I'm not a bot



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A woman lifting a dumbell on a bench in the gym. Image Credit: Naphat_Jorjee/iStock/Getty Images There are two schools of though regarding frequency when it comes to weight training. Some people believe that you should train frequently, often two or more days in a row, to make the best gains, while others prefer a more conservative approach,
resting for at least a day between sessions. Whether you can efficiently train with weights two days in a row depends on many factors, including what type of training session. Whether you can efficiently train with weights two days in a row depends on many factors, including what type of training session, you will often experience delayed onset muscle soreness, which can cause your muscles to feel tight
and painful. This soreness is caused by the breakdown of muscle fibers during the lowering, or eccentric, phase of an exercise. If you experience particularly bad DOMS after a training session, you may wish to take a day's rest, because training for a second consecutive day may make you weaker and more susceptible to injuries. However, to avoid
excessive DOMS, you could experiment with eccentric-less training. Strength coach Christian Thibaudeau advises doing eccentric-less exercises with a prowler, or set of blast straps, to reduce muscle soreness, which may enable you to train two days in a row. Overtraining syndrome can occur when you place your body under too much stress as a
result of exercise, and do not provide it with adequate rest or nutrition. Overtraining can make you feel fatigued and unwell, and can drastically reduce your performance levels. If you have had a particularly demanding training session, especially one in which you have performed a number of sets to failure, or have been working at a high percentage
of your one repetition maximum, you would be wise to rest for at least a day before training again, because too much cumulative stress can lead to overtraining. Strength coach Dan John advises in his article "The Gable Method" that if something's important, you should do it every day, and kettlebell trainer Pavel Tsatsouline bases his "Grease the
Groove" training method around the idea that "Specificity plus frequent practice equals success." Both of these philosophies support the idea of performing certain exercises daily. If you have an exercise that you struggle with, you should aim to do it every day. Use light weights and focus on using perfect technique, only taking a rest day when you
have to. The key here is that daily practice is needed if you wish to improve. Whether you are following a four way body part
split, or an Olympic lifting program, then there will be times when you have to train two or more days in a row to meet the requirements of the routine. We have all heard the guideline that you should wait at least 48 hours before training the same muscle group again. In a full-body strength program with three weekly sessions, this recommendation
leads to workouts falling on alternate days—for example, Monday, Wednesday and Friday. This is a good rule of thumb to follow and one I recommend sticking to in a perfect world? Maybe you're pulling 12-hour shifts at the office, leaving only the weekend open for the gym. Or perhaps you're constantly on
the road for work, making regular planned workout days impossible. Or you manage to get a lift in Tuesday through Thursday while the rest of the week is dedicated to taking care of your kids. Whatever the reason, your hectic schedule forces you to train on consecutive days. Does that mean you can't hit the same muscle groups two days in a row?
Many gym-goers would dismiss back-to-back lifting as a waste of time. After all, training a muscle group before it has the chance to recover from a previous workout halts progress. And muscular recovery takes about 48 hours following a strength session. At least, that's how conventional thinking goes. But is that really the case? Questioning the 48-
Hour Rule When I was training junior hockey players in a club setting, a dilemma would pop up when planning their in-season strength workouts. A typical week would include two games between Friday and Sunday. If those games fell on Friday and Saturday, we'd take Sunday off and be back in the gym on Monday and Wednesday. No issues there.
Lifting full-body twice per week on non-consecutive days during the competitive season had proven to work well for us over and over again. But if the second game took place on Sunday, Monday was our rest day. This meant I was left with two alternatives. Either lift back to back on Tuesday and Wednesday or drop one of the two sessions altogether.
Knowing that lifting once per week is inferior to more frequent workouts for strength and lifting volume in the second workout (Wednesday) due to the lingering fatigue from Tuesday's session. To my surprise, no
performance decrease occurred. Guys kept getting stronger. Personal bests were broken. Even though some players complained about muscle groups several days in a row and make progress at the start of the Wednesday workout, it all seemed to wash away once they got under the bar. This is when I realized you can train the same muscle groups several days in a row and make progress at the start of the Wednesday workout, it all seemed to wash away once they got under the bar.
 even though it runs against textbook wisdom. Consider how Olympic weightlifters and male gymnasts train. These are arguably the strongest athletes, pound for pound, on the planet. What do they have in common? Daily resistance training. Going to the gym on consecutive days doesn't seem to hold these guys back. If anything, competitive
weightlifters and gymnasts thrive on daily strength work that targets the same muscle groups several days in a row. Later, I came across scientific research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice. I didn't find a ton of research that validated what I had witnessed in practice.
