2 DAY SPLIT - SUPERSET PROGRAM NAME:

DAY 1		Date.		Date.		Date.		Date.	
		Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight
A1	Squats								
A2	Pull ups								
B1	Dumbbell Stiff Leg Deadlift								
B2	Dumbbell Bench Press								
C1	Barbell Overhead Press								
C2	Barbell Reverse Lunges (15 each)								
D1	Seated Row								
D2	Cable Tricep Push-Down								
D3	Crunches (20-30reps)								

DAY 2		Date.		Date.		Date.		Date.	
		Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight	Sets x Reps	Weight
A1	Deadlift (or Hip Thrust)								
A2	Pushups								
B1	Bulgarian Split Squat (or Bench Step Ups)								
B2	Single Arm Dumbbell Row								
C1	Dumbbell Lateral raises								
C2	Dumbbell Tricep Overhead Extension								
D1	Lat Pull Down								
D2	Bicep Curls								
D3	Hanging Leg Raises								