

**BUILT WITH SCIENCE™**

# **FULL BODY HOME WORKOUT**

*A COMPLETE SCIENCE-BASED AT HOME WORKOUT  
PLAN DESIGN TO BUILD MUSCLE WITHOUT ANY  
EQUIPMENT NEEDED*

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**SCIENCE**



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# WORKOUT ROUTINE OVERVIEW

This full body home workout routine is designed to train all of your upper and lower body musculature in a proportionate manner. It's designed to be performed 3-4x/week in order to meet the volume requirements to maximize growth:

## Monday – Full Body Home Workout

Tuesday – Rest (abs, cardio, etc.)

## Wednesday – Full Body Home Workout

Thursday – Rest (abs, cardio, etc.)

## Friday – Full Body Home Workout

Saturday – Rest

Sunday – Rest

## REPEAT

The exact days don't matter for your workouts, but the key is to get at least one rest day in between each consecutive 3 workouts. Abs and/or cardio exercises can be thrown into the main workouts as well, or performed on rest days.

# THE FULL BODY HOME WORKOUT

## THE FULL BODY HOME WORKOUT

Exercise	Sets	Reps*	Rest (min)
SUPERSET: Diamond Push-Ups (2 flat, 2 decline)  Inverted row	4 4	At least 1-3 reps short of failure	30-45s between exercises
SUPERSET: Pike Push-Ups  Sliding Lat Pulldowns	3 3	At least 1-3 reps short of failure	30-45s between exercises
SUPERSET: Biceps Bed Sheet Curl  Tricep Extensions	2 2	At least 1-3 reps short of failure	30-45s between exercises
Assisted Pistol Squat	3 per leg	At least 1-3 reps short of failure	45s between legs
Bulgarian Split Squat	3 per leg	At least 1-3 reps short of failure	45s between legs
Sliding Hamstring Curls	4	At least 1-3 reps short of failure	1.5-2

\*In order to maximize growth with this workout, you need to push yourself hard enough during each of your sets. Thus, for every set push yourself close enough to the point where you wouldn't be able to do another rep with proper form. This is why a rep range isn't listed, as the amount of reps it'll take someone to reach failure (or close to it) will differ for everyone. With that being said though, each set should not exceed ~30 reps. If you can do more than 30 reps in a set, it's an indication that the load/resistance is too light and you should progress the movement using one of the progressions listed in the tutorials in this document.

# EXERCISE TUTORIALS & PROGRESSIONS

## EXERCISE 1: DIAMOND PUSH-UPS

**Step 1:** Get into a normal push-up position but position your hands in a diamond formation under your chest. Your body should be in a straight line.

**Step 2:** Descend until your chest just about touches the floor, and then push back up into the starting position. Avoid flaring your elbows out to the sides as you descend, instead keep them tucked.

**Step 3:** Perform 2 sets on a flat angle, and then another 2 sets with your feet elevated on platform and hands positioned further up towards your face to now emphasize the upper chest more.

**Progression:** Wear a weighted bag and/or use a band to add more resistance to the movement.



# EXERCISE TUTORIALS & PROGRESSIONS

## EXERCISE 2: INVERTED ROW

**Step 1 (Setup):** Pick which inverted row you'd like to perform. You can use the "stick inverted row", the "table inverted row", or the "bed sheet inverted row" depending on what is most convenient for you at home. For the sheet inverted row, tie a simple knot at the ends of two towels or bed sheets. Throw them over the door and close the door, then grab onto the towels/sheets to use as your "handles"

**Step 2:** Lean back so that your arms are fully extended and body is in a straight line. The more horizontal your body is, the harder the movement will be.

**Step 3 (Return):** Row by squeezing your shoulder blades together and driving your elbows back. Descend by slowly controlling your body back down to the start position then repeat.

**Progression:** Wear a weighted bag and/or make your body more horizontal (e.g. elevate your feet).



# EXERCISE TUTORIALS & PROGRESSIONS

## EXERCISE 3: PIKE PUSH-UPS

**Step 1:** Assume a pushup position, then move your hands closer to your feet while keeping your legs straight until your body makes an “upside down V shape”.

**Step 2:** Bend your elbows to lower your upper body towards the ground until the top of your nose nearly touches the floor. As you do so, your head should move forward past your hands. Avoid flaring your elbows out to the side, instead keep them tucked with your forearms vertical over your wrists.

**Step 3:** Push back up to the starting position by extending your arms. At the top, your head should now be positioned between your two hands.



**Progression:** Repeat the process of both gradually moving your hands closer to your feet and then elevating your feet onto a platform to increase the load placed on your upper body. Mark down the distance of how far your hands are from your feet so that you can track your progress overtime.



