THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®













HIT3 TRAINING AT HOME: 8 WEEK MUSCLE BUILDING PROGRAM

This home version of our HIT3 training program will give you the muscle-building challenge you crave all while using the equipment you have in your home gym.

Link to Workout: https://www.muscleandstrength.com/ workouts/8-week-hit3-home-workout Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 3 Days

Time Per Workout: 60-75 Mins
Equipment: Bands, Barbell,
Bodyweight, Dumbbells
Author: Roger "Rock" Lockridge

Workout 1: Chest, Shoulders, and Triceps

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Exercise	Sets	Reps	Rest	
Decline Dumbbell Fly	1	8-12	None	
Incline Dumbbell Fly	1	8-12	None	
Flat Bench Dumbbell Fly	1	8-12	None	
Barbell Bench Press	1	8-12	None	
Feet-Elevated Push Ups	1	8-12	1-2 min	
Single Dumbbell Front Raise	1	8-12	None	
Barbell Close Grip Upright Row	1	8-12	None	
Arnold Press	1	8-12	None	
Seated Dumbbell Lateral Raise	1	8-12	None	
Standing Band Lateral Raise	1	8-12	1-2 min	
Skull Crushers	1	8-12	None	
<u>Dumbbell Kickbacks</u>	1	8-12	None	
Seated Two-Arm Overhead Extension	1	8-12	None	
<u>Dips</u>	1	8-12	_	

Workout 2: Lower Back, Glutes, Hamstrings, Quads, Calves

Exercise	Sets	Reps	Rest
Good Morning	1	8-12	None
Stiff Leg Deadlift	1	8-12	1 min
Barbell Hip Thrust	1	8-12	None
X-Band Walk	1	8-12	1 min
Exercise Ball Leg Curl	1	8-12	None
Dumbbell Hamstring Curl	1	8-12	None
Dumbbell Walking Lunge	1	8-12	1 min
Dumbbell Leg Extension	1	8-12	None
Barbell Squat	1	8-12	None
Zercher Squat (Sumo Stance)	1	8-12	1 min
Seated Barbell Calf Raise	1	8-12	None
Standing Calf Raise	1	8-12	-

Workout 3: Upper Back, Rear Delts, Traps, Biceps, Forearms, Abs Exercise Sets Reps

Exercise	Sets	Reps	Rest
Wide Grip Pull Up	1	8-12	None
Wide Grip Behind the Neck Pull Up	1	8-12	None
Reverse Grip Pull Up	1	8-12	None
Dumbbell Rows on Bench	1	8-12	None
Reverse Grip Barbell Row	1	8-12	1 min
Bent Over Rear Lateral Raise	1	8-12	None
Band Face Pulls	1	8-12	None
Rear Delt Barbell Row	1	8-12	None
Band Reverse Fly	1	8-12	1 min
Dumbbell High Pull (Seated)	1	8-12	None
Dumbbell High Pull (Standing)	1	8-12	None
Dumbbell Shrug (Seated)	1	8-12	1 min
Barbell Preacher Curl	1	8-12	None
Incline Dumbbell Curl	1	8-12	None
Barbell Curl	1	8-12	1 min
Barbell Wrist Curl	1	8-12	1 min
Barbell Reverse Wrist Curl	1	8-12	None

8-12

Barbell Reverse Curl