Press</a>	12-15	3	2-3 mins
Standard/ <a href="#">Weighted Pushups</a>	AMRAP	3	2-3 mins
<a href="#">Dumbbell Arnold Press</a>	8-10	3	1-2 mins

<a href="#">Pull-ups/Chinups</a>	AMRAP	3	2-3 mins
<a href="#">Bent-over Barbell Row</a>	10-12	3	2-3 mins
<a href="#">DB Romanian Deadlift</a>	6-8	3	2-3 mins

AMRAP: As many reps as possible

## Day 2 – Quads, Glutes, Arms, and Rear Delt

Exercise	Reps	Sets	Rest
Barbell/ <a href="#">Smith Machine Back Squat</a>	12-15	3	2-3 mins
<a href="#">Dumbbell Step-up</a>	12-15	3	2-3 mins
<a href="#">Weighted Glute Bridge</a>	12-15	3	2-3 mins
<a href="#">Bar Dips</a>	12-15	3	2-3 mins
<a href="#">Chin-ups</a>	8-10	3	2-3 mins
Cable Face Pull	8-12	3	1-3 mins

## Week 2

### Day 1 – Chest, Shoulder, and Back

Exercise	Reps	Sets	Rest
Standard/ <a href="#">Off-Block Deadlift</a>	12-15	3	2-3 mins
<a href="#">Front Lat Pulldown</a>	12-15	3	2-3 mins
<a href="#">Military Press</a>	10-12	3	2-3 mins
<a href="#">Flat Barbell Bench Press</a>	12-15	3	2-3 mins
<a href="#">Dumbbell Pullover</a>	12-15	3	1-3 mins

### Day 2 – Quads, Glutes, Shoulder, and Arms

Exercise	Reps	Sets	Rest
Barbell/ <a href="#">Smith Machine Back Squat</a>	12-15	3	2-3 mins

Dumbbell Front Lunges	12-15	3	2-3 mins
<a href="#">Incline Dumbbell IYT Raises</a>	12-15	3	2-3 mins
<a href="#">Diamond Push Up</a>	12-15	3	2-3 mins
Chin-ups	8-10	3	2-3 mins

## Week 3

### Day 1 – Back, Chest, and Shoulder

Exercise	Reps	Sets	Rest
Off Block/Standard Deadlift	12-15	3	2-3 mins
<a href="#">Seated Cable Rowing</a>	12-15	3	2-3 mins
Incline Barbell Bench Press	12-15	3	2-3 mins
<a href="#">Dumbbell Deficit Pushup</a>	12-15	3	2-3 mins
Barbell Overhead Press	10-12	3	2-3 mins

### Day 2 – Legs, Arms, and Core

Exercise	Reps	Sets	Rest
<a href="#">Barbell Jammer</a>	12-15	3	2-3 mins
<a href="#">Farmers Walk</a>	12-15	3	2-3 mins
Bar Dips	12-15	3	2-3 mins
Chin-ups	12-15	3	2-3 mins
<a href="#">10-min Triset Ab</a>	–	–	–

## Week 4

### Day 1 – Back, Chest, and Shoulder

Exercise	Reps	Sets	Rest
Bent-over Barbell Row	12-15	3	2-3 mins

Front Lat Pulldown	12-15	3	2-3 mins
Incline Barbell Bench Press	12-15	3	2-3 mins
Dumbbell Pullover	12-15	3	2-3 mins
Barbell Overhead Press	10-12	3	2-3 mins

## Day 2 – Legs, Arms, and Core

Exercise	Reps	Sets	Rest
Barbell/Smith Machine Back Squat	12-15	3	2-3 mins
Dumbbell Stepup	8-10	3	2-3 mins
Dumbbell RDL	6-8	3	2-3 mins
Bar Dips	AMRAP	3	2-3 mins
Chin-ups	AMRAP	3	2-3 mins
<a href="#">15-min Tri Set Core Workout</a>	–	–	–

if you train at home, these workout programs can be helpful for you:

- [2 Days a Week Dumbbell Workout with Free PDF](#)
- [The Best 21-Day Home Workout Plan w/PDF](#)
- [3 Day Full Body Workout at Home](#)

Related Workout Program:

- [3-Day Compound Workout Routine](#)
- [4-Day Compound Workout Routine](#)

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