

HOME GYM

BUILD YOUR LEGEND!



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INTRODUCTION



ABOUT THIS EBOOK

THIS EBOOK WAS CREATED AS PART OF AN ASSIGNMENT FOR THE TONNIE BOOTCAMP – JAVA AND AI IN EUROPE, IN COLLABORATION WITH THE PLATFORM DIO – DIGITAL INNOVATION ONE.

THE TASK WAS TO CREATE A BOOK ON A TOPIC OF OUR CHOICE USING CHATGPT TO GENERATE CONTENT, ALONG WITH AN AI IMAGE-GENERATION TOOL, HERE BEING USED MICROSOFT BING'S IMAGE GENERATOR, AND REVIEWING BY MICROSOFT COPILOT.

WHEN IT COMES TO THE EXERCISES INCLUDED HERE, PLEASE USE CAUTION AND GOOD JUDGMENT. THESE WORKOUTS WERE SUGGESTED AND ORGANIZED ENTIRELY WITH THE HELP OF AI, AND PROPER GUIDANCE FROM A CERTIFIED FITNESS PROFESSIONAL IS STRONGLY RECOMMENDED TO ENSURE CORRECT FORM AND AVOID INJURY.

ULTIMATELY, THIS EBOOK IS MEANT TO INSPIRE READERS WHO MAY NOT BE ABLE TO MAKE IT TO THE GYM EVERY DAY TO CREATE AND MAINTAIN THEIR OWN DEDICATED HOME WORKOUT SPACE—PRIORITIZING CONVENIENCE WHILE TAKING CARE OF THEIR PHYSICAL HEALTH.

HERE'S TO YOUR JOURNEY OF PROGRESS AND DISCOVERY—CHEERS, PREFERABLY WITH A MUG OF MEAD IN HAND!

CHAPTER 1



FEHU — NEW CYCLE





THE HAMMER CALLS



THE BEGINNING

IN ANCIENT NORSE MYTHOLOGY, THE NINE REALMS WERE CONNECTED BY YGGDRASIL – THE WORLD TREE. HUMANS LIVED IN MIDGARD, GODS RULED FROM ASGARD, AND THOSE WHO DIED WITH HONOR IN BATTLE ROSE TO THE HALLS OF VALHALLA. THAT JOURNEY BETWEEN WORLDS WAS NOT FOR THE FAINT OF HEART. IT WAS FOR THE DETERMINED – THOSE WHO CHOSE TO FIGHT, NOT WITH SWORDS, BUT WITH DISCIPLINE.

JUST AS VIKING WARRIORS SET OUT ON EXPEDITIONS THROUGH STORMS AND GIANTS, YOU TOO FACE DAILY BATTLES: FATIGUE, ROUTINE, LACK OF MOTIVATION. BUT TRAINING IS THE BATTLEFIELD WHERE YOUR SPIRIT FORGES STEEL. EVERY REP IS A CRY OF RESISTANCE. EVERY DROP OF SWEAT, A RUNE CARVED INTO YOUR BODY.

THIS eBook IS MORE THAN JUST A GUIDE TO EQUIPMENT. IT'S A JOURNEY MAP – WITH FIVE LEVELS REPRESENTING THE RISE OF THE MODERN WARRIOR: FROM YOUR FIRST EXERCISE MAT IN MIDGARD TO THE IRON AND STEEL THRONE OF VALHALLA. EACH CHAPTER UNVEILS TOOLS, TECHNIQUES, AND PRINCIPLES TO HELP YOU TRANSFORM YOUR HOME INTO A TRUE TEMPLE OF STRENGTH.





**“IN THE BEGINNING, THERE WAS ONLY SILENCE.
THE BODY, A BATTLEFIELD ASLEEP.
THE MIND, A SEA OF FOG.
SOONER OR LATER, THE WARRIOR SENSES
THE CALL TO RISE!”**



**READY TO CROSS THE REALMS?
WEAR YOUR ARMOR — OR YOUR TENIS SHOES.
TAKE YOUR HAMMER — OR YOUR BARBELL.
THE JOURNEY BEGINS NOW!**



CHAPTER 2



**EIWAZ —
TRANSFORMATION**





MIDGARD: JOURNEY



WHAT IS MIDGARD?

