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THE 2-DAY PLAN.

@coachlukelango

- 1 Two sessions a week is the whole plan.
- 2 Pick two days and keep them every week. Day A and Day B stay the same.
- 3 If you miss one session, the other still counts.
- 4 Next page has the sets, reps and rest for both days.

THE TWO SESSIONS.

DAY A

Squat or hinge	4 x 5-8, rest 3-5 min
Push (press or bench)	3 x 8-10, rest 2-3 min
Pull (row)	3 x 8-10, rest 2-3 min
Accessory or core	2 x 12-15, rest 60-90 sec

DAY B

Hinge or squat (swap the order)	4 x 5-8, rest 3-5 min
Push (different angle)	3 x 8-10, rest 2-3 min
Pull (different angle)	3 x 8-10, rest 2-3 min
Accessory or core	2 x 12-15, rest 60-90 sec

THE PROGRESSION RULE

Add a rep each week until you hit the top of the range on every set. Once you do, add weight and drop back to the bottom of the range next session.

WHY THIS ORDER

Do the heaviest, most technical lift first while you are fresh. Push and pull come next, while you can still use full range of motion. Accessory work goes last, so a loose set there costs little.

BOOK A FREE CALL

If you would like to talk through your training, I offer a free 20 minute call on Google Meet. Calls run on Wednesday and Thursday mornings, Malaysia time, and slots are booked at least a week ahead.

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Years of coaching

5.0

Rating across 35 Google reviews

BANGSAR

In person at Jalan Telawi 3, or remote

BOOK YOUR FREE CALL →

calendly.com/lukelango-legacycoaching/consult

You can also DM CONSULT to [@coachlukelango](https://www.instagram.com/coachlukelango)