# EXERCISE TUTORIALS & PROGRESSIONS

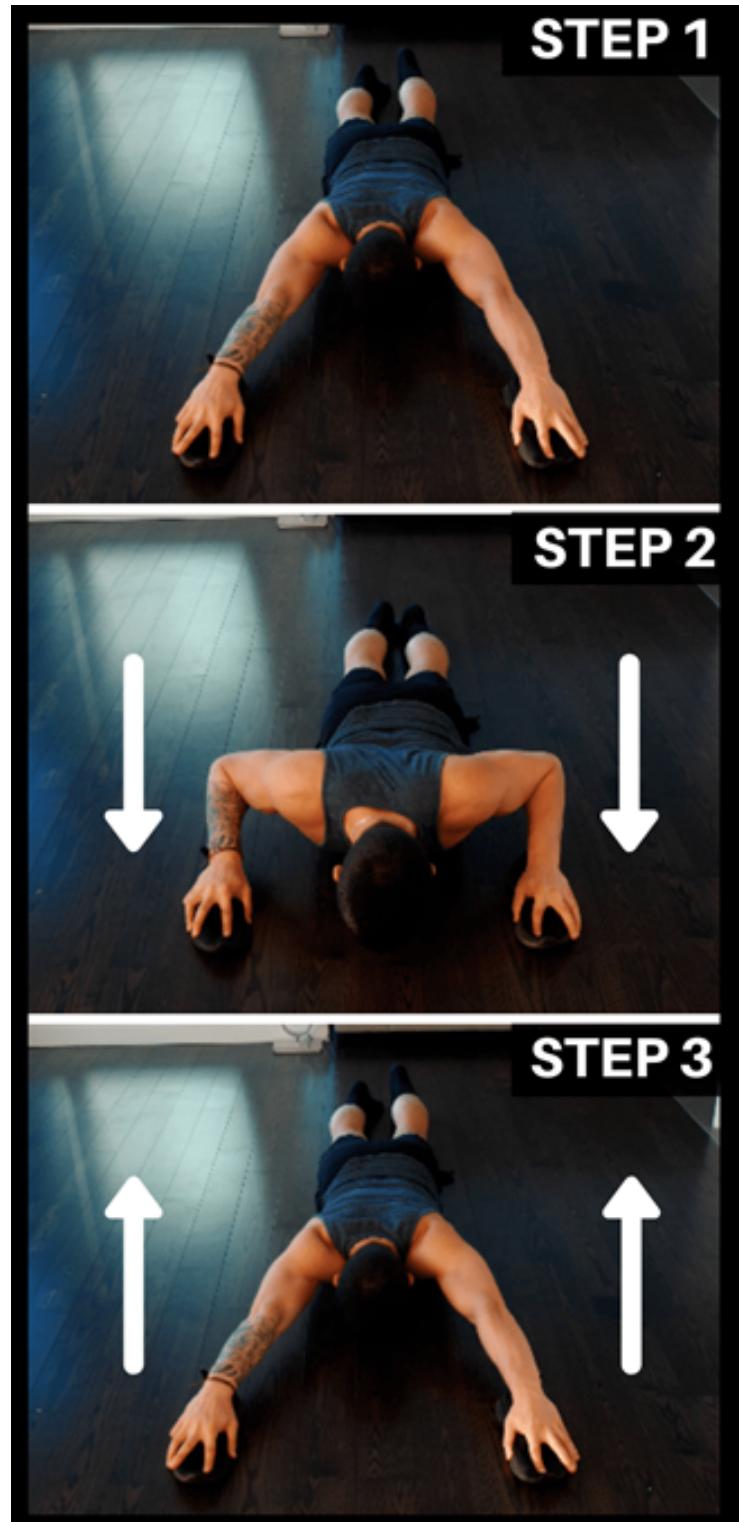
## EXERCISE 4: SLIDING LAT PULLDOWNS

**Step 1:** Lay on your stomach on a smooth surface with arms and feet fully extended. Hold onto shoes for grip.

**Step 2:** Slide your body up so that your head moves towards your hands by pulling your elbows down, simulating a lat pulldown movement pattern. You should feel your lats engage

**Step 3:** Extend your arms back to the starting position, and repeat.

**Progression:** Wear a weighted backpack and/or add resistance by pressing your feet into the ground as you perform your reps.



# WANT TO SHORTCUT YOUR TRANSFORMATION?

If you want to build muscle as fast as possible and actually see progress with whatever routine you use, then you need to ensure that you're optimizing all the little details within your workouts (workout volume, training intensity, training frequency) AND within what you then eat to then fuel your muscles for growth and recovery.

This is what's key to seeing results and is exactly how thousands of Built With Science members like Marko here are able to pack on size and strength in such a short amount of time.