(~24 hours between sessions) produced similar strength and size adaptations as resting ~48-72 hours between workouts. Granted, none of these studies lasted longer than 12 weeks, so it's conceivable that differences in strength and hypertrophy between consecutive versus non-consecutive training would emerge over a longer time frame. In
addition, study subjects were all untrained or recreationally trained individuals, meaning that these findings may not necessarily apply to high-level athletic populations. To counter that last point, a study by Zourdos and others showed that daily 1RM squatting over 37 consecutive days produced robust strength gains in competitive power- and
weightlifters, giving credence to back-to-back training even in highly trained individuals. The takeaway? Anecdotal experience combined with limited research on the topic does indeed suggest that lifting back-to-back isn't the disastrous idea it's often made out to be. In fact, at least in the short term, consecutive-day training seems to stack up equally
against alternate-day training. How to Train Back-to-Back If work/family obligations crunch your training schedule, it's not the end of the world. It's perfectly fine to train the same muscle group or perform the same exercise(s) multiple days in a row. Just note that you'll need to build up a tolerance for back-to-back training. Because your body is still
unaccustomed to stressing the same muscle groups within 24 hours of the previous session, expect a slight dip in performance the first couple of times you lift on consecutive days. This short-term decline in strength is no different from what would happen if you pre-exhausted your muscles with assistance exercises before the main lift. For example,
individuals who experience knee pain during Barbell Squats are often able to squat pain-free if they warm up their hamstrings first with exercises like Back extensions or Leg Curls. By performing a few sets of direct hamstring work to kick off your session and then moving on to Barbell Squats, your Squat numbers will probably decrease a bit. If you'd
normally squat 255 for 5 reps in a fresh state, expect to hit around 235-245 for five after warming up the hamstrings. Same thing with consecutive-day lifting. Let's say you Squat in session one and Trap Bar Deadlift in session two. Your Trap Bar Deadlift 3RM is 405 pounds, but since you squatted heavy the day before and still experience some
fatique, you can work up to just 385 for three today. Nevertheless, as the weeks, you should be up to 405×3 again. It all evens itself out over time. Another thing to keep in mind when lifting on consecutive days? Stay away from training to
failure. Training to failure slows down recovery up to 24-48 hours post-exercise, so frequently taking sets to concentric failure will lead to progress. Getting so caught up in the minutiae that it prevents you from regular training will
not. Even if your situation isn't perfect, going to the gym three or four days in a row is still more effective than skipping workouts here and there because you're not "supposed to" lift on consecutive days. When in doubt—think less, lift more. Photo Credit: Jun/iStock References READ MORE: It's generally believed that you should alternate body parts
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first to build up your stamina and improve your tolerance for heavy workouts. Stick to a routine, and you should be able to work up to full-body exercises on back-to-back days. This article will explore what can happen if you choose to work out two days in a row and if it's safe. We'll also cover full-body workouts and how to do them effectively and
safely. If you do a full-body workout two days in a row, you may feel sore and unable to push yourself as far on the second day. However, if you stick to a routine, your body will become stronger and adapt to working out every day,
chances are you are looking to improve your health and fitness. With that in mind, you're probably not going to wait for every muscle to heal fully before working out again because the healing process may take some time. Take a look at hard laborers — they don't take a holiday after every tiring working day. That's because our bodies are able to
adapt and get stronger over time. Of course, some people may find working out the same muscle group consecutively overwhelming, but that doesn't mean you can't do a back-to-back full-body workout two days in a row. If you are a beginner, there is no harm in doing a two-day full-body exercise, even on consecutive days. If you are a beginner,
you should commit to a weekly full-body workout to build your strength and stamina. This will involve working on a different muscle group each day until you feel strong enough to start working on them daily. Related posts Burpees vs Jump Rope Which Burns More Calories? Working out on consecutive days can be as good as alternate day training
when done right. A study found that people can recover from back-to-back workouts and show improvements. Although more research is needed regarding this matter, many people find that working out specific body areas, even full-body training, can be beneficial several days in a row. One study found that people who train a muscle group two times
a week made about 70% of the strength gains than those who exercise three times a week. That tells us that a full-body workout twice a week can be good. Another study in Singapore found that training three consecutive days is just as good as working out on alternate days. That means you don't need to insert a recovery day between every exercise
day. It is safe to work out the same muscle two days in a row, provided you work up to it and don't expect high performance on the second day. Beginners will likely feel the effects of a workout the next day, including soreness or aching in the muscles, so it's better to build up your strength first. As previously mentioned, many people exercise different
body parts on alternate days to allow specific muscles a break before working them out again. For example, if your typical leg day is Monday, it's better to let those muscles rest on Tuesday, picking back up with leg exercises on their bodies.
Many gym-goers argue that your body won't have time to recover if you exercises continuously for several days in a row. Beginners are particularly at risk, as their muscles are still getting used to the new exercises. In this case, it's a safer idea to take things slowly, working out a few times a week on alternating days, to allow the muscles time to
strengthen and get used to the new routines. Many people avoid training the same muscle group two days in a row for fear of injury. While that's understandable, we should not limit ourselves and assume it can't be done safely. Related posts Wall Pilates. The Best Routines for BeginnersWhen done correctly, training your whole body two days in a
row can be rewarding. Doing a full-body workout two days in a row can: Help with recovery Extend your body's time on building muscles You can achieve this by training a muscle group hard one day and the same muscle group the next day but with less pressure. On the second day, do higher reps but with lighter weights to encourage
hypertrophy. However, working out your whole body two days in a row won't affect your overall result. According to a study by Brazilian researchers, you can train a muscle once per week and still get the same result if you were to do five-day full-body workouts consecutively. There are a number of reasons you may not be able to work out on
alternating days. For many people, the weekend is the only free time they have, meaning they have to work out two days in a row. The good news is, there are safe ways to do this and get the best results. As mentioned above, if you're a beginner, you should always exercise slowly. Chances are you haven't exercised some of these muscle groups very
much (or at least very recently), which means they will need time to adjust. Remember, you don't need to exercise quickly because this can put too much stress on your body. Also, you must take plenty of rest after every workout to give your muscles some time to relax. Once you feel yourself getting stronger, you can start to look at working out two
days in a row. Experienced fitness enthusiasts can invest more hours into their two-day full-body workout as long as they don't move towards failure. What this means is their bodies should be able to perform during those workout swithout getting too tired. No matter your level, you will feel the effects of a good workout the following day. So, it's
important to listen to your body and not push yourself too far. This is where injuries happen. In time, the body will get stronger, and you will be easier if you vary your exercises, working the muscles out in different ways. Related posts What is a Smart Yoga Mat? (Can it Improve Your Exercise?) Spice
things up by dedicating half of your workout session to targeting your upper body and the other half to your lower body. Below is a split example for your full-body workout session to targeting your workout split will help you get
through your two-day full-body workout without feeling overly tired. How many reps per exercise will depend on your strength and stamina. It's a good idea to take note of the weights you use and the number of reps you perform. That way, you can lower the weights slightly on the second day to allow for recovery. Remember to be safe, take it slow,
and don't rush. Whether you're a beginner or an experienced workout enthusiast, you want to make sure that you exercise your body in the amount you're used to doing. Start with a full-body exercise once you feel strong enough. When your
body has become accustomed to a full-body workout two days in a row, you can always work up to more if needed, but you don't want to jump from two days to four days in a row overnight. It would help if you also remembered not to overwork yourself. Earlier on, I mentioned that you should vary your exercises and create a balance between your
upper and lower body. This will help to save the most strenuous activities for your heavy workout day. If you intend to do your full-body workout on weekdays, you may want to consider doing it on Thursdays and Fridays so that you can have the whole weekend for resting. Some people prefer to do theirs on Fridays and Saturdays, and that's fine, too.
