

THE ULTIMATE HOME WORKOUT

BY VINCENT SPARAGNA

THE BEST AT-HOME EXERCISES

GET INTO YOUR BEST SHAPE EVER

8 FREE
WORKOUT
PROGRAMS

ORGANIZED INTO 8 SIMPLE WORKOUTS

BASED ON THE LATEST SCIENCE

SCIENCE AND IRON™

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QUICK OVERVIEW

HOW TO USE THIS PROGRAM

WORKOUT LOG:

The [workout log](#) is a basic spreadsheet. Which comes with all of the workouts laid out for you. And it allows you to track your progress over time. That's really all you need from a good workout log. But, you can edit the sheet if you want to. Just [open the google sheet](#) -> file -> make a copy, and it's all yours.

PROGRAM GUIDE:

The [program guide](#) walks you through at-home lifting in general. Explaining all you'd really need to know. And showing you how to set up every lift at home, in depth. Complete with a sample workout walkthrough.

THIS PDF:

This PDF gives you all the "essential" stuff for [the program](#). That is, all the workout plans, a list of at-home lifts, and a guide on how to progress over time. To get all that, plus the [program guide and log](#), scroll down:

CLICK HERE TO GET THE PROGRAM GUIDE

This guide will walk you through the program in detail. To help make sure you get the best possible gains.

CLICK HERE TO ACCESS THE WORKOUT LOG

WHICH LIFTS ARE BEST?

GOOD MUSCLE-BUILDING EXERCISES

QUADS

- Squats
- Front squats
- Bulgarian squats
- Pause squats
- DB squats
- Box squats
- Split squats
- Pistol squats
- Banded squats
- Hack squats
- Lunges
- Leg press
- Step-ups
- Leg extensions
- Hip adductions

GLUTES

- Squats
- Hip thrusts
- One-leg hip thrusts
- Glute bridges
- Banded side kicks
- Hip abductions
- Donkey kicks
- Hip extensions
- Frog pumps

CALVES

- One-leg calf raises
- Seated calf raises
- Leg press calf raises
- Calf jumps
- Smith calf raises
- Calf raise w/ suitcase
- Banded calf raises

CHEST

- Push-ups
- Push-ups on knees
- Weighted push-up
- Banded push-up
- Push-up w/ feet up
- Flat bench press
- DB press
- Incline press
- Decline press
- Guillotine press
- Floor press
- DB flys
- Cable flys
- Dips
- Dips on counter

TRICEPS

- Dips
- Bench dips
- Overhead extension
- Banded extension
- DB OH extension
- Cable extension
- DB kick-backs
- Skullcrushers
- Overhead press

MID DELTS

- Overhead press
- DB lateral raise
- Cable lateral raise
- Banded lateral raise
- Upright rows
- Banded upright rows
- Pike press

BACK

- Rows
- DB rows
- Seal rows
- Cable rows
- Banded rows
- Inverted rows
- Chest-support rows
- Bent-over BB rows
- Pull-ups
- Chin-ups
- Pull-downs
- Pull-downs to neck
- Band pull-downs
- Sliding pull-downs
- Pull-ups on branch

BICEPS

- Curls
- DB curls
- BB curls
- Hammer curls
- Arnold curls
- Banded curls
- Seated curls
- Concentration curls
- Preacher curls

REAR DELTS

- DB face pulls
- Cable face pulls
- Banded face pulls
- Reverse flys
- Incline BB rows
- Incline DB rows
- Shoulder pulls

HAMS

- Romanian deadlift
- DB romanian deadlifts
- One-leg RDLs
- Nordic ham curl
- Glute-ham raises
- Lying leg curls
- Standing leg curls
- Sliding ham curls
- Hanging leg curls
- Good mornings

ABS/CORE

- Crunches
- Machine crunches
- Lying leg raises
- Hanging leg raises
- Sit-ups
- Incline sit-ups
- Planks/side planks
- Ab roll-outs

