

Beginners 2-Day Full Body Workout

If you're a beginner at working out and want to focus on key exercises to build full body strength by working out only twice a week, you can use this workout routine. You can do this workout routine on Monday & Thursday; Tuesday & Friday; Wednesday & Saturday; or Thursday & Sunday. Start at a weight you can comfortably lift. For Progressive Overload Increase the Lower Body Exercises by 2.5kg to 5kg & Upper Body Exercises by 1.25kg to 5kg each week.

Day 1: Full Body Workout

- Barbell Squats: 3 Sets of 8 - 12 Reps
- Stiff Leg Deadlift: 3 Sets of 8 - 12 Reps
- Dumbbell Bench Press: 3 Sets of 8 - 12 Reps
- Seated Cable Rows: 3 Sets of 8 - 12 Reps
- Lateral Raises: 2 Sets of 12 - 15 Reps
- Tricep Extension: 2 Sets of 12 - 15 Reps
- Dumbbell Reverse Curl: 2 Sets of 12 - 15 Reps

Day 2: Rest or Active Rest

Day 3: Rest or Active Rest

Day 4: Full Body Workout

- Dumbbell Bulgarian Split Squats: 3 Sets of 8 - 12 Reps Each Leg
- Romanians Deadlift: 3 Sets of 8 - 12 Reps
- Incline Dumbbell Press: 3 Sets of 8 - 12 Reps
- Dumbbell Shoulder Press: 3 Sets of 8 - 12 Reps
- Lat Pulldowns: 3 Sets of 8 - 12 Reps
- Dumbbell Skullcrusher: 2 Sets of 12 - 15 Reps
- Dumbbell Curl 2 Sets of 12 - 15 Reps

Day 5: Rest or Active Rest

Day 6: Rest or Active Rest

Day 7: Rest or Active Rest

Follow us on liftingmantis.com or [r/liftingmantis](https://www.reddit.com/r/liftingmantis) for more articles!