MIDGARD IS THE REALM OF MORTALS – THE PLANE WHERE HUMANS LIVE AND FIGHT THEIR DAILY BATTLES. THIS IS WHERE EVERY VIKING JOURNEY BEGINS, AND YOUR HOME GYM IS NO DIFFERENT.

YOU DON'T NEED EXPENSIVE MACHINES OR A TON OF SPACE TO GET STARTED. MIDGARD REPRESENTS THE MINIMUM VIABLE SETUP TO BEGIN YOUR WORKOUTS AT HOME WITH DIGNITY, CONSISTENCY, AND REAL RESULTS.

“EVERY WARRIOR STARTS ON THE GROUND. BUT IT’S ON THE GROUND WHERE WE LEARN TO RISE.”





MIDGARD: PATH



MIDGARD EQUIPMENT

EQUIPMENT	FUNCTION	USAGE TIP
MATTRESS	BASE FOR GROUND EXERCISES	CRUNCHES, PLANK, STRETCHING
RESISTANCE BANDS	ASSISTED STRENGTH TRAINING	MUSCULAR ACTIVATION (BICEPS, GLUTES, STRETCHING)
JUMPING ROPE	CARDIO AND COORDINATION	SHORT 1-MINUTE SESSIONS AT A TIME
BODYWEIGHT	YOUR GREATEST ALLY	PUSH-UPS, PLANKS, STRETCHING, BURPEES





TRAINING FIELD



MINIMUM SPACE: JUST 2 SQUARE METERS (ABOUT 21 SQUARE FEET) IS ENOUGH — A YOGA MAT FITS PERFECTLY.

FLAT SURFACE: AVOID SLIPPERY FLOORS. IF YOU'RE ON TILE OR A SLICK SURFACE, LAY DOWN A MAT FOR STABILITY.

ENVIRONMENT: IF POSSIBLE, CHOOSE A SPOT WITH GOOD VENTILATION AND NATURAL LIGHT. IT MAKES THE SPACE MORE COMFORTABLE AND HELPS KEEP MOTIVATION HIGH.

MIDGARD BASIC TRAINING

“BEFORE WIELDING THOR’S MJÖLNIR, THE WARRIOR NEEDS TO PROVE HIMSELF THE WORTHY CONQUEROR OF HIS OWN BODYWEIGHT.”

4 ROUNDS TRAINING CIRCUITS:

FREE SQUATS — 15 REPETITIONS

PUSH-UPS — 10 REPS

ISOMETRIC PLANK — 30 SECONDS

BAND ROWS (NEUTRAL GRIP) — 12 REPS

JUMPING ROPE / JUMPING JACKS — 1—MINUTE

REST FOR 1 MINUTE BETWEEN ROUNDS.

DO IT 3 TO 4 TIMES A WEEK.





MISSION: MIDGARD



- ✓ HAVING AT LEAST 2 BASIC EQUIPMENTS
- ✓ CREATE THE SPACE AND TIME FOR TRAINING
- ✓ TRAIN FOR 2 STRAIGHT WEEKS
- ✓ EVALUATE HOW TRAINING IS AFFECTING YOU POSITIVELY



“THERE’S NO HONOR IN GIVING UP. HONOR IS TO FIGHT EVERYDAY, EVEN WITHOUT A SWORD.”



CHAPTER 3



**THURISAZ —
STRENGTH,
OVERCOMING CHAOS**





JOTUNHEIM: JÖTUN



WHAT IS JOTUNHEIM?

JOTUNHEIM IS THE LAND OF GIANTS — A HARSH, CHALLENGING REALM WHERE GODS TEST THEIR STRENGTH AGAINST TITANS. THIS IS WHERE YOUR HOME GYM STARTS TO GAIN STRUCTURE AND SIZE. YOU’VE MASTERED YOUR OWN BODY; NOW IT’S TIME TO FACE EXTERNAL LOADS.

AT THIS LEVEL, YOU BEGIN INVESTING IN EQUIPMENT THAT ALLOWS FOR PROGRESSIVE OVERLOAD, VARIETY, AND REAL STRENGTH GAINS. THE SPACE CAN STILL BE COMPACT, BUT YOUR INTENT STARTS TO GROW LIKE THUNDER.

