



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



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Workouts



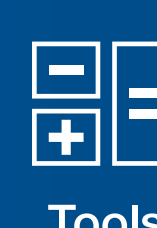
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## FIELD MANUAL: A TRAINING GUIDE FOR THOSE WITH LITTLE TIME & EQUIPMENT

No equipment, no time? No problem! Using only dumbbells, bands and your bodyweight, Brad Borland shows you how to train for gains using supersets.

Link to Workout: <https://www.muscleandstrength.com/workouts/field-manual-training-guide-limited-equipment>

**Main Goal:** Build Muscle  
**Training Level:** Beginner  
**Program Duration:** 8 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 45 Mins  
**Equipment:** Bands, Bodyweight, Dumbbells  
**Author:** Brad Borland

### Workout 1

Exercise	Warm Up Sets	Work Sets
<b>Superset</b>		
<a href="#">Incline Dumbbell Press</a> or <a href="#">Banded Chest Press</a>	2 x 10 - 20	3 x 10 - 12
<a href="#">Wide Grip Pull Up</a>	2 x 10 - 20	3 x AMAP
<b>Superset</b>		
<a href="#">Flat Bench Dumbbell Fly</a> or <a href="#">Banded Fly</a>	-	3 x 10 - 12
<a href="#">Bent Over Two-Arm Dumbbell Row</a>	-	3 x 10 - 12
<b>Superset</b>		
<a href="#">Alternating Dumbbell Press</a>	1 x 10 - 20	3 x 10 - 20
<a href="#">Wide Banded Upright Row</a>	1 x 10 - 20	3 x 10 - 20
<b>Superset</b>		
<a href="#">Dumbbell Hammer Curl</a>	1 x 10 - 20	3 x 10 - 12
<a href="#">Dumbbell Kickback</a>	1 x 10 - 20	3 x 10 - 12
<b>Superset</b>		
<a href="#">Floor Crunch</a>	-	3 x 20 - 30
<a href="#">Plank</a>	-	3 x 20 - 30 Secs
Freeform HIIT <a href="#">Cardio</a> for 15 - 20 Mins. Start w/ a 3 Min Warm Up followed by intervals of 30 Secs of High Intensity & 2 Mins of Low Intensity work.		
AMAP: As Many As Possible. Cardio: Increase the High Intensity portion & decrease the Low Intensity portion weekly (i.e. 60 Secs High, 90 Secs Low; 90 Secs High, 60 Secs Low; 120 Secs High, 30 Secs Low).		

### Workout 2

Exercise	Warm Up Sets	Work Sets
<b>Superset</b>		
<a href="#">Split Jump Squat</a>	2 x 10 - 20	3 x 10 - 16
<a href="#">Goblet Squat</a>	2 x 10 - 20	3 x 10 - 16
<b>Superset</b>		
<a href="#">Bulgarian Split Squat</a>	-	3 x 10 - 16
<a href="#">Dumbbell Stiff Leg Deadlift</a>	-	3 x 10 - 16
<b>Superset</b>		
<a href="#">Dumbbell Lunge</a>	-	3 Lengths
<a href="#">Single - Leg Calf Raise</a>	-	3 x 10 - 20
<b>Superset</b>		
<a href="#">Russian Twist</a>	-	3 x 20 - 30
<a href="#">Bicycle Crunch</a>	-	3 x 20 - 30
Freeform HIIT <a href="#">Cardio</a> for 15 - 20 Mins. Start w/ a 3 Min Warm Up followed by intervals of 30 Secs of High Intensity & 2 Mins of Low Intensity work.		
Increase the High Intensity portion & decrease the Low Intensity portion weekly (i.e. 60 Secs High, 90 Secs Low; 90 Secs High, 60 Secs Low; 120 Secs High, 30 Secs Low).		

### Workout 3

Exercise	Warm Up Sets	Work Sets
<b>Superset</b>		
Banded <a href="#">Flat Bench Fly</a> or <a href="#">Push Up</a>	2 x 10 - 20	3 x 10 - 12
<a href="#">Inverted Row</a>	2 x 10 - 20	As Many As Possible
<b>Superset</b>		
<a href="#">Incline Dumbbell Fly</a>	-	3 x 10 - 12
<a href="#">One Arm Dumbbell Row</a>	-	3 x 10 - 12
<b>Triset</b>		
<a href="#">Bent Over Dumbbell Dumbbell Rear Fly</a>	-	3 x 10
<a href="#">Dumbbell Lateral Raise</a>	-	3 x 10
<a href="#">Dumbbell Front Raise</a>	-	3 x 10
<b>Superset</b>		
<a href="#">Close Grip Pushup</a>	1 x 10 - 20	As Many As Possible
Banded or <a href="#">Dumbbell Curl</a>	1 x 10 - 20	3 x 10 - 12
<b>Superset</b>		
<a href="#">Leg Raise</a>	-	3 x 20 - 30
<a href="#">Side Crunch</a>	-	3 x 20 - 30
Freeform HIIT <a href="#">Cardio</a> for 15 - 20 Mins. Start w/ a 3 Min Warm Up followed by intervals of 30 Secs of High Intensity & 2 Mins of Low Intensity work.		
Increase the High Intensity portion & decrease the Low Intensity portion weekly (i.e. 60 Secs High, 90 Secs Low; 90 Secs High, 60 Secs Low; 120 Secs High, 30 Secs Low).		

### Workout 4

Exercise	Warm Up Sets	Work Sets
<b>Superset</b>		
Box Jump	2 x 10 - 20	3 x 10 - 16
<a href="#">Reverse Lunge</a>	2 x 10 - 20	3 x 10 - 16
<b>Superset</b>		
Dumbbell Sumo Deadlift	-	3 x 10 - 16
<a href="#">Walking Lunge</a> or <a href="#">Banded Squat</a>	-	3 x 10 - 16
<b>Superset</b>		
<a href="#">Dumbbell Stiff Leg Deadlift</a>	-	3 x 10 - 16
<a href="#">Calf Raise Off Floor</a>	-	3 x 10 - 16
<b>Superset</b>		
3 Way <a href="#">Sit Up</a>	-	3 x 20 - 30
<a href="#">Hanging Leg Raise</a>	-	3 x 20 - 30
Freeform HIIT <a href="#">Cardio</a> for 15 - 20 Mins. Start w/ a 3 Min Warm Up followed by intervals of 30 Secs of High Intensity & 2 Mins of Low Intensity work.		
Increase the High Intensity portion & decrease the Low Intensity portion weekly (i.e. 60 Secs High, 90 Secs Low; 90 Secs High, 60 Secs Low; 120 Secs High, 30 Secs Low).		