



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



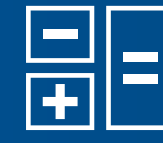
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A/B 2 DAY WORKOUT ROUTINE FOR BUSY PEOPLE

Need a workout that fits your busy lifestyle and that you can perform in just 2 days per week? We've got you covered with this 2 day A/B full-body program.

Link to Workout: <https://www.muscleandstrength.com/workouts/a-b-2-day-workout-for-busy-people>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 6 weeks

Days Per Week: 2

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Machines, Other

Target Gender: Male & Female

Author: [Josh England](#)

Workout A

Exercise	Sets	Reps
Trap Bar Deadlift	5	4 - 6
Military Press	5	4 - 6
Lat Pull Down	4	8 - 12
T Bar Row	4	8 - 12
Push Up	3	Max*

*Leave 1 Rep left in the tank each set

Workout B

Exercise	Sets	Reps
Front Squat	5	4 - 6
Dumbbell Bench Press	5	6 - 8
Chin Up	4	6 - 8*
Cable Row	4	8 - 12
Bodyweight Hip Thrust	3	8 - 12*

*Add weight if needed