*“YOUR CHALLENGE IS NOT AGAINST FATIGUE ALONE.
THE NEXT OPPONENT IS GRAVITY!”*





JOTUNHEIM: JÖTUN



JÖTUN EQUIPMENT

EQUIPMENT	FUNCTION	USAGE TIP
PAIR OF ADJUSTABLE DUMBBELLS	LOAD VARIETY IN SMALL SPACES	OVERLOADED TRAINING FOR UPPER AND LOWER MUSCLE GROUPS
FIXED PULL-UP BAR FOR DOORS OR WALLS	PULLING STRENGTH AND STABILITY	STARTING WITH SUPINATED GRIP (PALMS FACING YOU)
LIGHT WEIGHT PLATES. 2.5LBS, 5LBS, 10LBS. 2 PAIRS OF EACH.	PROGRESSIVE OVERLOAD	WEIGHTED ISOMETRIC EXERCISES OR SHORT BAR
STRAIGHT OR ADJUSTABLE BENCH	STABILITY AND COMFORT	DUMBBELL BENCH PRESS, TRICEPS, SUPPORTED EXERCISES





TRAINING FIELD



IDEAL SPACE: BETWEEN 3 TO 5 SQUARE METERS (ROUGHLY 32 TO 54 SQUARE FEET).

ORGANIZATION: USE A VERTICAL RACK OR STORAGE BOX FOR YOUR DUMBBELLS AND WEIGHT PLATES.

STRUCTURE: IF YOU'RE USING A DOORWAY PULL-UP BAR, MAKE SURE IT'S SECURELY INSTALLED (AVOID HOLLOW-CORE DOORS).

BATTLE SOUNDS: A BLUETOOTH HEADSET OR SMALL SPEAKER CAN GIVE YOU THAT EXTRA BOOST WHEN IT'S TIME TO GO ALL IN.

JOTUNHEIM BASIC ROUTINE

SAMPLE WORKOUT – UPPER/LOWER SPLIT (2 ALTERNATING DAYS)

DAY A – SUPERIORS:

DUMBBELL BENCH PRESS – 3 X 10 REPS

DUMBBELL UNILATERAL ROWS – 3 X 12 REPS

DUMBBELL SHOULDER PRESS – 3 X 10 REPS

BICEP CURLS – 2 X 12 REPS

FRENCH TRICEP PRESS – 2 X 12 REPS

DAY B – INFERIORS AND CORE:

DUMBBELL SQUAT – 3 X 15 REPS

ALTERNATING SINGLE LEG LUNGE – 3 X 12 REPS

DUMBBELL STIFF DEADLIFT – 3 X 12 REPS

JACK KNIFE CRUNCHES – 3 X 15 REOS

SIDE PLANK – 3 X 30S PER SIDE



MISSION: JÖTUN



- ✓ HAVING AT LEAST 1 EQUIPMENT WITH ADJUSTABLE WEIGHT
- ✓ EXECUTE THE EXERCISES WITH CONTROLLED LOAD
- ✓ TRAIN 4 TIMES A WEEK WITH THE SPLIT UPPER/LOWER
- ✓ LOG THE WEIGHT OVERLOAD PROGRESS – WAR JOURNAL



***“WHEN THE WARRIOR CONQUERS HIS OWN WEIGHT,
HE’S READY TO LIFT THE WORLD!”***



CHAPTER 4



R



RAIDHO – CROSSING





BIFROST



CROSSING THE BIFROST

AFTER FORGING A FOUNDATION OF STRENGTH IN DENSE, GROUNDED REALMS, THE WARRIOR APPROACHES A MYSTICAL THRESHOLD: THE BRIDGE THAT CONNECTS THE WORLD OF MORTALS TO THE DOMAIN OF THE GODS. BIFROST, MADE OF ANCIENT ENERGY, IS MORE THAN JUST A PASSAGE — IT'S A RITE. CROSSING IT DEMANDS MORE THAN MUSCLE; IT REQUIRES DISCIPLINE, VISION, AND PURPOSE.

THIS IS THE POINT WHERE TRAINING BECOMES MORE THAN JUST PHYSICAL — IT GAINS INTENTION AND TECHNIQUE. YOUR EQUIPMENT STARTS TO TAKE SHAPE, YOUR SPACE BEGINS TO REFLECT YOUR IDENTITY, AND EACH MOVEMENT ECHOES WITH PRECISION. JUST AS HEIMDALL WATCHES OVER THE BRIDGE WITH ALL-SEEING EYES, HERE THE PRACTITIONER BEGINS TO WATCH THEMSELVES — CORRECTING, REFINING, AND FOCUSING.