To get started with a science-based program that takes care of all the guess work for you and shows you exactly how and what to workout and eat week after week so that you can fuel your body and build muscle most effectively with science, then simply take the quiz below to find out which program is best for your specific body and situation:



[CLICK HERE TO TAKE THE ANALYSIS QUIZ](#)

# EXERCISE TUTORIALS & PROGRESSIONS

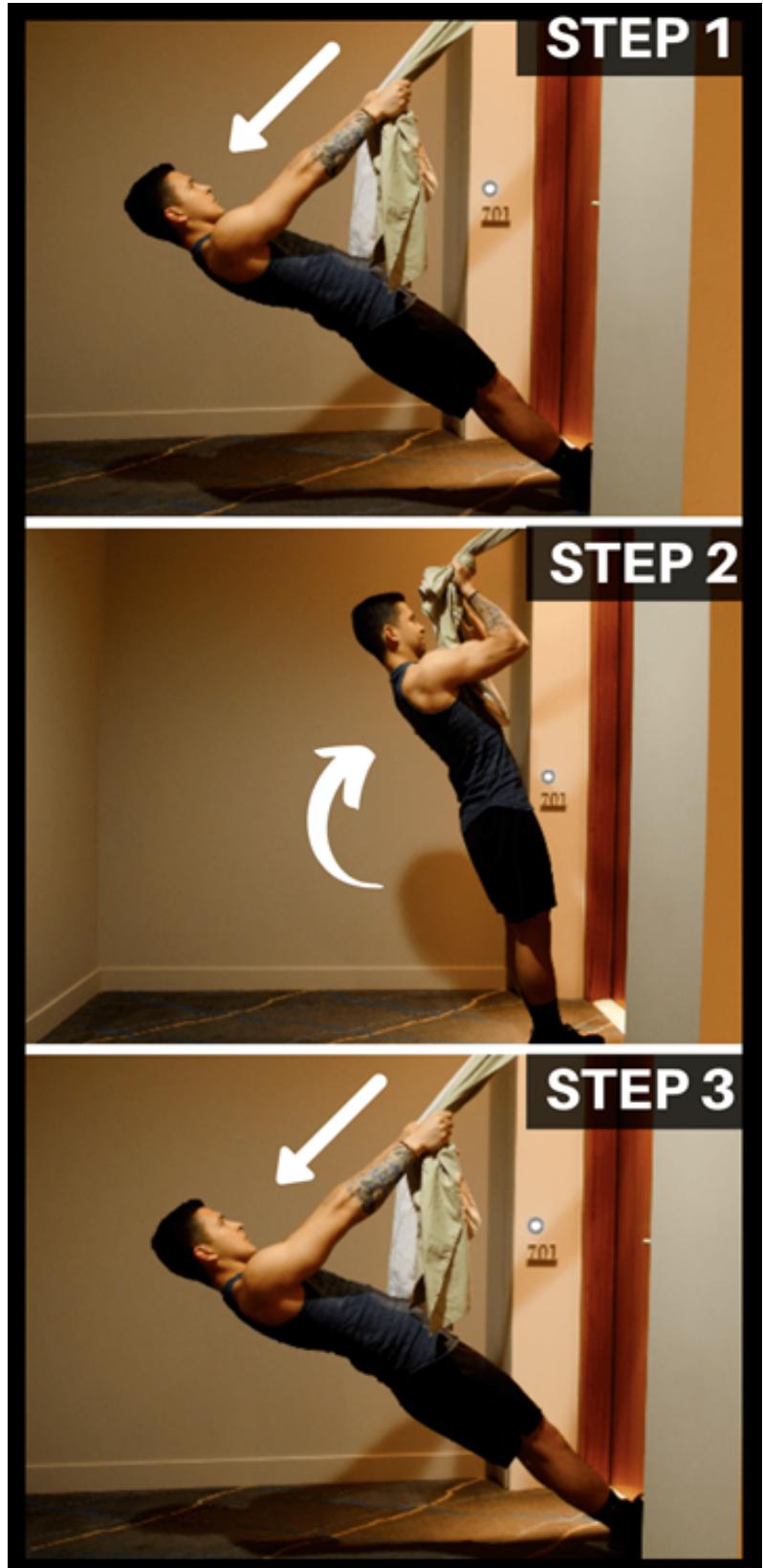
## EXERCISE 5: BICEPS BED SHEET CURL

**Step 1:** Using the bed sheet setup from the inverted row, grab the two bed sheets and lean back with your arms straight. Stand closer towards the door to make the movement harder, and vice versa to make it easier.

**Step 2:** Keep your body straight and lock your elbows in position, then curl your hands towards your face by using your biceps. Your body should move as one unit as you curl your body up.