FOREARMS

- Wrist curls
- BB reverse curls
- DB reverse curls
- Grip hangs

NECK+TRAPS

- DB shrugs
- Bent BB shrugs
- Handstand shrugs
- Neck curl w/ plate
- Lying neck curl
- Neck curl w/harness

AT-HOME LIFT SWAPS



GOOD MUSCLE-BUILDING EXERCISES



QUADS

- Bookbag-weighted squats
- Suitcase-weighted squats (hold in hands)
- Band-resisted squats
- Front squats (use bag)
- Pistol squats (balance on a counter)
- Bulgarian split squats (leg up on a chair)
- Lunges (use a briefcase/bookbag)
- Bodyweight leg extension (kneel+lean)
- Step-ups (with bag)

GLUTES

- One-leg hip thrusts
- Hip thrusts (use bookbag/trash bag)
- Glute bridges (use bookbag/trash bag)
- Banded abductions
- Banded donkey kick
- Lying hip abduction
- Frog pumps

CALVES

- Seated calf raise (use trash/bookbag)
- Calf raise on step
- Banded calf raises
- Calf raise with bookbag/briefcases

CHEST

- Bookbag-weighted push-ups
- Push-ups on knees
- Banded push-ups (band on your back)
- Push-up w/ feet up
- Close-grip push ups
- Push-ups on books
- One-arm push-ups
- Banded flys (wrap band around pole)
- Flys on flat surface (use paper towels)
- Flys w/ water jugs
- Floor press (w/bag)

TRICEPS

- Sliding dips on book
- Dips on counter
- Dips off 2 chairs
- Bench dips (chair)
- Overhead extension (use band/suitcase)
- DB kick-backs (use water jug/bookbag)
- Close-grip push ups

MID DELTS

- Lateral raises (use water jug/band)
- Upright rows (use a bookbag/trash bag)
- Pike press
- Handstand push-ups

BACK

- Table inverted rows (hang off the edge)
- Banded rows (wrap a band around a pole)
- Suitcase rows
- Pull-ups on bar/pole
- Pull-ups on stable tree branch
- Pull-ups w/ heavy bookbag on
- Sliding lat pulldown (use shoes for grip)
- Band pull-downs (use door anchor)
- Band rows (use door)

BICEPS

- Curls with water jug (from ~8-50 lbs)
- Curls w/ suitcase
- Curls w/ bookbag
- Curls w/ groceries
- Curls w/ furniture
- Curls w/ trash bags
- Banded curls
- Concentration curls

REAR DELTS

- DB face pulls (use water jug/band)
- Reverse flys (use water jug/bookbag)
- Incline rows (use bookbag/briefcase)

HAMS

- Romanian deadlift (RDL) w/ bookbag
- One-leg RDLs
- RDLs w/ briefcase
- Nordic ham curl (have partner/couch hold your feet down)
- Sliding ham curls
- Hanging leg curls
- Banded good morning

ABS/CORE

- Crunches
- Lying leg raises (on a chair or bench)
- Hanging leg raises
- Sit-ups
- Incline sit-ups
- Planks/side planks
- Ab roll-outs (w/ ball)

FOREARMS

- Wrist curls (w/ jug)
- Reverse curl (use bookbag/trash bag))
- Grip hangs (tree)

NECK+TRAPS

- Shrugs (use bookbag or briefcases)
- Handstand shrugs
- Neck curl (use trash bag/backpack/jug)



8 AT-HOME PROGRAMS:

If you haven't looked at [the program guide](#), you should. Since, this program will make perfect sense to you then. But note, **these workouts are meant to be flexible**; feel free to change stuff.

For example, this program is upper-body focused. But, if you really want to grow your legs, then you could train those more. Or, let's say you don't want to train forearms or neck. In that case, you can literally just skip those lifts, and do the rest of the workout as desired. And, while we suggest certain rep ranges, **anything from ~5-30 reps per set is fine**. With that, enjoy...

5 - DAY WORKOUT

UPPER - FOCUSED PROGRAM

DAY 1

Exercise	Sets	Reps	Rest
Pull Ups	3-5	6-10	5 mins
Incline Press	3-5	6-10	5 mins
Squat	3-5	6-10	5 mins
Leg Curl	3-5	8-15	5 mins
Face Pulls	3-5	8-15	3 mins
Crunches	3-5	8-15	3 mins
Calf Raise	3-5	6-10	3 mins

DAY 2

Exercise	Sets	Reps	Rest
OH Press	3-5	6-10	5 mins
Hip Thrust	3-5	6-10	5 mins
OH Extension	2-4	8-15	4 mins
Bicep Curl	2-4	8-15	4 mins
Neck Curl	3-5	8-12	3 mins
Shrugs	3-5	6-10	3 mins
Reverse Curl	3-5	6-10	3 mins

DAY 3

Exercise	Sets	Reps	Rest
Flat Press	3-5	8-12	5 mins
Rows	3-5	8-12	5 mins
Reverse Fly	3-5	6-10	3 mins
Leg Raises	3-5	6-12	3 mins
RDL	3-5	6-10	5 mins
Lunges	3-5	8-12	4 mins
Calf Raise	3-5	8-15	4 mins

DAY 4

Exercise	Sets	Reps	Rest
Hip Thrust	3-5	8-12	5 mins
OH Press	3-5	8-12	5 mins
Bicep Curl	2-4	6-12	4 mins
Dips	2-4	6-12	4 mins
Neck Curl	3-5	6-10	3 mins
Shrugs	3-5	8-12	3 mins
Wrist Curl	3-5	6-12	3 mins

DAY 5


Exercise	Sets	Reps	Rest
Chin Ups	2-5	8-15	5 mins
Chest Flys	2-5	9-15	5 mins
Hip Extension	2-5	6-15	3 mins
Lateral Raise	2-4	7-13	3 mins
Incline Sit Up	2-4	6-15	3 mins
Incline Row	2-4	6-12	3 mins
Calf Raise	2-5	8-12	3 mins
Leg Extension	2-5	8-15	3 mins
Ham Curl	2-5	8-12	3 mins

NOTES


- In general, the more sets (per muscle) you do, the more your muscles will grow.
- To save time, try antagonistic supersets. For example, you could try a set of Bench, and without any rest, jump into a set of Rows. Then, rest for a few mins and repeat.
- Cap each set a bit (1-3 reps) shy of failure.
- Exercises are fairly flexible. Feel free to swap out one lift for any similar lift.

Progression: Try to get stronger every workout. That is, do the same exercises, for the same reps, but with more weight (e.g. +5 lbs). Or, do the same weight, but for more reps (e.g. +2 reps):

Week 1: **Add weight** Week 2:
135 x 7,7,6  **140 x 7,7,6**

Week 1: **Add reps** Week 2:
135 x 7,7,6  **135 x 8,8,7**

Week 2: **Add weight** Week 3:
140 x 7,7,6  **145 x 7,7,6**

Week 2: **Add reps** Week 3:
135 x 8,8,7  **135 x 9,9,8**

5 - DAY WORKOUT

UPPER - FOCUSED PROGRAM

LOWER

Exercise	Sets	Reps	Rest
Hip Thrust	3-5	6-10	5 mins
Calf Raise	3-5	6-10	5 mins
Squat	3-5	6-10	5 mins
Leg Curl	3-5	8-15	5 mins
Leg Raises	3-5	6-12	4 mins
Calf Raise	3-5	8-15	4 mins
Ham Curl	2-5	8-12	4 mins

PUSH

Exercise	Sets	Reps	Rest
Flat Press	3-5	8-12	5 mins
Lateral Raise	3-5	7-13	5 mins
Chest Flys	2-5	9-15	5 mins
Crunches	3-5	8-15	5 mins
OH Press	2-4	8-12	5 mins
Neck Curl	3-5	6-10	5 mins
Dips	2-4	6-12	5 mins

