

1-Hour Barbell Workout Plan: 5-Day Split

This comprehensive 5-day workout plan is designed to build strength and muscle mass efficiently using fundamental barbell exercises. Each session is structured to be completed in approximately one hour.

Core Principles for Success

- **Progressive Overload:** The key to continuous improvement is to gradually increase the demand on your muscles. Aim to add a small amount of weight (e.g., 2.5-5 lbs) or an extra repetition to your main lifts each week.
- **Form First:** Always prioritize proper form over lifting heavy weight. Master the correct technique for each exercise to maximize muscle engagement and prevent injury. If unsure, watch instructional videos from reputable sources.
- **Adequate Rest:** Rest for 2-3 minutes between sets of your main compound lifts (the first exercise of the day). For all other accessory exercises, rest for 60-90 seconds. This ensures you are recovered enough to give maximum effort on each set.
- **Warm-up (5 mins):** Before each workout, perform 5 minutes of light cardio (e.g., jumping jacks, high knees) followed by dynamic stretches (e.g., arm circles, leg swings). Conclude your warm-up with one or two very light sets of your first exercise.
- **Cool-down (5 mins):** After each workout, perform static stretches for the muscles you just worked. Hold each stretch for 20-30 seconds to improve flexibility and aid recovery.

Day 1: Chest & Triceps

Exercise	Sets	Reps	Notes
Barbell Bench Press	4	6-8	Your main strength-building press.
Incline Barbell Press	3	8-10	Focus on the upper chest.

Close-Grip Bench Press	3	8-10	Great for triceps and inner chest.
Barbell Skull Crusher	3	10-12	Keep elbows tucked in.
Barbell Pullover	3	10-12	Focus on stretching the chest and lats.

Day 2: Back & Biceps

Exercise	Sets	Reps	Notes
Barbell Deadlift	4	4-6	The ultimate full-body strength builder. Brace your core.
Barbell Bent-Over Row	4	6-8	Keep your back straight and pull to your lower chest.
T-Bar Row	3	8-10	Use one end of a barbell tucked into a corner.
Barbell Shrugs	3	10-15	Squeeze your traps at the top.
Barbell Curls	3	10-12	Keep your elbows at your sides.

Day 3: Legs

Exercise	Sets	Reps	Notes
Barbell Back Squat	4	6-8	Go to at least parallel depth.
Barbell Romanian Deadlift (RDL)	3	8-10	Hinge at the hips, slight knee bend.
Barbell Lunges	3	10-12 per leg	Keep your torso upright.
Barbell Good Mornings	3	10-12	Use light weight and focus on the stretch.
Barbell Calf Raises	4	15-20	Stand on a plate for a better range.

Day 4: Shoulders

Exercise	Sets	Reps	Notes
Barbell Overhead Press (Standing)	4	6-8	Keep your core tight to protect your lower back.

Seated Barbell Press	3	8-10	Allows you to focus purely on shoulder strength.
Barbell Upright Row	3	8-10	Pull to your chest, leading with the elbows.
Barbell Front Raise	3	10-12	Use an empty or very light bar. Control the movement.

Day 5: Full Body Strength

This day is about practicing the main lifts with heavy weight and lower reps to build pure strength and improve technique.

Exercise	Sets	Reps	Notes
Barbell Back Squat	3	5	Focus on explosive power coming out of the bottom.
Barbell Bench Press	3	5	Keep the movement controlled.
Barbell Bent-Over Row	3	5	Pull explosively, lower with control.
<i>Optional Finisher:</i>			

Barbell Rollouts	3	Max	Perform on your knees for core strength. Rest 60s between sets.
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Final Notes

Consistency is the most important factor for success. Combine this training plan with proper nutrition and adequate sleep to maximize your results. Listen to your body—if you feel pain, stop. If you feel fatigued, consider taking an extra rest day.

Built by ET Sibeko, and polished by Gemini 2.5 Pro. ENJOY!!!