Whichever day you choose, your body will adapt but never push it too far. Many people avoid doing a full-body workout two days in a row because they believe that working out the same muscle group can be stressful, affecting their overall workout performance and goals. However, there's no reason you cannot do so safely. The body constantly adapts
when trained, so start by committing to one day per week at first to help build your stamina. Then, you can do it for two consecutive days every week, consistently. Remember not to overwork your body and rest well after your workouts. One common question that many fitness enthusiasts have is whether it is safe and effective to workout two days in
a row. While there is no one-size-fits-all answer to this question, we will explore the benefits and risks of consecutive workout Two Days in a Row? Exploring the Benefits and RisksWorking out two days in a row can have both benefits and risks. Let's
take a closer look at each:Benefits1. Increased momentum: Working out two days in a row can help you maintain a consistent fitness routine and build momentum towards achieving your goals.2. Improved cardiovascular endurance: Consecutive workouts can enhance your cardiovascular endurance as your body adapts to the increased demand.3.
Time efficiency: If you have a busy schedule, working out two days in a row can be a time-efficient way to fit in your exercise sessions. Risks1. Overtraining, which can increase the risk of injuries and hinder your progress. 2. Muscle fatigue and inadequate recovery: Working out
without giving your muscles enough time to recover can lead to muscle fatigue, decreased performance, and increased risk of muscle imbalances. 3. Mental burnout; Exercising consecutively without rest days can lead to mental burnout; Exercising consecutively without rest days can lead to mental burnout, making it harder to stay motivated and enjoy your workouts. The 2 Day Workout Rule: Unleashing the Power of
Optimal FitnessWhile working out two days in a row can be beneficial for some individuals, it is essential to follow the 2-day workout rule. This rule suggests that you should aim to have at least one rest day or engage in active recovery activities between intense workout days. By allowing your body time to recover and repair, you can prevent
overtraining, reduce the risk of injuries, and optimize your overall fitness progress. Is It Okay to Workout Consecutively depends on various factors, including your fitness level, goals, and overall health. Here are some expert advice and tips to consider: 1. Listen to your bodyPay
attention to how your body feels after consecutive workouts. If you are experiencing excessive fatigue, muscle soreness, or decreased performance, it may be a sign that you need more rest. 2. Alternate workout intensity fyou can have a high-
intensity workout one day followed by a low-intensity or recovery-focused workout the next day. 3. Incorporate active recovery activities such as yoga, stretching, or light cardio. These activities can help promote blood flow, reduce muscle soreness, and aid in the recovery
process.4. Prioritize sleep and nutrition Ensure you are getting enough sleep and nutrition play a vital role in muscle recovery and overall performance. Maximizing Results: Effective Full Body Workout Routine Two Days in a Rowlf you decide to workout two days in a row, here is an
effective full body workout routine that you can follow:Day 1: Upper Body FocusBench press: 3 sets of 8-10 repsPush-ups: 3 sets of 8
repsCalf raises: 3 sets of 10-12 repsHamstring curls: 3 sets of 10-12 repsHamstring curls: 3 sets of 10-12 repsNote:Remember to warm up before each workout and cool down/stretch afterwards. Additionally, always consult with a fitness professional or your healthcare provider before starting any new exercise routine. It's generally believed that you should alternate body parts when
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dedicating half of your workout session to targeting your upper body and the other half to your lower body. Below is a split example for your full-body workout: Day 1Day 2Bench press Dumbbell overhead pressBarbell back squatHeavy deadliftLungesHeavy squatHamstring curlsFace pullsPlanning out your workout split will help you get through your
two-day full-body workout without feeling overly tired. How many reps per exercise will depend on your strength and stamina. It's a good idea to take note of the weights you use and the number of reps you perform. That way, you can lower the weights slightly on the second day to allow for recovery. Remember to be safe, take it slow, and don't
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trained, so start by committing to one day per week at first to help build your stamina. Then, you can do it for two consecutive days every week, consistently. Remember not to overwork your body and rest well after your workouts. A strong upper back is arguably one of THE most important physical attributes for any strength endeavor. That may
sound ridiculous, but it's true. Without a solid base of strength in your upper back, you'll never Squat or Deadlift impressive weight. And no matter how big your arms and chest are, you won't Bench Press big numbers without a strong foundation from your lats and rhomboids. Unlike other muscle groups, the upper back can be trained frequently
without negatively affecting your performance in the gym. In fact, if you want to get really strong, really fast, you should be attacking the muscles above your waist that you cannot see in the mirror. And on the days you don't lift, small postural
