

## Home Gym Logistics

Welcome! I call this one "Home Gym Logistics" due to the nature of having to adapt to using a home gym. The basic equipment for this 6 day split include a barbell, plates, dumbbells, and bands. There's one day of a total body workout that offers a nice change of pace. The prescribed equipment for each exercise is mostly interchangeable except for some of the barbell work and of course pull ups. If you don't have a pull up bar, you can opt for something like a pike pushup or a handstand push up. The best part of this split is it leaves no excuses when you're stuck at home. Enjoy!

I \*highly\* recommend grabbing this training primer linked below. It's free and provides a detailed, comprehensive outlook on how to approach your training – how to know if you're doing things right, how to fix them, how to select appropriate weights, and how to kick up the intensity a notch or three.

<http://fivestarrphysique.com/wp-content/uploads/2017/09/FSP-training-primer.pdf>

Below you'll find details on the tempos and rest periods you'll find throughout the workouts. The tempos are particularly crucial – when an exercise calls for a 4-second negative, hold to that – don't cheat the time, and expect to move less weight than you would under a normal tempo.

Approach the workouts in the order present and take a rest day when it's necessary. Ideally, aim for 5-6 lifting sessions per week and avoid doubling up hitting two sessions on the same day. Perform the abdominal and calf workouts as accessory sessions – tack them on to the end of a primary workout, rather than giving them their own day.  
And above all – ENJOY!

\* Key for tempo: concentric/squeeze/negative/pause

Examples: □ 1/1/3/1 = steady 1 second pacing on all phases with a 3 second negative □ 2/2/1/0 = extended concentric and isometric squeeze with standard negative and no pause between reps

All tempos are 1/1/1/1 unless specifically indicated otherwise

CHEST								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	BB Bench Press	12,10,10,8,6		:45				
	5 sets							
	Banded Flyes	15		:45				
	4 sets							
	Neutral Grip DB Press	10	1/1/3/1	:45				
	4 sets							
	Alt. Iso Lateral Supinated DB Front Raise	12 ea		:30				
	3 sets							
	Push Ups	10		:15				
	7 sets							

**[View a playlist demonstrating all of these exercises:](#)**

*Coming soon*

**Notes:**

- Bench Press – if you don't have a bench, you can do this from the floor.
- Banded Flyes – if you don't have two anchors that allow for a bilateral movement, do this unilaterally.
- Neutral Grip DB Press – these can be done from the floor as well.

## LEGS... BARBELL BRUTALITY

LEGS... BARBELL BRUTALITY					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Back Squat	12,10,10,8,6	1/1/1/3	1:00				
	5 sets							
	SLDL	15		:45				
	4 sets							
	BB Hip Thrust	10	1/5/1/1	:45				
	4 sets							
	Split Squat	12 ea		:30				
	3 sets							

**View a playlist demonstrating all of these exercises:**

*Coming soon*

**Notes:**

- Back Squat – 5 good and heavy sets. The tempo is there to add intensity if you're limited on the amount of weight you have available in plates.
- Straight Leg Deadlifts – After your 15 full reps, complete 10 optional partials at the top to intensify things.
- BB Hip Thrust - if you have a barbell, absolutely! Keep your eyes fixed on something in front of you so that your head remains stationary during this movement. Give a high and hard 5 second squeeze through the glutes at the top.

## SHOULDERS... MAKE 'EM SCREAM

					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Shoulder Press	12,10,10,8,6	1/1/2/1	1:00				
	5 sets							
	Single Arm Lateral Raises	15		:45				
	3 sets							
Superset	BB Upright Row	10		:45				
	Banded Front Raise	10						
	4 sets							
	Seated Banded Y Pulls	12		:30				
	3 sets							

[View a playlist demonstrating all of these exercises:](#)

Notes:

- Find a good secure anchor for bands ALWAYS, but especially the y-pulls – otherwise, well...your face.

ARMS ON FIRE								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	BB Curl	12,10,10,8,6		:45				
	5 sets							
	Floor Skull Crushers	15		:45				
	4 sets							
Superset	Wall Hammer Curls	12		:30				
	Banded Tricep Pressdown	15						
	4 sets							
Giant Set	Lying Banded Curls	12		:30				
	DB Overhead Extension	15						
	Diamond Push Ups	Fail						
	3 sets							

[View a playlist demonstrating all of these exercises:](#)

*Coming soon*

Notes:

- Floor Skull Crushers – allow the plates to rest on the floor between each rep so that you’re starting each rep from a dead stop. If you are using dumbbells as an alternative, try a neutral grip so that the dumbbell heads that reach the floor for that dead stop.
- Wall hammer curls – lean back into it, ZERO momentum. Keep that form strict.

BACK...IN BUSINESS!								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Wide Grip Rack Deadlift	12,10,10,8,6		:45				
	5 sets							
	3 Point Row w/ Dead Stop	8 ea		:45				
	4 sets							
	Banded Pulldown	12-15	1/1/3/0	:45				
	4 sets							
Superset	BB Shrugs	12		:30				
	Seated Banded Row	15						
	3 sets							

[View a playlist demonstrating all of these exercises:](#)

*Coming soon*

Notes:

- Wide Grip Rack Deadlift – keep those lats tight throughout this movements. If you don't have a rack or stop bars, find something that will work to raise elevate the bar, or do a conventional deadlift if you're familiar with that lift.

TOTAL BODY BURN OUT								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Man Makers	10		:20				
	4 sets							
Superset	Kettlebell/ DB Deadlifts	15-20		:45				
	Push Ups	15-20						
	4 sets							
Superset	Pull Ups	Failure		:45				
	Banded Hammer Curls	12-15						
	4 sets							
Giant Set	Upright Row into Press	12		:30				
	DB Walking Lunges	15 ea						
	Super Mans	15						
	3 sets							

**[View a playlist demonstrating all of these exercises:](#)**

*Coming soon*

**Notes:**

- Man Makers – dumbbell movement with a row, a squat, a press, all in one. Enjoy.
- Kettlebell/ DB Deadlifts – optional equipment here.
- Pull Ups – if you don't have a pull up bar, you can opt for pike push ups, handstand push ups, or even a banded pulldown.
- Upright Row into Press – barbell or dumbbell will work here.

ABS (2x per week)								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Banded Crunch	12		:10				
	5 sets							
	Tricycles	30		:45				
	2 sets							

CALVES (2x per week)								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	DB/ BB Calf Raise	12	1/3/1/1	:30				
	5 sets							

[View a playlist demonstrating all of these exercises:](#)

Notes: