



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## 5 DAY AT HOME MUSCLE BUILDING WORKOUT

Being stuck at home doesn't mean you can't get in a great workout. Take on some serious "bro-split" training and build muscle with this 5-day at-home workout.

Link to Workout: <https://www.muscleandstrength.com/workouts/5-day-home-muscle-building-workout>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 10 Weeks  
**Days Per Week:** 5 Days

**Time Per Workout:** 30-60 Mins  
**Equipment:** Bands, Barbell, Bodyweight, Dumbbells  
**Author:** Roger "Rock" Rockridge

### Day 1: Chest

Exercise	Sets	Reps
<a href="#">Incline Barbell Bench Press</a>	4	8-12
<a href="#">Dumbbell Floor Press</a>	3	10-12
Banded Fly	3	12
<a href="#">Push Ups</a>	3	12,12, Drop Set

### Day 2: Back

Exercise	Sets	Reps
<a href="#">Bent Over Row</a>	4	8-12
<a href="#">Dumbbell Pullover</a>	3	10-12
Banded Row	3	12
<a href="#">Shrugs</a>	3	Failure

### Day 3: Arms

Exercise	Sets	Reps
<a href="#">Barbell Curl</a>	4	12
<a href="#">Hammer Curl</a>	3	10-12
Banded Curl	3	12
<a href="#">Overhead Tricep Extension</a>	4	12
<a href="#">Dumbbell Kickback</a>	4	12
<a href="#">Close Grip Push Up</a>	4	Failure

### Day 4: Shoulders

Exercise	Sets	Reps
<a href="#">Arnold Press</a>	4	8-12
<a href="#">Front Raise</a>	3	10-12
<a href="#">Lateral Raise</a>	3	12
<a href="#">Band Pull Apart</a>	3	12,12, Drop Set

### Day 5: Legs

Exercise	Sets	Reps
<a href="#">Squat</a>	4	8-12
<a href="#">Stiff-Leg Deadlift</a>	4	10-12
<a href="#">Walking Lunge</a>	4	12
<a href="#">Standing Calf Raise</a>	3	Failure