“CROSSING THE BIFROST DOES NOT TURN THE WARRIOR INTO A GOD. BUT HE’S NO LONGER HUMAN...”





BIFROST



WARRIOR GEAR

EQUIPMENT	FUNCTION	USAGE TIP
KETTLEBELL - 17LBS TO 35LBS (8KG TO 16KG)	EXPLOSION, STRENGTH, FLUIDITY	SWINGS, SQUATS, SNATCHES AND HIIT, MODERATE LOAD
INCLINED OR ADJUSTABLE BENCH	SUPPORT ANGLE VARIATIONS	DUMBBELL EXERCISES, CRUNCHES, MOBILITY
TRX OR SUSPENSION TAPE	BODYWEIGHT TRAINING AND STABILITY	CORE, BACK AND CHEST. MAKE SURE IT'S FIRMLY FIXED ON A DOOR OR CEILING
NAVAL ROPE	EXPLOSIVE STRENGTH AND CARDIO	FULL BODY TRAINING IN SHORT AND INTENSE ROUNDS
FOAM ROLLER	RECOVERY AND MOBILITY	BEFORE AND AFTER TRAINING, FOR MUSCLE LOOSENING AND INJURY PREVENTION



TRAINING GROUNDS



IDEAL SPACE: 5 TO 7 SQUARE METERS (AROUND 54 TO 75 SQUARE FEET) WITH SOME LATERAL CLEARANCE.

ANCHOR POINT: TRX STRAPS AND ROPES REQUIRE A SOLID SUPPORT – LIKE A WALL-MOUNTED BAR, CEILING MOUNT, OR EVEN A STURDY TREE IF YOU'RE TRAINING OUTDOORS.

RUBBER FLOORING: HELPS ABSORB IMPACT FROM DYNAMIC EXERCISES AND PROTECTS YOUR FLOOR.

MIRROR (OPTIONAL): IMPROVES BODY AWARENESS AND HELPS WITH POSTURE CORRECTION.

BIFROST BASIC WORKOUT

FUNCTIONAL CIRCUIT WORKOUT(3 ROUNDS)

KETTLEBELL SWING – 15 REPS

TRX PULL-UPS – 10 REPS

JUMPING SQUATS – 12 REPS

TRX ROWS – 12 REPS

NAVAL ROPE (30S INTENSE ROUND)

ROTATING PLANK – 30 SECONDS PER SIDE

REST 1-2 MINUTES BETWEEN ROUNDS. TRAIN IN ALTERNATING DAYS, FOCUSING IN FLUIDITY AND TECHNIQUE.

“CLEAN MOVEMENT, SHARP MIND. THE BODY IS FORGED BY THE DETAILS.”



MISSION: BIFROST



- ✓ CONQUER AT LEAST 2 INSTABILITY EXERCISES (TRX, ROPE)
- ✓ INSERT MOBILITY AND STRETCHING IN THE ROUTINE
- ✓ FEEL IMPROVEMENT IN POSTURE, BALANCE AND CONTROL.
- ✓ INTEGRATING LIGHT CARDIO INTO THE WORKOUT (NAVAL ROPE, KETTLEBELL, ETC)



“STRENGTH WITHOUT CONTROL IS LIKE AN AXE WITHOUT A HANDLE – DANGEROUS AND USELESS.”



CHAPTER 5



**TIWAZ – SACRIFICE,
OVERCOMING,
CONQUEST**





ASGARD



THE REALM OF DEITIES

ASGARD IS THE THRONE OF THE AESIR — GODS OF STRENGTH, WAR, AND ORDER. IN THIS REALM, YOUR HOME GYM REACHES A WHOLE NEW LEVEL: YOU NOW HAVE ACCESS TO EQUIPMENT WORTHY OF ATHLETES, BODYBUILDERS, AND WARRIORS WHO'VE TURNED TRAINING INTO A WAY OF LIFE.

THIS IS THE STAGE WHERE DISCIPLINE, TECHNIQUE, AND STRENGTH CONVERGE — FORMING THE FOUNDATION FOR AESTHETICS, PERFORMANCE, AND LONGEVITY.

***“HERE THE TRAINING IS NOT FOR SURVIVAL —
IT'S FOR GLORY!”***





ASGARD



EQUIPMENTS FOR THE DEITY

EQUIPAMENTO	FUNÇÃO	DICA DE USO
OLYMPIC BARBELL AND WEIGHT PLATES	COMPOUND EXERCISES WITH HEAVY LOADS	SQUATS, DEADLIFTS, BENCH PRESS AND OVERHEAD PRESS
RACK OR POWER CAGE	SAFETY AND SUPPORT FOR SQUATS AND PRESSES	OPT FOR MODELS WITH BAR AND SAFETY PINS SUPPORT
REINFORCED ADJUSTABLE BENCH	STABILITY AND VERSATILITY	BENCH WITH HEAVY FOAM AND GOOD BASE INCLINE 0º—90º
HEAVY DUMBBELS — 45LBS+ (20KG+)	MUSCULAR ISOLATION AND UNILATERAL STRENGTH	WORKOUTS WHERE THE BARBELL WON'T DO (LUNGES, ROWS, ETC).
HIGH DENSITY RUBBER FLOOR	PROTECTION AND IMPACT ABSORPTION	DAMAGE PREVENTION TO THE FLOOR ON HEAVY LIFTINGS/DROPS



ASGARD



SHEET FOR WEIGHT PLATES

QUANTITY	WEIGHT	TOTAL
2X	45LBS -/~20 KG	90LBS /~40 KG
2X	35LBS / ~ 15 KG	70LBS /~30 KG
2X	22LBS / ~ 10 KG	44LBS /~20 KG
2X	10LBS /~4,5 KG	20LBS / ~9 KG
2X	5LBS /~2,2 KG	10LBS/~4,5 KG
2X	2LBS/ ~ 1 KG	4LBS/ ~2 KG
BARBELL	45LBS/~20 KG	45LBS/ ~20 KG
TOTAL	→	283LBS /~ 128 KG





TRAINING GROUNDS



TRANSFORMING THE SPACE INTO A TEMPLE

IDEAL AREA: 86FT²–107FT² (8M²–10M²).E.G., 8 x 13 FT (2,5M x 4M) IS ENOUGH FOR A FULL RACK)

CEILING HEIGHT: IDEALLY \geq 7.5FT (2,3M) FOR OVERHEAD PRESS AND PULL-UP BAR

NATURAL VENTILATION OR EXHAUST FAN: HEAVY WORKOUTS REQUIRE AIR CIRCULATION

BRIGHT LIGHTING + FRONT MIRROR: SETS THE MOOD, IMPROVES TECHNIQUE AND POSTURE

ORGANIZATION: WEIGHT PLATE RACK, CORNER SHELVING, OR WALL HOOKS FOR ACCESSORIES





ASGARD'S WORKOUT



FULL BODY STRENGTH WORKOUT (3X A WEEK)

SQUATS – 4 X 6 REPS

BARBELL BENCH PRESS – 4 X 6 REPS

DEADLIFT – 3 X 5 REPS

BARBELL BENT-OVER ROW – 3 X 8 REPS.

MILITARY PRESS – 3 X 6 REPS.

WEIGHTED CRUNCHES/PLANKS– 3 SETS TO FAILURE

**REST 90S-2MIN BETWEEN SETS. INCREASE LOADS
AROUND 1-2 WEEKS.**

“HERE, TÖR IS CALLED ON EVERY REP.”





MISSION: ASGARD



- ✓ EXECUTE WITH GOOD FORM AND TECHNIQUE THE 3 BIG COMPOUND EXERCISES (SQUAT, BENCH PRESS AND DEADLIFT)
- ✓ DEVELOP A PROGRESSION ROUTINE WITH OVERLOAD PLANNING
- ✓ ADJUST DIET TO SUPPORT STRENGTH AND HYPERTROPHY
- ✓ USE FULL SAFETY GEAR — BELTS PINS, PROPER SHOES, ETC



***“ONE DOES NOT TRAIN SOLELY TO DEFEAT ENEMIES,
BUT TO HONOR THE GODS — AND ONESELF”***



CHAPTER 6



**SOWILO —
ENLIGHTENED,
VICTORIOUS**





VALHALLA



WARRIORS' HALL

VALHALLA IS THE FINAL DESTINATION OF HONORABLE WARRIORS—THOSE WHO BLED THROUGH SWEAT, STAYED CONSISTENT, AND SOUGHT MORE THAN AESTHETICS — THEY SOUGHT PURPOSE.