exercises can speed up recovery and improve shoulder health. Here are five reasons to train your upper back every day. 1. The Upper Back Limits Every Big Barbell Lift When you start moving serious weight, it's not your legs, your arms or even your abs that determine how much weight you can Squat, Bench Press and Deadlift. In the end, it's how a serious weight, it's not your abs that determine how much weight you can Squat, Bench Press and Deadlift. In the end, it's how a serious weight, it's not your abs that determine how much weight you can Squat, Bench Press and Deadlift. In the end, it's how a serious weight with the pressure of the pressure 
much weight your upper back can support that truly limits your maximal strength. Here's how each big lift is affected by the upper back. For the Squat: The traps and rear deltoids create the shelf on which the barbell rests. The lats and thoracic erectors keep the chest
up and prevent the lifter from falling forward. If your back is weak, your chest caves and your hips shoot up too early, turning the squat into a Good Morning. Your most powerful leg muscle groups can't contribute to the lift as much as they should, increasing your risk of lower-back injury. For the Bench Press: The rhomboids, middle traps and lower
traps keep the shoulder blades squeezed together, which stabilizes the shoulders. The lats and thoracic erectors maintain an arch in the back, which shortens the range of motion to protect the shoulders and
allow more weight to be lifted. If your back is weak, your shoulder blades will push apart during the bench and your elbows will flare out, increasing the risk of shoulder injury. For the Deadlift: The entire upper back (especially the lats, traps and thoracic erectors) works together to keep the bar close to the body and prevent rounding of the lower
back, which allows the legs to do most of the work. If your back is weak, the bar drifts out in front of the body, causing the upper and/or lower-back injury. To sum it up, if your upper back is weak, don't expect to have a strong squat
bench press or deadlift! 2. There Are Unlimited Options for Training the Upper Back [youtube video="LemJuEtQdYw"] The upper back is made up of many different muscles (10 or more if you include muscles that attach to the shoulder and spine) that have varying shapes, sizes and functions. For example, the lats (latissimus dorsi) are the biggest
muscles of the upper body and can move your arms, shoulder blades and spine. On the other hand, the four tiny muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders healthy and happy. With plenty of muscles of the rotator cuff work together to keep your shoulders have a supplied to the rotator cuff work together tog
widely varied to target them all appropriately. Because of the diversity of your upper-back muscles, they can handle a ton of work. The bigger muscles like your rear delts and rotator cuff require lighter weights for higher reps in order to grow and get
stronger. For the bigger muscles, use heavy movements like Deadlifts (1-5 reps), Rows (5-10 reps) and Pulldowns (8-12 reps). As for the smaller muscles, use lighter movements such as Reverse Flies, Face Pulls and External Rotations for 10-20 reps. 3. The Upper Back Works in Multiple Planes of Movement The upper back doesn't just work
horizontally (e.g., Rows) and vertically (e.g., Pull-Ups and Pulldowns). If you split up all the movements the upper back can perform, you'll realize how many different exercises you'll need to hit every muscle. Here's a quick summary. Horizontal Pulls: Barbell Bent-Over Rows, 1-arm Dumbbell Rows, etc. Vertical Pulls: Pull-Ups, Lat Pulldowns, etc
Retraction/Horizontal Abduction: Band Pull-Aparts, Reverse Flyes, etc. Isometric: Deadlifts, Farmers Walks Rotator Cuff: External Rotations, Cuban Presses, etc. You'd never fit all of these exercises into a single workout, so it's best to
add the most lower-back intensive exercises to the lower-body days (i.e. the days you Squat and Deadlift). For example, if you lift weights four days per week with an upper/lower split, your upper-body routine might look something like this: Day 1 - Upper Body: Vertical Pulls, Retraction/Horizontal Abduction, Rotator Cuff Day 2 - Lower Body:
Horizontal Pulls, Isometric Day 3 - Upper Body: Vertical Pulls, Retraction/Horizontal Abduction Day 4 - Lower Body: Horizontal Pulls, Isometric 4. Grease the Groove Pavel Tsatsouline, the legendary trainer who brought kettlebell training to the masses and founded StrongFirst, coined the phrase "grease the groove" as a means for frequently
practicing a strength skill. For example, to get better at Pull-Ups, one would "grease the groove" by doing many low-rep sets of Pull-Ups several times per day, every single day. You'll quickly get better at Pull-Ups several times per day, every single day. You'll quickly get better at Pull-Ups are an
excellent upper-back builder. You can sneak in extra upper back volume every day by sprinkling in low-rep Pull-Up sets throughout the day. If you're serious about packing on upper-back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, buy a doorway pull-up bar, hang it up in you're serious about packing on upper back muscle mass, but a doorway back muscle mass, and hang it up in you're serious about packing on upper back muscle ma
reps each time. That way, you can easily rack up dozens of Pull-Ups per day without getting sore or fatigued, and all these reps will add up over time for a bigger, stronger upper back. 5. Goodbye, Shoulder Pain For privacy reasons YouTube needs your permission to be loaded. For more details, please see our Privacy Policy. Many upper-back
exercises also contribute to improving and maintaining shoulder health. That's because several muscles of the upper back (primarily the rotator cuff, rhomboids and lower traps) work to keep the humerus (the "ball") snuggly
secured in the glenoid fossa (the "socket"). And while there's much more that goes into healthy shoulders than just doing a high volume of upper-back work can balance out poor posture that results from lots of sitting and staring at a computer or cell phone. Luckily, many of these postural exercises use very light loads.
and create minimal soreness, so you can do them frequently. Simply improving your posture can have a big impact on your appearance. Just take a look in the mirror with your shoulders rolled down. Prevent yourself from looking like a
Neanderthal with exercises like: All of these exercises can be performed during an upper-body warm-up or at the end of a training session multiple times per week to keep your shoulders moving and grooving. How to Train Your Upper Back Every Day Here's an example of a 4-day weekly lifting schedule that trains the upper back each day. But we did
say every day, right? That's why I've also included some exercises you can knock out on rest days. By hitting the upper back strength and size. Day 1 A. Squat variation: 3-5 sets x 3-5 reps B. Deadlift variation: 10 sets x 2 reps (light weight, focus on
speed) C. Chest-Supported Dumbbell Rows: 4 sets x 8 reps D. Hamstrings: 3 sets E. Abs: 3 sets x 3-5 reps B. Pull-Ups: 30 total reps (add weight or use band assistance if needed) C. 1-arm Dumbbell Rows: 4 sets x 8 reps/side D. Triceps: 3 sets E. Cable External Rotations: 3 sets x 10 reps/side (light weight) Day 3
A. Squat variation: 8 sets x 3 reps (light weight, focus on speed) B. Deadlift variation: 3-5 sets x 3-5 reps C. Barbell Bent-Over Rows: 3 sets x 10-20 yards (Heavy) E. Abs: 3 sets x 3 reps (light weight, focus on speed) B. Deadlift variation: 3-5 sets x 3-5 reps C. Standing 1-arm
Cable Rows: 3 sets x 10 reps/side D. Biceps: 3 sets x 10 reps/side D. Biceps: 3 sets x 15-20 reps Rest Days (2-3 days per week) A. Band Pull-Aparts: 50-100 reps total B. Face Pulls: 50-100 reps tota
bust a gym myth. I remember being taught, explicitly, as if it were a fact that my life might someday depend on, that you should never strength train the same muscle two days in a row. There is, it turns out, no such law of nature. You use a
muscle, it needs to recover. Exercise breaks down muscle tissue and recovery time repairs it, so you need to alternate the two. Either you would fail to build muscle, or perhaps you would get injured, or maybe both. The fact that I was sometimes sore the day after a workout would seem to corroborate the idea. It's best to skip if you're still sore, right?
(It's not.) I believed this for years without ever having any particular reason to believe it, besides that it's what everybody always said. This led to a number of questionable choices, like planning on a Monday-Wednesday. Friday workout schedule and then throwing it all out the window if I missed Monday's workout. I couldn't do it on Tuesday, because
then I'd be working out Tuesday and Wednesday! Which would ruin everything. But I should have seen through it. After all, we use our muscles every day just for activities of daily life. You don't lie in bed on Tuesday just because you went for a walk on Monday. And even when you think about heavier work, what about people whose jobs involve
manual labor? Does every farm worker, every member of a construction crew, every carpenter schedule a rest day after every day of work? Of course not, and that should tell us something. Meanwhile, the process of muscle breakdown and repair doesn't happen on a 24-hour clock. Some of the body's adaptations to exercise take multiple days or ever
weeks, and we don't have to wait for them to finish before we can lift again. What actually happens if you train the same muscle two days in a row? Nothing much. You get two days are not test days. You lift what you can, and you still get stronger. So
what options do I really have? First of all, if you only have two or three days a week available to strength train, you should do a full-body program so that you're hitting all your muscle groups more than once a week. And it makes sense to space those days out as much as your schedule allows. Having a rest day in between your training days isn't
necessary, but it is convenient, so you can start each workout feeling relatively fresh. Or perhaps you prefer the idea of splitting up your workout by body part. This is an idea that became popular around the time that bodybuilding and weightlifting branched into different sports. The Olympic lifts all work your full body, but if your goal is just to sculpt
your body parts for their appearance, you can give each body part its own special day in the gym. Today, it's common to do a 5-day split focusing on a different set of muscles each day (chest on Monday, back on Tuesday, and so on) or to split workouts into upper and lower body days, or pushing and pulling days. These are all fine ways to spread out
the work that you do during the week. But you can also do full-body workouts on as many days each week as you like. Taking a long weekend for a vacation? Go ahead and stack your three full-body workout plan (Monday, Wednesday, Friday) to a 4-day
one (Monday, Tuesday, Thursday, Friday). As long as you're careful about where you put your heaviest days of the week, and I don't separate my lifts by muscle group, so pretty much every workout is full body. It's absolutely fine. I can't believe I used to be
afraid of this. What rules do you have to follow? To work out your full body on a daily basis, you only need to keep a few things in mind. The main one is whether your total workload is appropriate for what your body is used to. If you're used to doing two full-body workouts each week, and you think you might like to do six, making that switch overnighten
is likely to be pretty miserable. But if you do three, you'll probably be fine with four. And once you're used to four, you can easily make the jump to five. Another thing to remember is that while you don't have to avoid fatigue, you can easily make the jump to five. Another thing to remember is that while you don't have to avoid fatigue, you can easily make the jump to five. Another thing to remember is that while you don't have to avoid fatigue, you can easily make the jump to five. Another thing to remember is that while you don't have to avoid fatigue, you can easily make the jump to five. Another thing to remember is that while you don't have to avoid fatigue, you can plan around it intelligently. I do deadlifts on my last heavy day of the week, either Friday or Saturday. And then
snatches, the lift where I most need my coordination and reaction time intact, happen on Monday after I've had the weekend to recover. I also keep in mind that fatigue tends to build during the week, so I put an easy day somewhere in the middle to give myself a break. In other words, your body is resilient. You need to make sure you're not working
it too hard, but it can adapt to greater levels of work over time. It's not bound strictly by calendar days, so feel free to play around with your schedule to figure out what works best for you. You are busy, but you need to find a way to work out. Trust me I'm right there with you. My job can be very hectic at times and yeah, it can be tough to keep on
track with my fitness goals. Being a dad and having a wife who works full time, my family and I are a little bit busy. Does this sound similar to your situation? Maybe you don't have the wife and kids, but we ALL have so much to do with such little time to get it done. School, practice, games, homework, a social life. They all require significant time, and
workouts often fall by the wayside. Check out these simple lifestyle hacks that can help you get strong and in the best shape of your life. 1. Work out first thing in the morning I know what you're probably thinking; "Hell No! I already wake up early." If that's the case then I recommend you just give this a try for two weeks straight. All of my clients
who accepted this challenge actually find that they have MORE energy throughout the day. They notice better focus while at school and an all-around better mood when they start their days with a great sweat. When we push workouts to the evening, you have a greater chance of failure. There are many more factors that could contribute to a missed
workout. In the morning, the only barrier is getting your butt out of bed. I know this might sound impossible but give it a try. You'll be better off for it. 2. Plan your week You plan 1,000 other tasks and obligations. Why not plan your week You plan 1,000 other tasks and obligations.
