

The Optimal 6-Day At-Home Workout Plan (Dumbbell & Resistance Band)

Principle: You will train 6 days a week, following a Push/Pull/Legs (PPL) split. Day 1, 2, 3 are the first rotation, and Day 4, 5, 6 are the second. Day 7 is for rest and recovery. Each session should begin with a warm-up and end with a cool-down.

Part 1: The Non-Negotiables (Every Session)

- **A. Dynamic Warm-up (10 minutes):** Do not skip this. Its purpose is to increase blood flow and prepare your joints for the work ahead.
 - Jumping Jacks: 2 minutes
 - Arm Circles (forward & backward): 1 minute each direction
 - Leg Swings (forward & side-to-side): 1 minute per leg
 - Cat-Cow Stretch: 1 minute
 - Bodyweight Squats: 20 reps
 - Band Pull-Aparts: 2 sets of 15 reps
- **B. Static Cool-down (10 minutes):** Hold each stretch for 30 seconds after your workout. This aids recovery.
 - Chest Stretch (in a doorway or with a band)
 - Triceps Stretch (arm behind head)
 - Quad Stretch (pulling foot to glute)
 - Hamstring Stretch (sitting, reaching for toes)
 - Child's Pose

Part 2: The Workout Split

Day 1 & 4: PUSH (Chest, Shoulders, Triceps)

Focus on squeezing the muscle at the peak of the movement.

Exercise	Sets	Reps	Rest	Notes
Dumbbell Bench Press	4	8-12	90s	Control the negative (lowering) phase for 3 seconds.
Dumbbell Shoulder Press	4	8-12	90s	Keep your core tight; don't arch your back excessively.

Incline Dumbbell Press	3	10-15	60s	Use a lower weight than your flat press. Focus on the upper chest.
Dumbbell Lateral Raises	4	12-15	60s	No swinging. Lift with your shoulders, not momentum. Go lighter if needed.
Resistance Band Push-ups	3	To Failure	60s	Place the band across your upper back and hold the ends.
Overhead Tricep Extension	3	10-15	60s	Use one or two dumbbells. Get a full stretch at the bottom.
Dumbbell Chest Flys	3	12-15	60s	Imagine you are hugging a large tree. Don't let the dumbbells touch.
FINISHER: Burnout	1	AMRAP*	-	As many push-ups as possible (can be on knees).

**AMRAP: As Many Reps As Possible*

Day 2 & 5: PULL (Back, Biceps, Rear Shoulders)

Focus on pulling with your elbows to engage your back, not just your arms.

Exercise	Sets	Reps	Rest	Notes
Dumbbell Bent-Over Row	4	8-12	90s	Keep your back straight and parallel to the floor. Pull to your hips.
Resistance Band Pull-Aparts	4	15-20	60s	Squeeze your shoulder blades together. This is for rear delts and posture.
Renegade Rows	3	8-10 (per side)	90s	In a push-up position, row one dumbbell at a time. Keep hips stable.
Dumbbell Bicep Curls	4	10-12	60s	Keep elbows pinned to your sides. No swinging.
Dumbbell Hammer Curls	3	10-15	60s	Works a different part of the bicep and your forearms.
Dumbbell Pullovers	3	12-15	60s	Lie on your back. Keep a slight bend in your elbows. Feel the stretch in your lats.
Band-Resisted Curls	2	To Failure	60s	After your last dumbbell curl

				set, immediately do these to failure.
FINISHER: Back Squeeze	1	60s	-	Lie on your stomach, arms out. Lift your chest and hold, squeezing your back.

Day 3 & 6: LEGS & CORE

Do not skip leg day. A strong lower body is the foundation for a powerful physique.

Exercise	Sets	Reps	Rest	Notes
Dumbbell Goblet Squats	4	10-15	90s	Hold one dumbbell vertically against your chest. Go deep.
Dumbbell Stiff-Leg Deadlifts	4	12-15	90s	Slight bend in the knees. Focus on the stretch in your hamstrings.
Dumbbell Lunges	3	10-12 (per leg)	60s	Keep your torso upright. Step far enough to create 90-degree angles.
Dumbbell Calf Raises	4	15-20	45s	Stand on a step for a

				better range of motion. Squeeze at the top.
Band-Resisted Glute Bridges	3	15-20	60s	Place band above your knees. Drive your hips up, pushing knees out.
Plank	3	Hold to Failure	60s	Keep your body in a straight line from head to heels.
Leg Raises	3	15-20	60s	Lie on your back, hands under your glutes. Lower your legs slowly.
FINISHER: Wall Sit	1	Hold to Failure	-	Sink to a 90-degree angle and hold the position.

Brutal Honesty & Optimal Execution

1. **Progressive Overload is Everything:** The only way to grow is to consistently challenge your muscles. Each week, you must aim to do **one more rep** or add a small amount of weight. If you lift the same weight for the same reps every week, you will not change. Track your workouts.
2. **Form Over Ego:** Lifting too heavy with bad form will lead to injury and zero results. If you cannot complete the target reps with good form, the weight is too heavy. Drop your ego and the weight.
3. **Mind-Muscle Connection:** Don't just move the weight. Focus on the muscle you are trying to work. Squeeze it. Feel it burn. This is the difference between effective training and just getting tired.
4. **The 2-Hour Window:** This plan is dense. To fit it into 2 hours, you must be efficient. Stick

to your rest times. Don't scroll on your phone between sets. Focus.

This is your new protocol. The plan is optimal. The only variable now is your execution.