

RET

# HOME ADVANCED WORKOUT



5 DAY  
UPPER LOWER ARM SPLIT  
DUMBBELL/BARBELL NEEDED

# INTRODUCTION

This program is designed with the assumption that you already have access to at least one pair of dumbbells, one barbell, and a selection of plates.

The movements involved in this program are for advanced lifters (at least 6 months of consistent training experience).

## WORKOUT METHODOLOGY

**The program will run for a total of 16 weeks with 2 phases - Each phase lasting 8 weeks.**

**The first phase runs a 5 day, upper, lower, arms split. The exercises during this phase are designed to replicate a gym-based workout.**

**Each workout typically progress with agonist & antagonist muscles in mind - This is to ensure each muscle gets the proper rest between exercises to maximize strength/rep output.**

**For phase 2, Exercise selection and overall volume will change. This is because as you progress near the end of phase 1, you will need to increase volume in order to keep seeing results.**

**Once phase 2 is completed, totaling 16 weeks. You may restart this program with simply adding an extra set to the compounding movements or to lagging body parts.**

# HOME-WORKOUT KEY PRINCIPLES



It's absolutely possible maintain, or even build muscle with just a home workout If you follow these steps:



## **Perform each working set close to failure.**

The general consensus for hypertrophy reps range from 6 to 15 reps. However, with home workouts, experienced lifters will be able to significantly surpass this number before fatigue sets in. So training to failure will ensure sufficient stimuli.



## **Take the path of MOST resistance.**

Referring back to the first step, make sure you're making the exercises as hard as possible to ensure the muscle is being sufficiently stimulated with the selected movement. A good rule of thumb is make it so that you are unable to perform more than 30 reps per set.

For example, slowing down the eccentric part of the lift whilst being explosive on the concentric.



## **Exercise selection based upon you.**

Select and adjust exercises based on your current physical strength/capability and what you have available to you in your home.

# NUTRITION



The process of building muscle is at a fixed rate; Eating more calories than necessary will not equate to more muscle. So only give what your body needs.

A sensible starting point would be around **300 calories above your current maintenance**. How do you find your maintenance? Easy. Use the online calculator: <https://manytools.org/handy/bmr-calculator/>

Next, break down your calories in to the three macronutrients – Protein, fats and carbohydrates.

**PROTEIN:** 1.4-2.0g/kg for building and maintaining muscle mass.

**FATS:** No less than 60g of fat per day. 15 – 20 % of your calories should come from fat.

**CARBOHYDRATES:** Fill the remaining calories with carbs. You want to keep your carbs as high as possible to help with performance in the gym. Don't listen to the keto/low carb zealots; your body prefers glucose as its primary source of fuel.

Experiment between your carb & fat ratios. For those who live an active lifestyle, you will typically prefer a higher carb, lower fat diet and vice versa for those with a more sedentary lifestyle.

Using MyfitnessPal, go to 'Goals' to quickly set up your macronutrient ratio with your estimated caloric maintenance in mind. Using the above linked calculator, an example for a 5'11, 170lb male with moderate physical work/heavy exercise (activity multiplier 1.7) equates to:

**BMR: 1842**

**Daily Calorie Needs (With activity multiplier): 3131 calories.**

**So, macros for bulking could look something like this:**

**Protein: 155g (20%)**

**Carbs: 390g (55%)**

**Fats: 85g (25%)**

These ratios are not gospel, but are a good place to start.

# NUTRITION



Once you've calculated your macros, track your daily morning weight for 1 week. Adjust calories according to how quick you're losing/gaining weight. For a lean bulk, aim for an average weekly weight gain of around 0.5lb.

This may not be rewarding in the short term, but over the course of, say 6 months, it adds up to 12lbs; Do that for a year, and it's theoretically 24lbs a month. Even as a beginner, it's very unlikely to be all muscle. So fat gain is almost inevitable, but should simply be accepted as part of the process.

However, with such a slow gradual weight gain, you'll be ensuring that most of the weight gain will be muscle; making it much easier and quicker to diet the weight off via a caloric deficit.



# WORKOUT



## BB/DB WORKOUT - DAY 1 UPPER A

SESSION	SETS/REPS
Pull Ups (ALT Lying Banded Row)	8-12, 8-12, 8-12
Flat Bench Press (ALT Floor Press)	8-12, 8-12, 8-12
Bent Over Row	8-12, 8-12, 8-12
Standing Military Press	8-12, 8-12, 8-12
Side Lat Raise (ALT Upright Row)	12-15, 12-15, 12-15
Supinated Biceps Curl	12-15, 12-15, 12-15
Triceps Skull Crusher (ALT Single Arm OH Extension)	12-15, 12-15, 12-15

## BB/DB WORKOUT - DAY 2 LOWER A

SESSION	SETS/REPS
Back Squat	8-12, 8-12, 8-12
Romanian Dead Lift	8-12, 8-12, 8-12
Hamstring Curl (ALT Hamstring Fall)	8-12, 8-12, 8-12
Vertical Jump	10, 10

## BB/DB WORKOUT - DAY 3 ARMS A

SESSION	SETS/REPS
Close Grip Bench Press (ALT Neutral DB Triceps Press)	8-12, 8-12, 8-12
Biceps Curl	8-12, 8-12, 8-12
Triceps Kickback (ALT Triceps Skull Crusher)	12-15, 12-15, 12-15
Hammer Grip Curl (ALT Reverse Grip Biceps Curl)	12-15, 12-15, 12-15

## REST DAY

## BB/DB WORKOUT - DAY 4 UPPER B

SESSION	SETS/REPS
Chin Ups	8-12, 8-12, 8-12
Flat Bench Press (ALT Floor Press)	8-12, 8-12, 8-12
Under-hand Grip Row	8-12, 8-12, 8-12
Seated Shoulder Press	8-12, 8-12, 8-12
Bent Over Read Delt Fly (ALT High Angle Row)	12-15, 12-15, 12-15
Supinated Biceps Curl	12-15, 12-15, 12-15
Triceps Skull Crusher (ALT Single Arm OH Extension)	12-15, 12-15, 12-15

## BB/DB WORKOUT - DAY 5 LOWER B

SESSION	SETS/REPS
Front Squat	8-12, 8-12, 8-12
Walking Lunges	8-12, 8-12, 8-12
Weighted Step Ups	8-12, 8-12, 8-12
Isometric Wall-Sit	3 sets 30 secs

## REST DAY

# WORKOUT



**KEY TERMS:**

**REPS:** If stated 8-12, you should aim for close to failure at 8 reps.

**ALT:** Alternative exercise in case of no equipment.

**REST:** 1-2 minutes.