



# **HOME TRAINING**

## **GO ONE MORE™**

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# 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**



- **WALKING LUNGES, 6 SETS OF 50 REPS**  
**\*EACH REP IS WHEN ONE LEG HITS THE GROUND SO EACH LEG GETS 25 STEPS PER SET**



- **CARDIO**  
**\* 5 X THE FOLLOWING MOVEMENTS FOR TIME**

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**