



2-DAY STRENGTH PLAN

*Build strength and consistency with
just two workouts per week.*

**DESIGNED FOR BUSY ADULTS WHO WANT TO BUILD STRENGTH AND FITNESS
WITHOUT SPENDING THEIR LIFE IN THE GYM.**

THE EXACT SAMPLE PROGRAM WE MENTIONED IN OUR YOUTUBE VIDEO:



[WATCH HERE](#)



STRENGTH



TIME EFFICIENT



REPEATABLE



REAL RESULTS

WHO THIS PLAN IS FOR

THIS PLAN WORKS BEST IF YOU:

- Can realistically train 2 days per week
- Prefer a simple, repeatable structure
- Train on non-consecutive days (ex. Mon / Thu)
- Want to focus on building functional strength and muscle, not doing random workouts

WORKOUT DETAILS:

- Equipment needed: **Two pairs of dumbbells** (one lighter pair and one heavier pair).
 - *If you have access to more weights, try to increase the load gradually each week or every other week.*
- Exercises with the same letter (A1, A2) are performed as a **superset**. Do the first exercise immediately followed by the second before resting.
- A sequence like D1, D2, D3 is a **tri-set**. Perform all three exercises before resting.
- Rest **45 seconds to 2 minutes** after each set depending on difficulty.
- **4x10** means 4 sets of 10 repetitions.
- **AMAP** means As Many As Possible.
- You can repeat this workout weekly for **4-6 weeks**.

WORKOUT A

This session focuses on full-body strength using simple, powerful movements. Stay focused and move with intention.

 [Click here to watch quick demos of each exercise.](#)

A1. DUMBBELL RDL **4X12**

A2. PUSH-UPS **4XAMAP**



B1. DUMBBELL REVERSE LUNGE **3X10** (EACH SIDE)

B2. DEADBUG **3X16**



C1. SINGLE ARM DUMBBELL ROW **3X12**

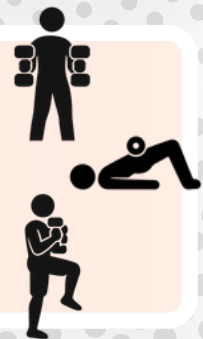
C2. OVERHEAD DUMBBELL TRICEPS EXTENSION **3X15**



D1. DUMBBELL HAMMER CURLS **3X12**

D2. DUMBBELL GLUTE BRIDGE **3X20**

D3. GOBLET MARCH IN PLACE **3X30**



WORKOUT B

This workout continues your full-body strength work with movements that challenge your legs, core, and shoulders. Stay focused, move with purpose, and finish strong.

 [Click here to watch quick demos of each exercise.](#)

A1. SQUAT TO DUMBBELL SHOULDER PRESS **4X10**



A2. BIRD DOGS **4X10** (TOTAL)



B1. DUMBBELL BENT OVER ROWS **3X12**



B2. FLOOR DUMBBELL CHEST PRESS **3X12**



C1. GOBLET SPLIT SQUAT (DUMBBELL) **3X10** (EACH)



C2. DUMBBELL LATERAL RAISES **3X15**



D1. DUMBBELL SKULLCRUSHERS FROM BRIDGE **3X15**



D2. DUMBBELL WEIGHTED CRUNCH **3X12**



D3. JUMP SQUATS **3X12**

