

Certainly! Here's a detailed table with gym and home workout alternatives, including additional notes and helpful hacks for each exercise:

Five-day Workout Split with Home Alternatives

Day	Exercise (Gym)	Sets	Reps	Home Alternative Exercise	Sets	Reps	Notes	Hacks
Day 1: Pull	PullUps	4	8-12	Inverted Rows (using a sturdy bar or table)	4	8-12	Great for developing back width and biceps.	Hack: Use a resistance band for assistance if needed.
	Seated Cable Rows	4	8-12	BentOver Dumbbell Rows (or with resistance bands)	4	10-12	Focuses on middle back; use different grips to vary stimulus.	Hack: For more back engagement, squeeze shoulder blades together at the top.
	Face Pulls	3	12-15	Rear Delt Flyes (with dumbbells or bands)	3	12-15	Targets rear delts and upper back; promotes shoulder health.	Hack: Keep elbows slightly bent to avoid shoulder strain.

	Single Arm Dumbbell Rows	3	10-12	Resistance Band Rows	3	10-12	Emphasize lats; improve muscle imbalances.	Hack: Use a slow and controlled motion to maximize muscle tension.
	Hanging Leg Raises	3	10-15	Leg Raises on Floor	3	10-15	Targets lower abs; keep back flat against the ground.	Hack: Perform with a pause at the top for increased intensity.
	Planks	3	45-60 sec	Plank Variations (e.g., side planks)	3	45-60 sec	Targets overall core stability; focus on maintaining a straight line.	Hack: Engage glutes and quads to reduce lower back strain.
Day 2: Push	Overhead Press	4	8-12	Pike Push-Ups	4	8-12	Great for shoulder development; keep core tight.	Hack: Elevate feet to increase difficulty.
	Close Grip Bench Press	4	8-12	Diamond Push-Ups	4	8-12	Emphasize triceps and inner chest; hands	Hack: Perform on knees if full pushup is too challenging.

							close together.	
	Lateral Raises	3	1215	Dumbbell Lateral Raises	3	1215	Focuses on medial delts for shoulder width.	Hack: Use lighter weights for better form and isolation.
	Skull Crushers	3	10-15	Tricep Dips (using a chair)	3	10-15	Targets triceps; keep elbows close to the body.	Hack: Lean forward slightly to increase tricep activation.
	Cable Crunches	3	1215	Toe Touches	3	1215	Focuses on upper abs; can be performed with added weight.	Hack: Lift shoulder blades off the ground for a more effective crunch.
	Russian Twists	3	1520 each side	Bicycle Crunches	3	1520 each side	Targets obliques and middle abs; twist fully for best results.	Hack: Perform slowly to maximize muscle engagement.

Day 3: Legs	Squats	4	8-12	Bodyweight Squats	4	1215	Comprehensive lower body exercise; keep chest up.	Hack: Add a pause at the bottom for increased muscle activation.
	Romanian Deadlifts	4	8-12	Single Leg Romanian Deadlifts	4	1012 each leg	Emphasize hamstrings and glutes; maintain a slight bend in the knee.	Hack: Use a chair or wall for balance if needed.
	Leg Press	4	10-15	Bulgarian Split Squats	3	1012 each leg	Targets quads and glutes; focus on a controlled motion.	Hack: Use a bench or chair to elevate the rear leg.
	Standing Calf Raises	4	1220	Calf Raises (using a step)	4	1220	Focuses on calves; can be performed with added weight.	Hack: Hold onto a support for balance if needed.
	Seated Calf Raises	3	1220	Seated Calf Raises (with or without weight)	3	1220	Targets the soleus muscle; can be performed with	Hack: Pause at the top for better muscle engagement.

							dumbbells on knees.	
Day 4: Push	Arnold Press	4	8-12	Dumbbell Shoulder Press	4	8-12	Targets shoulder development; combines rotation and press.	Hack: Perform seated to reduce lower back strain.
	Overhead Tricep Extensions	4	8-12	Overhead Tricep Extensions (with dumbbells)	4	8-12	Emphasizes triceps; can be performed with a single dumbbell.	Hack: Keep elbows close to head for better tricep activation.
	Rear Delt Flyes	3	12-15	Reverse Flyes (with dumbbells or bands)	3	12-15	Focuses on rear delts; crucial for balanced shoulder development.	Hack: Perform bent over or lying face down for better isolation.
	Dips	3	8-12	Tricep Dips (using a chair)	3	10-15	Targets triceps and chest; adjust lean for focus.	Hack: Bend knees if using a chair to adjust difficulty.

	Reverse Crunches	3	1215	Flutter Kicks	3	1520	Focuses on lower abs; keep movements controlled.	Hack: Perform with hands under lower back for support if needed.
	Side Planks	3	30-45 sec each side	Side Planks	3	30-45 sec each side	Targets obliques and core stability; maintain a straight body line.	Hack: Elevate top leg for added challenge.
Day 5: Pull	Lat Pulldowns	4	8-12	Bodyweight Rows (under a table or using TRX bands)	4	8-12	Targets lats and improves back width.	Hack: Adjust hand grip to vary muscle activation.
	Chest Supported Rows	4	8-12	Resistance Band Rows	4	1012	Reduces lower back strain; focuses on middle back.	Hack: Use a high anchor point for bands to replicate chestsupported angle.
	Hammer Curls	3	10-15	Hammer Curls (with bands or	3	10-15	Focuses on brachialis and forearms;	Hack: Use alternate

				dumbbells)			use a controlled tempo.	hands to reduce fatigue.
	Hanging Leg Raises	3	10-15	Lying Leg Raises	3	10-15	Targets lower abs; can be intensified with a hold at the top.	Hack: For added difficulty, perform with legs straight.
	Ab Rollouts (if available)	3	8-12	Flutter Kicks	3	15-20	Engages entire core; keep movements controlled.	Hack: Use a towel or mat for comfort if rolling out on the floor.

General Tips:

Warm-Up: Start each session with 5-10 minutes of light cardio and dynamic stretching to prepare your body and reduce injury risk.

Rest Between Sets: Aim for 60-90 seconds of rest to maintain intensity and recovery.

Cooldown: Finish with stretching or foam rolling to help muscle recovery and flexibility.

Notes:

Home Alternatives: For home workouts, adjust based on available equipment and space. Focus on bodyweight exercises and resistance bands if no weights are available.

Progression: Gradually increase resistance or intensity as you progress to continue challenging your muscles and promoting growth.

Form: Prioritize correct form over heavier weights to prevent injuries and ensure effective muscle targeting.

Hacks:

Time Under Tension: Slow down the eccentric (lowering) phase of each lift to increase muscle engagement.

Partial Reps: Use partial reps to target specific ranges of motion where you feel weak.

Supersets: Combine exercises for the same muscle group (e.g., biceps) back-to-back to increase intensity and save time.

This comprehensive table provides a range of exercises and modifications to suit both gym and home settings, with detailed notes and hacks to help optimize your workouts.