let your parents and friends (if needed) know what's up. After a few weeks of doing this, you'll notice that your schedule will work around the workouts and friends will understand. 3. Have a training plan Too often people go into a
gym and wander around aimlessly without having any semblance of a plan. You should have your workout written down so you can go from exercise to exercise without wasting time. If a piece of equipment is unavailable, adapt and find an alternative. Realistically, you should know exactly how long your plan takes every single workout so you can
schedule your day accordingly. And having no time is not a valid excuse. There are plenty of workouts that you can do in a little as 10 minutes that still provide plenty of benefits. Will this be as good as a 60-minute session? No. But it's better than nothing. Here are five examples: 4. Hire a professional You've definitely heard this one before, but many
still fail to do this. I've heard it all guys. "I'll just do this workout I found on Pinterest" or "I know what I'm doing and I don't need a coach." Dude, come on! I'm a fitness professional and guess what? I hired a trainer. Why? Accountability and because I like the feeling of being coached. Trust me on this one. When you put your money down and you
make yourself accountable to another person you push the odds of you working out by 100 percent. Stop thinking you can do it yourself. Man up and go hire a professional. It's an investment that goes 100 percent toward performing better and living longer. Think about that. Incorporate these four simple and majorly effective tips into your busy
lifestyle and I can almost guarantee that you will be on your way to getting in the best shape of your life. For more quick, simple and effective fitness tips that you can easily do right now go check out benboudro.com Chase It! Ben Boudro Instagram: @benboudro YouTube: Benjamin Boudro Facebook: Ben Boudro — [cf]skyword tracking tag[/cf] The
full body workout routine is one of the most proven types of weight training programs of all time. It can work for most goals (building muscle, increasing strength, etc.) and experience levels (beginner, intermediate, and advanced). In this article, I'll cover everything you need to know about it (including the 2, 3, and 4-day versions of the full body
split), and provide three free workout routines for you to use. What Is A Full Body Workout Routine? A full body workout routine is a strength training most or all of the entire body during each workout routine is a strength training program built around training most or all of the entire body day, or chest
day, or arm day, or leg day, or back and biceps day, or push day, or push day, or something similar. But with a full body routine, every day is a "full body" day. This means you'll potentially be training the following muscle groups in each workout: ChestBackShouldersBicepsTricepsQuadsHamstringsGlutesCalvesThis doesn't mean you need to do multiple exercises
for each individual body part in each session like you would with one of the other types of workouts I just mentioned. In this context, you'd end up being in the gym for 3+ hours, which is excessive/crazy. Instead, full body workouts take advantage of a higher training frequency (more about that shortly) and the fact that certain exercises (aka multi-joint
compound exercises) target multiple body parts. For example, the bench press is thought of as a chest exercise also target the shoulders and triceps, and many leg exercises target the quads, hamstrings, and/or glutes to some
extent. What Are The Benefits Of Full Body Training? There are a handful of benefits to this style of training, but I consider these to be the three most significant: Simplicity. While no training split is really that complex (e.g., upper/lower, push/pull/legs, etc.), full body is pretty much as basic and straight-forward as it gets. Convenience and scheduling. The
fact that there are only 2, 3, or 4 workouts per week and you can easily have the weekends off (or adjust it so you train on the weekends and have other days off instead) makes it convenient for most people to fit into their schedule. Higher training frequency. Depending on which version of the split is being used (more about that in a second), you'll be
often the least effective. Download my most popular Full Body Workout Routine to your phone or computer and start using it today. It's 100% free. Send Me The WorkoutThe Full Body SplitAs I've mentioned, there are a few different ways to schedule full body workouts over the course of the week. It can be done using a 2-day split, or 4-day split, or 4-day split free. Send Me The WorkoutThe Full Body SplitAs I've mentioned, there are a few different ways to schedule full body workouts over the course of the week. It can be done using a 2-day split, or 4-day split free. Send Me The WorkoutThe Full Body SplitAs I've mentioned, there are a few different ways to schedule full body workouts over the course of the week. It can be done using a 2-day split, or 4-day split free.
split.Let's take a look at each of them right now...The 3-Day Full Body SplitMonday: Full Body SplitMonday: offFriday: Full Body SplitMonday: offFriday: Full Body SplitMonday: offFriday: offFriday: Full Body SplitMonday: offFriday: offFriday: offFriday: Full Body SplitMonday: offFriday: offFriday
two days off at the end. Note that the exact days of the week you choose doesn't matter at all as long as that same structure is kept intact. The schedule shown above is probably the most common way of doing it, as many people prefer having the weekends off. The 2-Day Full Body SplitMonday: Full Body Tuesday: offWednesday: offThursday: Full Body SplitMonday: Full B
BodyFriday: offSaturday: offSunday: offSunday: offSunday: offThe 2-day version is exactly like the 3-day version, but with 2 workouts instead of 3 (shocking, right?). Once again, the exact days you choose doesn't matter as long as you ideally have 1-3 rest days between the workouts. The 4-Day Full Body SplitVersion 1 Monday: Full BodyTuesday: Full BodyWednesday.
offThursday: Full BodyFriday: Full BodyFriday: Full BodySunday: Full BodySunday: Full BodyTuesday: Ful
variations of the 4-day full body split. They all involve 4 workouts per week, but without ever training on more than two consecutive days. Yet again, the exact days you choose doesn't matter as long as you maintain that same structure. Here's what I recommend... 3-Day Version I consider the 3-day version to be the best choice for the majority of people again, the exact days you choose doesn't matter as long as you maintain that same structure.
