

HOME TRAINING
GO ONE MORE™

WELCOME

WE HAVE CREATED THE BARE PERFORMANCE NUTRITION HOME TRAINING PLAN SO THAT YOU CAN MAINTAIN A LEVEL OF FITNESS EVEN DURING TIMES AWAY FROM A GYM OR WEIGHT TRAINING EQUIPMENT.

HERE YOU WILL FIND THREE DAYS OF WORKOUTS THAT CAN BE COMPLETED TWICE A WEEK FOR A TOTAL OF SIX TRAINING SESSIONS.

TAKE REST PERIODS AS NEEDED IN BETWEEN SETS UNLESS OTHERWISE STATED WITHIN THE PROGRAM.

ENJOY!

DAY 1: CHEST & TRICEPS

- **PUSH UPS, 3 SETS OF 5 REPS**
- **PUSH UPS, 1 SET TO FAILURE**
- **PUSH UPS, 4 SETS OF 20-25 REPS**
- **BODYWEIGHT DIPS, 1 SET OF 5 REPS**
- **BODYWEIGHT DIPS, 1 SET TO FAILURE**
- **BODYWEIGHT DIPS, 4 SETS OF 20-25 REPS**
- **SHOULDER PRESS PUSH UPS, 1 SET OF 5 REPS**
- **SHOULDER PRESS PUSH UPS, 1 SET TO FAILURE**
- **SHOULDER PRESS PUSH UPS, 4 SETS OF 10-15 REPS**
- **3 MILE RUN**



DAY 2: LOWER BODY

- **BODYWEIGHT SQUATS, 3 SETS OF 5 REPS**
 - **BODYWEIGHT SQUATS, 1 SET OF 50 REPS**
 - **BODYWEIGHT SQUATS, 4 SETS OF 25 REPS**
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- **WALKING LUNGES, 6 SETS OF 50 REPS**
***EACH REP IS WHEN ONE LEG HITS THE GROUND SO EACH LEG GETS 25 STEPS PER SET**
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- **CARDIO**
*** 5 X THE FOLLOWING MOVEMENTS FOR TIME**
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1. **400 METER SPRINT**
 2. **15 BURPEES**
 3. **25 CORE PULSE UPS**
 4. **15 BODYWEIGHT SQUATS**



DAY 3: BACK & CORE

- PLANK + PUSH UP SUPERSET (4 SETS)

***2 MINUTE PLANK**

***20 PUSH UPS**

*** NO REST IN BETWEEN**



- PULL UPS, 4 SETS TO FAILURE

***IF YOU DO NOT HAVE A PULL UP BAR
YOU CAN USE A DOOR FRAME, TREE OR FIND
A LOCAL PARK WITH A BAR**



- CORE SUPERSET, 4 SETS FOR TIME

***20 CORE PULSE UPS**

***20 CRUNCHES**

***1 MINUTE PLANK**



- 3 MILE RUN