



HOME WORKOUT PLAN

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EXPLANATION

TEMPO – DURATION OF 3 PARTS OF EXERCISE (DURATION OF POSITIVE PART – DURATION OF AMPLITUDE PART – DURATION OF NEGATIVE PART).

DUMBBELLS CAN BE MADE OF BOTTLE OF SOME JUICE OR WATER.

BARBELL WITH WEIGHTS CAN BE MADE OF 2 BOTTLES THAT CONSIST 5L (IN MY CASE 6L) OF WATER AND SOME BAR.

DAY 1 – CHEST, SHOULDERS, TRICEPS AND ABS

Warmup: cardio + dynamic stretching + warmup exercises.

Main part of training:

1. DIAGONAL SLOW MOUNTAIN CLIMBERS 4X50
2. LEG RAISES 4X20
3. SHOULDER PRESS 4X30 TEMPO (1-1-2)
4. 4xSUPERSETS: 25Xpushups (TEMPO 1-2-1) + 30xLATERAL RISES (TEMPO 1-2-1)
5. 4xSUPERSET: 15XNARROW PUSH-UPS + 20XCHEST SQUEEZES
6. DIAGONAL SIT-UPS 4X25 EACH SIDE
7. 4xSUPERSET: 20XASSISTED DIPS BETWEEN CHAIRS AND 10XFORWARD SHOULDER RAISES (TEMPO 1-2-1)
8. NARROW PUSH-UPS TILL FAILURE
9. STRETCHING

DAY 2 – BACK, BICEPS, FOREARMS AND PLANKS

Warmup: cardio + dynamic stretching + warmup exercises.

Main part of training:

1. 3XGIGASET: FORNT PLANK ON ELBOWS (60S) + SIDE PLANK (EACH SIDE 30S) + FRONT PLANK ON HANDS (60S) + SITTING PLANK (60S)
2. 4XSUPERSET: 20XBICEPS HAMMER + 20X BARBELL ROWS (BACK SQUEEZING)
3. BICEPS CURLS 4X15 (TEMPO 3-2-2)
4. FOREARMS SQUEEZE 4X20
5. ROMANIAN DEADLIFT 4X20 (TEMPO 2-1-2)
6. 4XSUPERSET: 30XNARROW BICEPS CURLS + 15XLIFTING UPPER BACK
7. 4XSUPERSET: 20XDUMBBELL ROWS AND 12XBACK SQUEEZING
8. BARBELL REVERSE GRIP 4X30 (TEMPO 1-2-0)
9. BICEPS TILL FAILURE
10. STRETCHING

DAY 3 – LEGS, CALFS AND ABS

Warmup: cardio + dynamic stretching + warmup exercises.

Main part of training:

1. 4XSUPERSET: 20XSHORT SIT-UPS + 20XHIP THRUST
(TEMPO 1-3-1) (GLUTE SQUEEZING)
2. SUMO DEADLIFT 4X20 (TEMPO 2-0-2)
3. SQUATS 4X50
4. LUNGES 4X20
5. BURPEES 4X20
6. CLAF RISES 4X20
7. 3XGIGASET: 50XJUMPING JACKS + 12XJUMPS IN HEIGHT
+ 15XJUMPING LUNGES
8. SQUATS TILL FAILURE
9. MOUNTAIN CLIMBERS TILL FAILURE
10. STRETCHING

DAY 4 - REST

DAY 5 – UPPER BODY

Warmup: cardio + dynamic stretching + warmup exercises.

Main part of training:

1. MOUNTAIN CLIMBERS 4X30
2. 4XSUPERSET: 20XASSISTED BETWEEN CHAIR DIPS + 10XBARBELL ROWS + 25PUSH-UPS (TEMPO 2-1-0)
3. LEG RAISES 4X12
4. KNEE RAISES 4X15
5. BICEPS FOCUSED BARBELL ROWS 4X20 (TEMPO 2-3-1)
6. 4XSUPERSET: 20XBICEPS CURLS + 20XBICEPS HAMMER
7. SHOULDER PRESS 4X20 (TEMPO 1-1-2)
8. NARROW PUSH-UPS 4XTILL FAILURE
9. SQUEEZING BACK AND CHEST 4X12 (TEMPO 2-3-1)
10. STRETCHING

DAY 6 – LOWER BODY

Warmup: cardio + dynamic stretching + warmup exercises.

Main part of training:

1. 3XGIGASET: FORNT PLANK ON ELBOWS (60S) + SIDE PLANK (EACH SIDE 30S) + FRONT PLANK ON HANDS (60S) + SITTING PLANK (60S)
2. BROAD JUMPS 4X15
3. 4XSUPERSET: 20XSQUATS (TEMPO 2-2-1) + 16XLUNGES
4. JUMPING LUNGES 4X20
5. BULGARIAN SQUAT 4X10
6. BURPEES 4X15
7. SUPERMAN 4X20
8. 4XSUPERSET: 20XJUMPING CALF RISES + 60XJUMPING JACKS
9. JUMPS IN HEIGHT TILL FAILURE
10. STRETCHING

DAY 7 - REST