doing full body workouts. It allows for an optimal frequency for the goals most people have, it will fit perfectly into most people in terms of issues with recovery or overuse injuries. 2-Day VersionIf you are only able to work out twice per week, this is the best
choice for you. Simple as that. (Additional details here: The Best 2-Day Workout Splits)4-Day Version tends to be problematic from the perspective of recovery and overuse injuries. But, mostly, it's just because this version tends to be the best option only for
those who actually need to train each body part, exercise, or movement pattern this often, and that's just not someone I encounter much. But if you happen to have a goal that does warrant this type of frequency, this version would be an option to consider. Who Is A Full Body Workout Best For? Like I mentioned earlier, full body training can work well
for pretty much every goal and every experience level. However, there's a difference between something being a good option, and something being the best for? Beginners with any goal. Regardless of whether you want to build muscle, gain strength, lose fat, or anything similar, if
you're a beginner (i.e. less than 6 months of consistent and intelligently programmed weight training), then a 3-day full body program is usually the best option for you. Why? Because at this early stage, the higher frequency (3 times per week) will allow you to make the fastest improvements in terms muscle and strength gains, as well as learning
proper form, improving work capacity and volume tolerance, and just becoming good at weight training. This is why so many popular beginner programs (e.g. Starting Strength) are built around this split. My own beginner programs (e.g. Starting Strength) are built around this split. My own beginner programs (e.g. Starting Strength) are built around this split.
what your goal or experience level is, if you can only manage to work out two times per week, the 2-day full body split I recommend to people with a schedule like this who still want to make good progress. (I actually include a
2-day program inside Superior Muscle Growth that uses this version of the split for this very reason). People with a goal that warrants a higher training frequency. There are many different splits that warrants training something
as often as 3 or 4 times per week? For example, certain strength and performance oriented goals may fall into this category, as do certain muscle building goals where a specialization approach (i.e. emphasizing a specific body part by training it with more volume and/or frequency) is being used. In cases like this, the full body split is often the best
option for achieving a frequency higher than twice per week. Anyone who simply prefers full body training over everything else. The key to consistent, and one of the keys to consistent, and one of the keys to consistency is making your workouts as enjoyable as possible so they become something you actually want to
do. For this reason, if you just happen to like full body training more than any other approach, then it may very well be the best option for you. Download my most popular Full Body Workout Routine to your phone or computer and start using it today. It's 100% free. Send Me The WorkoutSo, that would be the 4 groups of people who are typically best
suited for using a full body routine. But now you may be wondering... what about everyone else? Can full body training work for virtually every goal and every experience level as long as the overall program is designed correctly. There's no question or doubt
about that at all. It's just that, in some of those cases, full body training may not to be the best option. And the main example that comes to mind is... If you're an intermediate or advanced training may not to be the best option. However, I wouldn't consider it the "best" option for most
people fitting this description, and most of the coaches and trainers I know agree on this point. Just look at how the vast majority of natural bodybuilders and physique/figure competitors train. It's usually some variation of upper/lower, or push/pull/legs, or some kind of body part split. Why is this, you ask? At the top of the list of reasons would likely be
training volume. You see, there is an optimal amount of training volume (aka the amount of sets, reps, and exercises being done per muscle group) for stimulating muscle group without running into problems (e.g.
insanely long workouts). The higher frequency of a full body program certainly helps in this regard, as it allows you to spread the same optimal total weekly volume up over 3-4 workouts instead. So, for example, instead of doing 6 sets twice per week for chest - a total of 12 sets for the week - you could do 4 sets 3 times per week or 3 sets 4 times per
week (still 12 total sets done for the week). The downside to approaching this way is that there are often more physically and mentally taxing than workouts which divide the body up in some way. I mean, think about it. Which seems like it will be harder? A "pull'
workout from a push/pull/legs routine, where you only train back and biceps. Or... A full body workout, where you might train quads, hamstrings, chest, and shoulders before even getting to back/biceps. Obviously #2. But that's just the nature of full body workouts. And even when you reduce the volume per body part in each workout (and use the
higher frequency to make up the difference and still get the same total weekly volume in), you still need to take into account the quality of that volume and your level of performance for body parts being trained in the second half of a full body workout. For many people, it's simply not going to go as well as it would if you were using some other split
that allowed those body parts to be training frequencies surprisingly well. But joints and tendons? Not so much. Granted, this sort of thing will vary by person based on a variety of factors (age, genetics, experience level, strength levels,
injury history, etc.), but speaking from experience, the higher the training frequency, the more likely you'll be to run into issues with overuse injuries. Yup, even with all else (total weekly volume, exercise selection, rep ranges, etc.) being equal. So if you compare doing 6 sets twice per week for a body part vs doing 4 sets 3 times per week or 3 sets 4
times per week for that same body part, the latter two approaches would come with a higher risk of joint or tendon issues. Like I mentioned earlier, the majority of the research we have looking at training frequency for muscle growth for intermediate/advanced training each body part twice per week is more effective than training
have to ask yourself, what's the benefit of training each body part 3-4 times per week in this case? Especially when you take into account the three potential positives. And for that reason, even though a full body routine can still definitely work well for intermediate and
advanced trainees looking to build muscle, I don't consider it to be the best option for that purpose. Instead, I prefer upper/lower (like The Muscle Building Workout Routine), or push/pull/legs (like Bodybuilding 2.0 from Superior Muscle Building Workout Routine). But for everyone else, or anyone who just
happens to prefer full body training, let's take a look at some sample workouts...3-Day Full Body Workout For Beginners ax8-10 Body Workout Fo
strength. It's uses the 3-day version of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split, although it only involves two different workout. You simply alternate between them on each of the full body split although it only involves two different workout. You simply alternate between the full body split although it only involves two different workout. You simply alternate between the full body split although it only involves two different workout. You simply alternate between the full body split although it only involves two different workout. You simply although it only involves two different workout although it only involves two different workout. You simply although it only involves two different workout although it only involves two different workout. You simply although it is not although it is no
out The Beginner Weight Training Workout Routine. If you'd rather download a copy of it for free instead, just click here and tell me where to send it.) Also note that exercise. For example, 3×8-10 means 3 sets of 8-10 reps. And you can rest about
2 minutes between each set. Squats: 3×6-8Bench Press: 3×6-8Bench Press: 3×6-8Bench Press: 3×8-10Leg Curls: 3×8-10Biceps Curls: 3×8-10Biceps Curls: 3×8-10Biceps Curls: 3×8-10Eg Curls: 3×8-10E
15Standing Calf Raises: 4×6-10This is a simple and effective full body routine aimed at intermediates with the primary goal of building muscle. Just like the beginner routine we covered a minute ago, it also uses the 3-day version of the split in the same alternating A-B-A - B-A-B format. Again note that the numbers written after the exercise (like 3×8-
10) represent the amount of sets and reps to do for that exercises. For example, 3×8-10 means 3 sets of 8-10 reps. And you can rest about 2-3 minutes between sets of compound exercises, and 1-2 minutes between sets of isolation exercises, and 1-2 minutes between sets of isolation exercises.