IN YOUR HOME GYM JOURNEY, VALHALLA REPRESENTS THE LEGENDARY LEVEL: A NEAR-PROFESSIONAL SPACE, EQUIPPED WITH ELITE GEAR, TOTAL TRAINING FREEDOM, AND AN ENVIRONMENT THAT COMMANDS RESPECT.

YOU NO LONGER TRAIN OUT OF HABIT — YOU LIVE THE TRAINING.

*“ONLY THOSE WHO FACE THE DAILY BATTLES WITH
ETERNAL DISCIPLINE ARE WORTHY OF ENTERING
THROUGH THE GATES OF VALHALLA”*





VALHALLA



LEGENDARY GEAR

EQUIPMENT	FUNCTION	USAGE TIP
MULTIFUNCTION STATION (MULTI-GYM OR SMITH MACHINE)	PULLS, ROWS, CROSS, GUIDED SQUATS	COMBINING UP TO 4 MACHINES INTO 1, EXCELENT FOR WIDER SPACES
PULL MACHINE WITH PLATES OR CROSSOVER	BACK, TRICEPS AND CHEST	A VARIETY OF GRIPS AND ANGLES WITH FLUIDITY
LEG PRESS OR HACK SQUAT MACHINE	FOCUSED WORKOUTS FOR LOWER MUSCLE GROUPS	OVERLOAD WITH LESS INJURY RISK FOR THE LOWER BACK. BE CAREFUL WITH POSTURE
TRAP BAR	ERGONOMIC DEADLIFT	ALTERNATIVE TO THE REGULAR DEADLIFT
ADJUSTABLE CABLE/PULLEYS SYSTEM	ISOMETRICS CONTROL AND ISOLATED EXERCISES	TRAIN SMALL MUSCLE GROUPS



ASGARD



SHEET FOR WEIGHT PLATES

QUANTITY	WEIGHT	TOTAL
4x	45LBS -/~20 KG	180LBS/~80 KG
2x	35LBS / ~ 15 KG	70LBS / ~30 KG
2x	22LBS / ~ 10 KG	44LBS / ~20 KG
2x	10LBS / ~4,5 KG	20LBS / ~9 KG
2x	5LBS / ~2,2 KG	10LBS/~4,5 KG
2x	2LBS/ ~ 1 KG	4LBS/ ~2 KG
OLYMPIC BARBELL	45LBS/~20 KG	45LBS/ ~20 KG
TOTAL	-	373LBS / ~168 KG

MORE WEIGHT PLATES CAN BE ADDED IF THE WARRIOR GETS TOO STRONG!





TRAINING GROUNDS



THE HALL OF A LEGEND

REQUIRED SPACE: 129FT² (12 M²) OR MORE – OR A FULL GARAGE

HIGH CEILING: ≥ 8.2FT (2.5 M) IS IDEAL FOR CABLE MACHINES AND FULL-RANGE MOVEMENTS

VENTILATION + ACOUSTICS: LONG, INTENSE SESSIONS DEMAND COMFORT

REINFORCED FLOORING: 15MM+ RUBBER TILES OR A DEDICATED LIFTING PLATFORM

INSPIRING ENVIRONMENT: FLAGS, QUOTES, FOCUSED LIGHTING – MAKE IT A RITUAL

“HERE, WORKOUTS ARE RITUALS. EVERY REP IS A SACRED OFFERING,”





MYTHIC WORKOUT



ROUTINE A – PUSH (STRENGTH & VOLUME)

