

## 2 Day a Week Compound Workout to Lose Weight

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Check out [article](#) for more info

If you're short on time at the gym, try this two-day day workout plan that includes various compound liftings to help you achieve your fitness goals.

It will work great if you pair this two-day compound workout split with cardio exercises. For example, you can do them on alternate days. Cardio helps build endurance and improve cardiovascular health, and compound lifting builds strength and muscle mass.

You can also check out some [tips and recommendations about weight loss](#) on the [National Institute of Health Website](#).

Okay, here's the 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

#### Monday – Push and Core Workout

Exercise	Reps	Sets	Rest
Barbell/Smith Machine Back Squat	12-15	3	2-3 mins
Incline Barbell Bench Press	12-15	3	2-3 mins
<a href="#">Barbell Push Press</a>	8-12	3	2-3 mins
Dumbbell Step-up	8-10	3	1-2 mins
<a href="#">10-min Triset Ab</a>	–	–	–

#### Thursday – Compound Pull Workout

Exercise	Reps	Sets	Rest
Partial/Standard Deadlift	12-15	3	2-3 mins
Front Lat Pulldown	12-15	3	2-3 mins
Bent-over Barbell Row	12-15	3	2-3 mins
Cable Facepull	12-15	3	2-3 mins
10-min Triset Abs Workout	–	–	–

## Week 2

### Monday – Legs

Exercise	Reps	Sets	Rest
Barbell Jammer	12-15	3	2-3 mins
Farmer’s Walk	12-15	3	2-3 mins
Dumbbell Lunges	8-10	3	2-3 mins
<a href="#">Smith Machine Hip Thrust</a>	12-15	3	2-3 mins
10-min Triset Ab	–	–	–

### Thursday – Full Body

Exercise	Reps	Sets	Rest
Back Squat	12-15	3	2-3 mins
Barbell Bench Press	12-15	3	2-3 mins
Dumbbell IYT Raises	8-10	3	2-3 mins
Bent-over Barbell Row	12-15	3	2-3 mins
<a href="#">15-min Tri Set Core Workout</a>	–	–	–

## Week 3

### Monday – Upper Body

Exercise	Reps	Sets	Rest
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Pushups	12-15	3	2-3 mins
Incline Bench Press	12-15	3	2-3 mins
Barbell Overhead Press	10-12	3	2-3 mins
Front Lat Pulldown	12-15	3	2-3 mins
Bent-over Barbell Row	10-12	3	2-3 mins
Cable Facepull	10-12	3	2-3 mins

### Thursday – Lower Body

Exercise	Reps	Sets	Rest
Barbell Jammer	10-12	3	2-3 mins
Farmer's Walk	1-min	3	2-3 mins
Dumbbell Step-up	8-10	3	2-3 mins
Dumbbell RDL	8-10	3	2-3 mins
10-min Triset Ab	–	+	–

## Week 4

### Monday – Total Body

Exercise	Reps	Sets	Rest
Back Squat	12-15	3	2-3 mins
Barbell Bench Press	12-15	3	2-3 mins
Dumbbell Arnold Press	8-12	3	2-3 mins
<a href="#">Barbell T Rowing</a>	10-12	3	2-3 mins
10-min Triset Ab	–	–	–

### Thursday – Total Body

Exercise	Reps	Sets
Barbell Deadlift	12-15	3
Barbell Push Press	12-15	3

Dumbbell Incline Plank Rowing	8-10	3
Leg Press	12-15	3
<a href="#">20-min Triset Abs Workout</a>	–	–

Related Workout Program:

- [3-Day Compound Workout Routine](#)
- [4-Day Compound Workout Routine](#)
- [12 Week Weight Loss Workout Plan with Free PDF](#)
- [The Ultimate 30-Day Dumbbell Only Weight Loss Program](#)

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