Press: 3×8-10Lat Pull-Downs: 3×8-10Lat Pull-Downs: 3×8-10Chest Supported Rows: 3×8-10Chest Supported Rows: 3×8-10Leg Press: 3×10-15Face Pulls: 3×10-15Face Pulls: 3×10-15Face Pulls: 3×8-10Chest Supported Rows: 3×8-10Chest Suppo
routine (which obviously uses the 2-day version of the split) that's designed for pretty much anyone who is only able to train two times per week and still wants to make good muscle building progress. Again note that the numbers written after the exercise (like 3×8-10) represent the amount of sets and reps to do for that exercise. For example, 3×8-10
means 3 sets of 8-10 reps. And you can rest about 2-3 minutes between sets of compound exercises, and 1-2 minutes between sets of isolation exercises, and then sets of isolation exercises.
cycle, or HIIT it hard every day? If you're not doing the same workout every day, is it fine to work the same muscles on back-to-back days — as long as you're not going to failure on either of those days, says Lindsay Ogden, a certified personal trainer and
nutrition coach at Life Time Athletic in Chanhassen, Minnesota. By "going to failure," she means getting to a point where you literally can't execute the move because your muscles are so tired. While this most commonly happens when you're strength training (you know the "I can't even do one more rep" feeling), your legs probably feel the same type
of way after a weekly long run or an especially brutal HIIT class. And, actually, there are some perks to training the same muscle group two days in a row, if you follow the right protocol: "It can facilitate recovery and lengthen the duration of protein synthesis — meaning it increases the window of time your body (spends) building muscle," says
Ogden. The idea is to hit a muscle group hard one day with heavy weight and fewer reps (a range of eight to 12 reps), she says. "The goal is to activate the cells that promote hypertrophy (aka muscle growth) and get nutrients to the
muscles," adds Ogden. But you don't have to hit the gym two days in a row to get those muscle-building benefits: "Proper sleep, stress management, and nutrition also (aid) in this," she says. Want the full run-down? Here's what you need to know about doing the same workouts and training the same muscles on back-to-back days, depending on the
type of routine. The most important aspect when it comes to strength training? Recovery. Building strong muscles take a beating
during training, then over a day or two they recuperate and rebuild stronger than before. Many variables affect how quickly your muscle fibers recover after weight training (i.e., your level of fitness, how much weight you're lifting, and how many reps you complete). But for the average person, aim to train the same muscle group no more than twice a
week, leaving at least 48 hours between each, recommends Pire. So, no, you probably shouldn't strength train the same muscle groups (such as the chest, back, shoulders, quads, and hamstrings) with heavier weights earlier in the week, suggests Jen Hoehl, an exercise physiologist based in
New York City. Then later in the week, when you're more likely to feel tired, work on smaller muscle groups (such as the arms and calves) with lighter weights and higher reps. Doing this allows you to be fresh when you're going hard and heavy, while building endurance later. Doing cardio — whether it's running or cycling — multiple days in a row
usually isn't that risky, as long as you're not going zero to 60 with your training and listen to your body to avoid any overuse injuries and keep from plateauing. But is it bad to lift those three-
pound dumbbells in cycling class every day? Not really — since those cycle and barre class exercises aren't exactly considered strength training. "Spinning and the light upper-body dumbbells some classes call for don't add enough resistance to break down the muscle — the high-rep, low-weight movements are designed to add some variety and
increase intensity and heart rate," says Hoehl. So feel free to cycle and lift daily — but if you want to truly get strong biceps, unclip from those pedals and try barbell weight training at least twice a week. "High-intensity, total-body workouts (like burpees) don't provide the same muscular stress as classic strength workouts, so it's okay to do them on
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back-to-back days," says Pire. However, "if you're doing compound or multi-joint movements, you're hitting multiple (muscle) groups at one time — which can also be taxing and require more recovery," says Ogden. That's why, if you do too much HIIT training, you may experience overtraining syndrome. To prevent that, rotate HIIT days and strength days — with low-intensity active recovery days, of course. "A mix of HIIT and heavy weight lifting will help you look lean," adds Hoehl. (See: Here's What a Perfectly Balanced Weekly Workout Schedule Looks Like) "Ab work is generally about conditioning, or endurance, more than strength, so feel free to tack it on to your workouts daily," says Pire. Just make sure to mix things up: "Your core is always keeping you stable, so ab muscle recovery happens fast," says Hoehl. Abs quickly acclimate to stress, so do a different abs exercise every day, he adds. While it's technically fine to do the same type of workout on the daily, there's something to be said about switching things up. Overworking your body or hammering one muscle group, in particular, will likely sacrifice your form and put you at a higher risk of injury. "If you're training total body day after day or trying to work your glutes, for example, each session, it can become difficult to manage the intensity and focus," says Ogden. "That, in turn, will cause more stress, calling for more

