



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



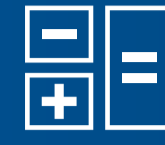
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HOME OR GYM BARBELL WORKOUT ROUTINE

This barbell only workout is perfect for someone with limited access to equipment. It can be performed virtually anywhere and requires only a barbell and some hard work.

Link to Workout: <https://www.muscleanstrength.com/workouts/home-gym-barbell-workout-routine>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 10 Weeks

Days Per Week: 4 Days

Time Per Workout: 30-45 Mins

Equipment: Barbell, Bodyweight

Author: Thomas Schultz

Monday: Lower Body

Exercise	Sets	Reps
Power Cleans	3	5
Squat	3	6 - 12
Stiff Leg Deadlift	3	6 - 12
Barbell Calf Raise	3	12 - 20
Barbell Ab Rollouts	3	10 - 20

Tuesday: Upper Body

Exercise	Sets	Reps
Bench Press	3	6 - 12
Yates Row	3	6 - 12
Push Press	3	5
Seated French Press	3	8 - 12
Barbell Curl	3	8 - 12

Thursday: Lower Body

Exercise	Sets	Reps
Deadlift	3	5
Front Squat	3	6 - 12
Wide Stance Good Mornings	3	6 - 12
Barbell Calf Raises	3	12 - 20
Weighted Barbell Sit Ups	3	10 - 20

Friday: Upper Body

Exercise	Sets	Reps
Seated Overhead Press	3	6 - 12
Barbell Rows	3	6 - 12
Incline Bench Press	3	6 - 12
Close Grip Bench Press	3	6 - 12
Reverse Grip Barbell Curls	3	8 - 12