PULL

Exercise	Sets	Reps	Rest
Rows	3-5	8-12	5 mins
Reverse Fly	3-5	6-10	5 mins
Chin Ups	2-5	9-15	5 mins
Wrist Curl	3-5	6-12	5 mins
Shrugs	3-5	8-12	5 mins
Incline Row	2-4	6-12	5 mins
Bicep Curl	2-4	6-12	5 mins

LEGS

Exercise	Sets	Reps	Rest
RDL	3-5	6-10	5 mins
Lunges	3-5	8-12	5 mins
Hip Thrust	3-5	8-12	5 mins
Incline Sit Up	2-4	6-15	5 mins
Calf Raise	3-5	8-12	4 mins
Leg Extension	2-5	8-15	4 mins
Hip Extension	2-5	6-15	4 mins

UPPER


Exercise	Sets	Reps	Rest
Pull Ups	3-5	6-10	5 mins
Incline Press	3-5	6-10	5 mins
Face Pulls	3-5	8-15	4 mins
Neck Curl	3-5	8-12	4 mins
OH Press	3-5	6-10	4 mins
Reverse Curl	3-5	6-10	4 mins
Shrugs	3-5	6-10	4 mins
Bicep Curl	2-4	8-15	4 mins
OH Extension	2-4	8-15	4 mins

NOTES


- In general, the more sets (per muscle) you do, the more your muscles will grow.
- To save time, try antagonistic supersets. For example, you could try a set of Bench, and without any rest, jump into a set of Rows. Then, rest for a few mins and repeat.
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135 x 7,7,6  **140 x 7,7,6**

Week 1: **Add reps** Week 2:
135 x 7,7,6  **135 x 8,8,7**

Week 2: **Add weight** Week 3:
140 x 7,7,6  **145 x 7,7,6**

Week 2: **Add reps** Week 3:
135 x 8,8,7  **135 x 9,9,8**

5 - DAY WORKOUT

UPPER - FOCUSED PROGRAM

UPPER

Exercise	Sets	Reps	Rest
Chin Ups	3-5	6-10	5 mins
Incline Press	3-5	6-10	5 mins
OH Press	3-5	6-10	4 mins
Reverse Curl	3-5	6-10	4 mins
Face Pull	3-5	8-15	4 mins
Bicep Curl	2-4	8-15	4 mins
OH Extension	2-4	8-15	4 mins

LOWER

Exercise	Sets	Reps	Rest
Hip Thrust	3-5	6-10	5 mins
Calf Raise	3-5	6-10	5 mins
Squat	3-5	6-10	5 mins
Leg Curl	3-5	8-15	5 mins
Leg Raise	3-5	6-12	4 mins
Calf Raise	3-5	8-15	4 mins
Ham Curl	2-5	8-12	4 mins

UPPER

Exercise	Sets	Reps	Rest
Flat Press	3-5	8-12	5 mins
Rows	3-5	8-12	5 mins
OH Press	3-5	8-12	4 mins
Neck Curl	3-5	6-10	4 mins
Shrugs	3-5	8-12	3 mins
Incline Row	2-4	6-12	3 mins
Wrist Curl	3-5	6-12	3 mins

LOWER

Exercise	Sets	Reps	Rest
RDL	3-5	6-10	5 mins
Lunges	3-5	8-12	5 mins
Hip Thrust	3-5	8-12	5 mins
Incline Sit Up	2-4	6-15	5 mins
Calf Raise	3-5	8-12	4 mins
Leg Extension	2-5	8-15	4 mins
Hip Extension	2-5	6-15	4 mins

ACCESSORIES


Exercise	Sets	Reps	Rest
Bicep Curl	2-4	6-12	5 mins
Dips	2-4	6-12	5 mins
Lateral Raise	2-4	7-13	4 mins
Neck Curl	3-5	8-12	4 mins
Chest Flys	2-5	9-15	5 mins
Pull Ups	2-5	9-15	5 mins
Crunches	3-5	8-15	3 mins
Shrugs	3-5	6-10	3 mins
Reverse Fly	3-5	6-10	3 mins

NOTES


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Week 2: **Add weight** Week 3:
140 x 7,7,6  **145 x 7,7,6**

Week 2: **Add reps** Week 3:
135 x 8,8,7  **135 x 9,9,8**

4 - DAY WORKOUT

UPPER- FOCUSED PROGRAM

DAY 1

Exercise	Sets	Reps	Rest
Pull Ups	3-5	6-10	5 mins
Incline Press	3-5	6-10	5 mins
Squat	3-5	6-10	5 mins
Leg Curl	3-6	8-15	5 mins
Face Pulls	3-5	8-15	3 mins
Crunches	3-5	8-15	3 mins
Calf Raise	3-5	6-10	3 mins
Lateral Raise	3-5	7-13	3 mins
Hip Extension	3-5	6-15	3 mins

DAY 2

Exercise	Sets	Reps	Rest
OH Press	3-5	6-10	5 mins
Hip Thrust	3-5	6-10	5 mins
OH Extension	2-4	8-15	4 mins
Bicep Curl	2-4	8-15	4 mins
Neck Curl	3-5	8-12	3 mins
Shrugs	3-5	6-10	3 mins
Reverse Curl	3-6	6-10	3 mins
Chin Ups	2-5	9-15	5 mins
Chest Flys	2-5	9-15	5 mins

DAY 3

Exercise	Sets	Reps	Rest
Flat Press	3-5	8-12	5 mins
Rows	3-5	8-12	5 mins
Leg Raise	3-5	6-12	3 mins
Reverse Fly	3-5	6-10	3 mins
RDL	3-5	6-10	5 mins
Lunges	3-5	8-12	5 mins
Calf Raise	3-5	8-15	3 mins
Incline Sit Up	2-4	6-15	3 mins
Incline Row	2-4	6-12	3 mins

DAY 4

Exercise	Sets	Reps	Rest
Hip Thrust	3-5	8-12	5 mins
OH Press	2-4	8-12	5 mins
Bicep Curl	2-4	6-12	4 mins
Dips	3-5	6-12	4 mins
Neck Curl	3-5	6-10	3 mins
Shrugs	3-5	8-12	3 mins
Calf Raise	3-5	8-12	3 mins
Leg Extension	2-5	8-12	3 mins
Ham Curl	2-5	8-15	3 mins

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1	135	6,6,6	-
2	135	7,7,7	+3 reps
3	135	8,8,8	+3 reps
4	135	9,9,9	+3 reps
5	135	7,7,7	Deload
6	140	7,7,7	+5 lbs

→
Add weight

OR

←
Add reps

Week	Weight	Reps	Progress
1	135	6,6,6	-
2	140	6,6,6	+5 lbs
3	145	6,6,6	+5 lbs
4	150	6,6,6	+5 lbs
5	135	7,7,7	Deload
6	150	7,7,7	+3 reps

4 - DAY WORKOUT

UPPER - FOCUSED PROGRAM

FULL - BODY

Exercise	Sets	Reps	Rest
Incline Press	3-5	6-10	5 mins
Pull Ups	3-5	6-10	5 mins
OH Press	3-5	6-10	4 mins
Leg Raise	3-5	6-12	4 mins
Face Pulls	3-5	8-15	4 mins
Shrugs	3-5	6-10	4 mins
Hip Thrust	3-5	6-10	4 mins
Squat	3-5	6-10	5 mins
Ham Curl	3-5	8-12	5 mins

PUSH

Exercise	Sets	Reps	Rest
Flat Press	3-5	8-12	5 mins
Lateral Raise	3-5	7-13	5 mins
Crunches	3-5	8-15	5 mins
Chest Flys	2-5	9-15	5 mins
Calf Raise	3-5	8-15	5 mins
OH Extension	2-4	8-15	5 mins
OH Press	2-4	8-12	5 mins
Neck Curl	3-5	6-10	5 mins
Dips	2-4	6-12	5 mins