BARBELL BENCH PRESS – 4 x 6 REPS

INCLINE SMITH MACHINE PRESS – 3 x 8 REPS

DUMBBELL SHOULDER PRESS – 3 x 10 REPS

ROPE TRICEPS PUSHDOWN – 3 x 12 REPS

CABLE LATERAL RAISE – 3 x 15 REPS

ROUTINE B – PULL

PULL-UPS OR LAT PULLDOWN – 4 x 6–8 REPS

MACHINE ROW – 3 x 10 REPS

**ALTERNATING DUMBBELL CURL ON INCLINE BENCH –
3 x 10 REPS**

BARBELL CURL – 3 x 12 REPS

FACE PULL + ISOMETRIC HOLD – 3 x 12 REPS

ROUTINE C – LEGS

FREE BARBELL SQUAT OR HACK SQUAT – 4 x 6 REPS

LEG PRESS – 3 SETS x 10 REPS

**DUMBBELL ROMANIAN DEADLIFT (STIFF-LEG) – 3 x 12
REPS**

LEG CURL / LEG EXTENSION MACHINE – 3 x 15 REPS

SEATED + STANDING CALF RAISES – 3 x 20 REPS

**SPLIT ACROSS 3 DAYS IN A CONTINUOUS ROTATION.
PRIORITIZE QUALITY, PROGRESSIVE OVERLOAD, AND
PERFECT EXECUTION.**



MISSION: VALHALLA



- ✓ **PLAN A WEEKLY ROUTINE ORGANIZED BY MUSCLE GROUPS**
- ✓ **INCORPORATE PERIODIZATION CYCLES (STRENGTH VOLUME, DELOAD)**
- ✓ **KEEP THE TEMPLE CLEAN, ORGANIZED AND RESPECTED**
- ✓ **INSPIRE OTHERS – VALHALLA IS ALSO LEADERSHIP.**



“VALHALLA IS NOT A PLACE. IT’S THE RESULT OF AN EVERYDAY LIFE AS A WARRIOR – TO NEVER STOP FIGHTING.”



FINAL CHAPTER



BERKANO – GROWTH





FORGE CONTINUES



THE CROSSING BETWEEN REALMS WAS MERELY SYMBOLIC — BUT THE EFFORT, GROWTH, AND COMMITMENT REQUIRED AT EACH STAGE ARE VERY REAL.

SETTING UP A HOME GYM ISN'T JUST ABOUT ASSEMBLING EQUIPMENT: IT'S ABOUT CREATING A SPACE FOR TRANSFORMATION, WHERE DISCIPLINE TRIUMPHS OVER EXCUSES AND SWEAT BECOMES RITUAL.

EACH PROGRESSION, FROM MIDGARD TO VALHALLA, REPRESENTS MORE THAN JUST AN INVESTMENT IN IRON AND RUBBER — IT REFLECTS A MINDSET FORGED THROUGH PATIENCE, CONSISTENCY, AND COURAGE.

JUST AS THE NORSE GODS FACED THEIR TRIALS WITH HONOR, THE MODERN WARRIOR RISES EACH DAY NOT TO SLAY MONSTERS, BUT TO OVERCOME PROCRASTINATION, FATIGUE, AND DOUBT. AND MAY THIS GUIDE BE ONLY THE BEGINNING.

“FOR WITH EVERY TRAINING SESSION, THE RUNE IS REWRITTEN. AND WITH EVERY DROP OF EFFORT, THE WARRIOR IS REBORN.”





SPECIAL THANKS



THANK YOU FOR READING!

THE CONTENT YOU'VE JUST READ WAS ENTIRELY CREATED BY ARTIFICIAL INTELLIGENCE AND WENT THROUGH SEVERAL ROUNDS OF REVIEW AND ADAPTATION. IT MIGHT STILL HAVE ERRORS.

ALTHOUGH I'M NOT A FITNESS PROFESSIONAL, WITH THE LIMITED EXPERIENCE I DO HAVE, I CAN CONFIDENTLY SAY THAT THE MATERIAL SERVES AS A SOLID GUIDE FOR SETTING UP A GYM AND PROVIDING TRAINING EXAMPLES.

THAT SAID, SUPERVISION BY CERTIFIED PROFESSIONALS IS ESSENTIAL – BOTH FROM PHYSICAL EDUCATION EXPERTS TO ENSURE PROPER EXERCISE EXECUTION, AND FROM NUTRITIONISTS TO GUIDE YOUR DIET.

BEYOND THAT, I HOPE THIS BOOK INSPIRES YOU TO BUILD A SPACE THAT MEETS YOUR NEEDS AND KICK-STARTS YOUR JOURNEY TO BECOMING A LEGEND IN BODYBUILDING!

THANK YOU!

BRUNNO ROBERTO PEREIRA DA SILVA, 2025





END!



MY GITHUB

