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Workouts



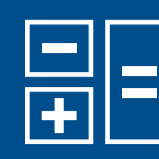
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5 DAY HOME WORKOUT ROUTINE WITH MINIMAL EQUIPMENT

Don't let closed gyms and quarantine hold you back from reaching your goals. These 5 at-home workouts will keep you on track, all with minimal to no equipment.

Link to Workout: <https://www.muscleandstrength.com/workouts/limited-equipment-home-workout>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 5 Day

Time Per Workout: 30-60 Mins

Equipment: Bands, Barbell, Bodyweight, Dumbbells

Target Gender: Male & Female

Author: Eric Broser

Day 1: All Barbell Back

Exercise	Sets	Reps
Wide Grip Barbell Bent-Over Row	3	7 - 9
Deadlift	3	10 - 12
Barbell Pullover	3	13 - 15
One Arm Barbell Row	3	16 - 20

Day 2: All Bodyweight Chest

Exercise	Sets	Reps
Push Ups (2/3/1 Tempo)	3	Max Reps
Feet-Elevated Push Ups (5/1/1 Tempo)	3	Max Reps
Dips (2/1/3 Tempo)	3	Max Reps
Narrow Grip Push Ups (2/1/1/3 Tempo)	3	Max Reps

*Lifting tempo noted in seconds. Follows the format: (Lowering, Stretch, Lifting, Squeeze)

Day 3: All Plyo Thighs

Exercise	Sets	Reps
Vertical Jumps	2	20
Stair Jumps	2	10
Broad Jumps	2	10
Butt Kick Jumps	2	15
Split Jumps	2	12 Each Leg
Lateral Bounds	2	15 On Each Leg

Day 4: All Dumbbell Delts

Exercise	Sets	Reps
1a. Standing Dumbbell Lateral Raise	2	10 - 12
1b. Dumbbell Upright Row	2	10 - 12
2a. Alternating Hammer Grip Front Dumbbell Raise	2	10 - 12
2b. Seated Dumbbell Arnold Press	2	7 - 9
Lateral Bounds	2	15 On Each Side

Day 5: All Band Arms

Exercise	Sets	Reps
Alternating Band Curls (Hold Contractions for 4 Secs)	2	8 - 10
High Band Biceps Pose Curl (Hold Stretch for 4 Secs)	2	8 - 10
Band Seated Concentration Curl (Hold Contractions 4 Secs)	2	8 - 10
Banded Overhead Extension (Hold Stretch for 4 Secs)	2	10 - 12
Band 2 Arm Kickbacks (Hold Contractions for 4 Secs)	2	10 - 12
Lying Band Extensions (Hold Stretch for 4 Secs)	2	10 - 12