PULL

Exercise	Sets	Reps	Rest
Rows	3-5	8-12	5 mins
Reverse Fly	3-5	6-10	5 mins
Neck Curl	3-5	6-12	5 mins
Chin Ups	2-5	9-15	5 mins
Wrist Curl	3-6	6-12	5 mins
Bicep Curl	2-4	8-15	5 mins
Shrugs	3-5	8-12	5 mins
Incline Row	2-4	6-12	5 mins
Bicep Curl	2-4	6-12	5 mins

LEGS

Exercise	Sets	Reps	Rest
RDL	3-5	6-10	5 mins
Lunges	3-5	8-12	5 mins
Hip Thrust	3-5	6-12	5 mins
Incline Sit Up	2-4	6-15	5 mins
Calf Raise	3-5	6-10	4 mins
Leg Curl	2-5	8-15	4 mins
Calf Raise	3-5	8-12	4 mins
Leg Extension	2-5	6-15	4 mins
Hip Extension	2-5	8-15	4 mins

NOTES

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1	135	6,6,6	-
2	135	7,7,7	+3 reps
3	135	8,8,8	+3 reps
4	135	9,9,9	+3 reps
5	135	7,7,7	Deload
6	140	7,7,7	+5 lbs

→
Add weight

OR

←
Add reps

Week	Weight	Reps	Progress
1	135	6,6,6	-
2	140	6,6,6	+5 lbs
3	145	6,6,6	+5 lbs
4	150	6,6,6	+5 lbs
5	135	7,7,7	Deload
6	150	7,7,7	+3 reps

4 - DAY WORKOUT

UPPER- FOCUSED PROGRAM

UPPER

Exercise	Sets	Reps	Rest
Chin Ups	3-5	6-10	5 mins
Incline Press	3-5	6-10	5 mins
OH Press	3-5	6-10	4 mins
Reverse Curl	3-6	6-10	4 mins
Pull Ups	2-5	9-15	5 mins
Chest Flys	2-5	9-15	5 mins
Face Pulls	3-5	8-15	4 mins
Bicep Curl	2-4	8-15	4 mins
OH Extension	2-4	8-15	4 mins

LOWER

Exercise	Sets	Reps	Rest
Hip Thrust	3-5	6-10	5 mins
Calf Raise	3-5	6-10	5 mins
Squat	3-5	6-10	5 mins
Leg Curl	3-5	8-15	5 mins
Crunches	3-5	8-15	4 mins
Calf Raise	3-5	8-15	4 mins
Neck Curl	3-5	8-12	4 mins
Leg Raise	2-4	8-12	4 mins
Ham Raise	2-5	6-12	4 mins

UPPER

Exercise	Sets	Reps	Rest
Flat Press	3-5	8-12	5 mins
Rows	3-5	8-12	5 mins
Neck Curl	3-5	6-10	4 mins
OH Press	3-5	8-12	4 mins
Shrugs	3-5	8-12	4 mins
Incline Row	2-4	6-12	4 mins
Bicep Curl	2-4	6-12	4 mins
Dips	2-4	6-12	4 mins
Lateral Raise	2-4	7-13	4 mins

LOWER

Exercise	Sets	Reps	Rest
RDL	3-5	6-10	5 mins
Lunges	3-5	8-12	5 mins
Hip Thrust	3-5	8-12	5 mins
Incline Sit Up	3-5	6-15	5 mins
Calf Raise	3-5	8-12	4 mins
Shrugs	3-5	6-10	4 mins
Leg Extension	2-5	8-15	4 mins
Hip Extension	2-5	6-15	4 mins
Reverse Fly	3-5	6-10	4 mins

NOTES

- In general, the more sets (per muscle) you do, the more your muscles will grow.
- To save time, try antagonistic supersets. For example, you could try a set of Bench, and without any rest, jump into a set of Rows. Then, rest for a few mins and repeat.
- Cap each set a bit (1-3 reps) shy of failure.
- Exercise selection is flexible. Feel free to swap one movement for a similar lift.

Progression: Try to get stronger every workout. That is, do the same exercises, for the same reps, but with more weight (e.g. +5 lbs). Or, do the same weight, but for more reps (e.g. +2 reps):

Week	Weight	Reps	Progress
1	135	6,6,6	-
2	135	7,7,7	+3 reps
3	135	8,8,8	+3 reps
4	135	9,9,9	+3 reps
5	135	7,7,7	Deload
6	140	7,7,7	+5 lbs

→
Add weight

OR

←
Add reps

Week	Weight	Reps	Progress
1	135	6,6,6	-
2	140	6,6,6	+5 lbs
3	145	6,6,6	+5 lbs
4	150	6,6,6	+5 lbs
5	135	7,7,7	Deload
6	150	7,7,7	+3 reps

3 - DAY WORKOUT

UPPER- FOCUSED PROGRAM

DAY 1

Exercise	Sets	Reps	Rest
Pull Ups	3-5	6-10	5 mins
Incline Press	3-5	6-10	5 mins
Hip Thrust	3-5	6-10	5 mins
OH Press	3-5	6-10	5 mins
Squat	3-6	6-10	5 mins
Leg Curl	3-6	8-15	5 mins
Face Pulls	3-6	8-15	3 mins
Crunches	3-6	8-15	3 mins
Calf Raise	3-6	6-10	3 mins

DAY 2

Exercise	Sets	Reps	Rest
Flat Press	3-5	8-12	5 mins
Rows	3-5	8-12	5 mins
Hip Thrust	3-5	8-12	5 mins
OH Press	3-5	8-12	5 mins
Bicep Curl	2-5	8-15	4 mins
OH Extension	2-5	8-15	4 mins
Neck Curl	4-7	6-10	3 mins
Shrugs	4-7	8-12	3 mins
Wrist Curl	4-7	6-12	3 mins

DAY 3

Exercise	Sets	Reps	Rest
Chin Ups	2-5	9-15	5 mins
Chest Flys	2-5	9-15	5 mins
Hip Extension	2-5	6-15	3 mins
Lateral Raise	2-5	7-13	3 mins
Leg Raise	3-6	6-12	3 mins
Reverse Fly	3-6	6-10	3 mins
RDL	3-6	6-10	5 mins
Lunges	3-6	8-12	5 mins
Calf Raise	3-6	8-15	3 mins

DAYS 4 - 7

Free days. You can take these days off. Or, finish a workout from another day, if you haven't yet. Next, limit cardio to a few hours per week. Plus, try to leave 6 hours or more between cardio and lifting bouts.. Ideally, don't do cardio before you lift.

NOTES

- In general, the more sets (per muscle) you do, the more your muscles will grow.
- To save time, try antagonistic supersets. For example, you could do a set of Bench, and without any rest, jump into a set of Rows. Then, rest for a few mins and repeat.
- Cap each set a bit (1-3 reps) shy of failure.
- Exercise selection is flexible. Feel free to swap one movement for a similar lift.
- **Progression:** Try to get stronger every week. Just do the same lift, for the same reps, with more weight (e.g. +5 lbs). Or, do the same weight, for more reps (e.g. +2 reps):

Week 1: **Add weight** Week 2:

135 x 7,7,6  140 x 7,7,6

Week 1: **Add reps** Week 2:

135 x 7,7,6  135 x 8,8,7

2 - DAY WORKOUT

UPPER - FOCUSED PROGRAM

DAY 1

Exercise	Sets	Reps	Rest
Pull Ups	3-6	6-10	5 mins
Incline Press	3-6	6-10	5 mins
Hip Thrust	3-6	6-10	5 mins
OH Press	3-6	6-10	5 mins
Squat	3-7	6-10	5 mins
Leg Curl	3-7	8-15	5 mins
Reverse Fly	3-6	6-10	3 mins
Neck Curl	3-6	8-12	3 mins
Chin Ups	2-5	9-15	5 mins
Chest Flys	2-5	9-15	5 mins
Hip Extension	2-5	6-15	3 mins
Lateral Raise	2-5	7-13	3 mins
Crunches	3-6	8-15	3 mins
Face Pulls	2-5	8-15	3 mins
Calf Raise	3-7	6-10	3 mins

DAY 2

Exercise	Sets	Reps	Rest
Flat Press	3-6	8-12	5 mins
Rows	3-6	8-12	5 mins
Hip Thrust	3-6	8-12	5 mins
OH Press	3-6	8-12	5 mins
Leg Raise	3-6	8-12	3 mins
Shrugs	4-7	8-12	3 mins
RDL	3-7	6-10	5 mins
Lunges	3-7	8-12	5 mins
Calf Raise	3-7	8-15	3 mins
OH Extension	2-5	8-15	3 mins
Bicep Curl	2-5	8-15	3 mins
Incline Row	3-6	6-12	3 mins
Incline Sit Up	2-5	6-15	3 mins
Neck Curl	4-7	6-10	3 mins
Wrist Curl	4-7	6-12	3 mins

NOTES

- In general, the more sets (per muscle) you do, the more your muscles will grow.
- To save time, try antagonistic supersets. For example, you could try a set of Bench, and without any rest, jump into a set of Rows. Then, rest for a few mins and repeat.
- Cap each set a bit (1-3 reps) shy of failure.
- Exercise selection is flexible. Feel free to swap one movement for a similar lift.

Progression: Try to get stronger every workout. That is, do the same exercises, for the same reps, but with more weight (e.g. +5 lbs). Or, do the same weight, but for more reps (e.g. +2 reps):

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3	135	8,8,8	+3 reps
4	135	9,9,9	+3 reps
5	135	7,7,7	Deload
6	140	7,7,7	+5 lbs

➔
Add weight

OR

Add reps

➔

Week	Weight	Reps	Progress
1	135	6,6,6	-
2	140	6,6,6	+5 lbs
3	145	6,6,6	+5 lbs
4	150	6,6,6	+5 lbs
5	135	7,7,7	Deload
6	150	7,7,7	+3 reps

THE SMART WAY TO SUPERSET



Tricep Dips



Bicep Curls



Push-Ups



Rows



Overhead Press



Pull-Ups

You just train one muscle group. Then, without rest, hit the **opposite** one. E.g. **Triceps** -> **Biceps** -> rest 3 mins -> repeat

PROGRESSION: If your muscles are bigger, they can move more weight. At least, for any given lift. So, try to get stronger every workout. That is, do the same lifts, for the same reps, but with more weight (e.g. +5 lbs). For example, let's say you use a heavy backpack for rows. In this case, you could add clothes to the bag over time. Or, if you use a water jug for curls, you can add fluid:

Week	Weight	Reps	Progress
1	135	6,6,6	-
2	140	6,6,6	+5 lbs
3	145	6,6,6	+5 lbs
4	150	6,6,6	+5 lbs
5	135	7,7	Deload
6	150	7,7,7	+3 reps

But, past the newbie phase, it can be hard to add weight every workout. So, each week, try do the same weight, but for more reps (e.g. +2 reps). For instance, you could use the same jug/bag for curls, and instead do more reps with it. Same goes for push-ups; you can do more reps in time:

Week	Weight	Reps	Progress
1	135	6,6,6	-
2	135	7,7,7	+3 reps
3	135	8,8,8	+3 reps
4	135	9,9,9	+3 reps
5	135	7,7	Deload
6	140	7,7,7	+5 lbs



ABOUT VINCENT

FOUNDER, AUTHOR, AND ONLINE TRAINER

Vincent's written dozens of research articles for many credible fitness sites. Showing you how to get fit, in simple terms. When he's not writing, researching, or lifting weights, he likes to read and do photography. You can connect with Vincent on social media with the links below...



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THE ULTIMATE HOME WORKOUT

8 FREE FULL-BODY
WORKOUT PROGRAMS

VINCENT SPARAGNA