**Step 3:** Descend back to the starting position by reversing the movement, and then repeat.

**Progression:** Stand closer to the door, wear a weighted bag, and/or use just one arm when performing the curl.



# EXERCISE TUTORIALS & PROGRESSIONS

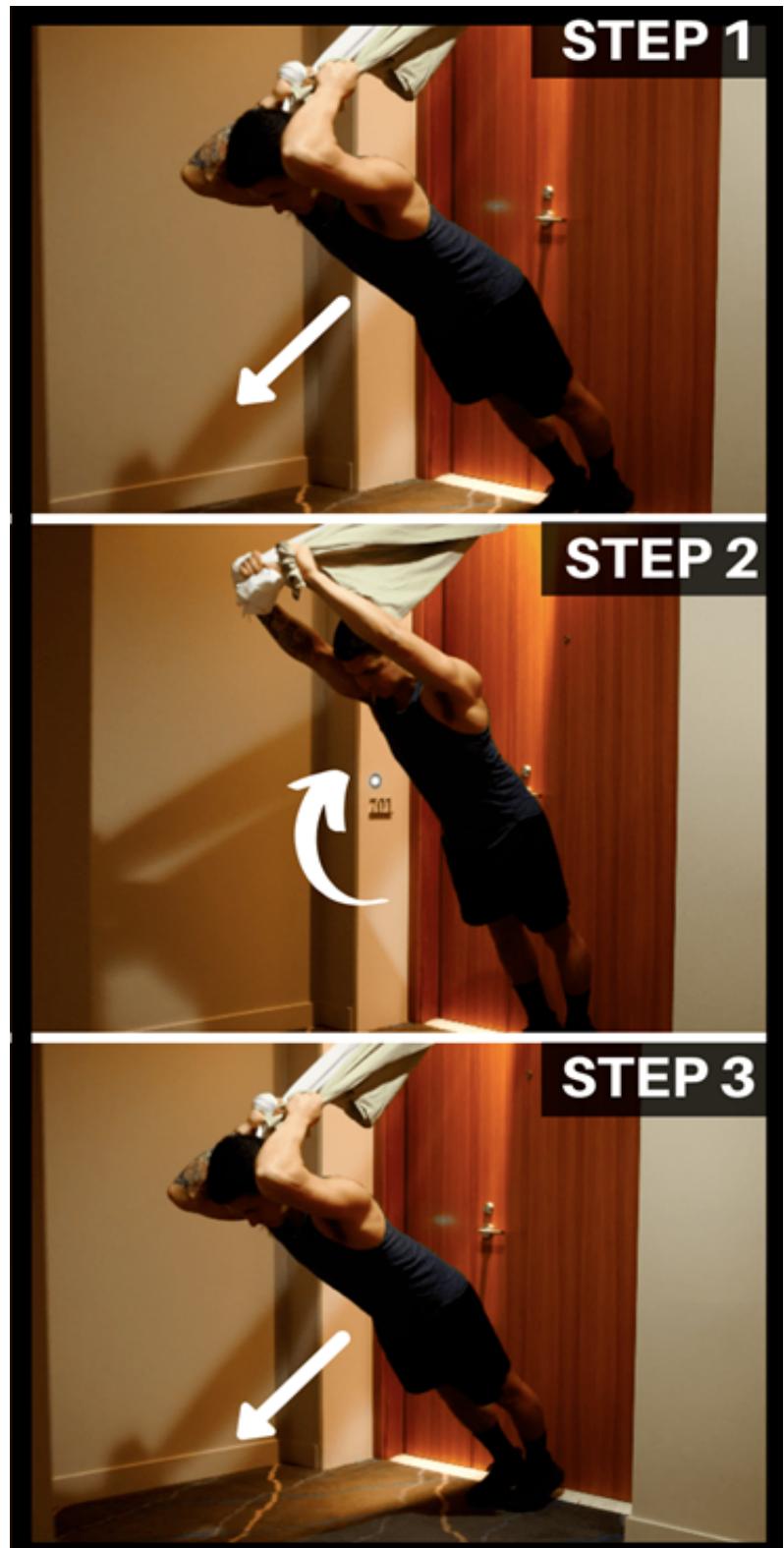
## EXERCISE 6: TRICEP OVERHEAD EXTENSIONS

**Step 1:** Again, using the towel setup, grab the towels and lean forward with your arms overhead and elbows bent. Your body and upper arms should be in one straight line. The closer you position yourself to the door, the harder the movement will be.

**Step 2:** Keeping your body in a straight line and elbows locked in place, extend your arms by using your triceps to raise your body up.

**Step 3:** Keeping your elbows locked, bend your arms to return back to the starting position and repeat for more reps.

**Progression:** Stand closer to the door, wear a weighted bag, and/or use just one arm to perform the movement.



# EXERCISE TUTORIALS & PROGRESSIONS

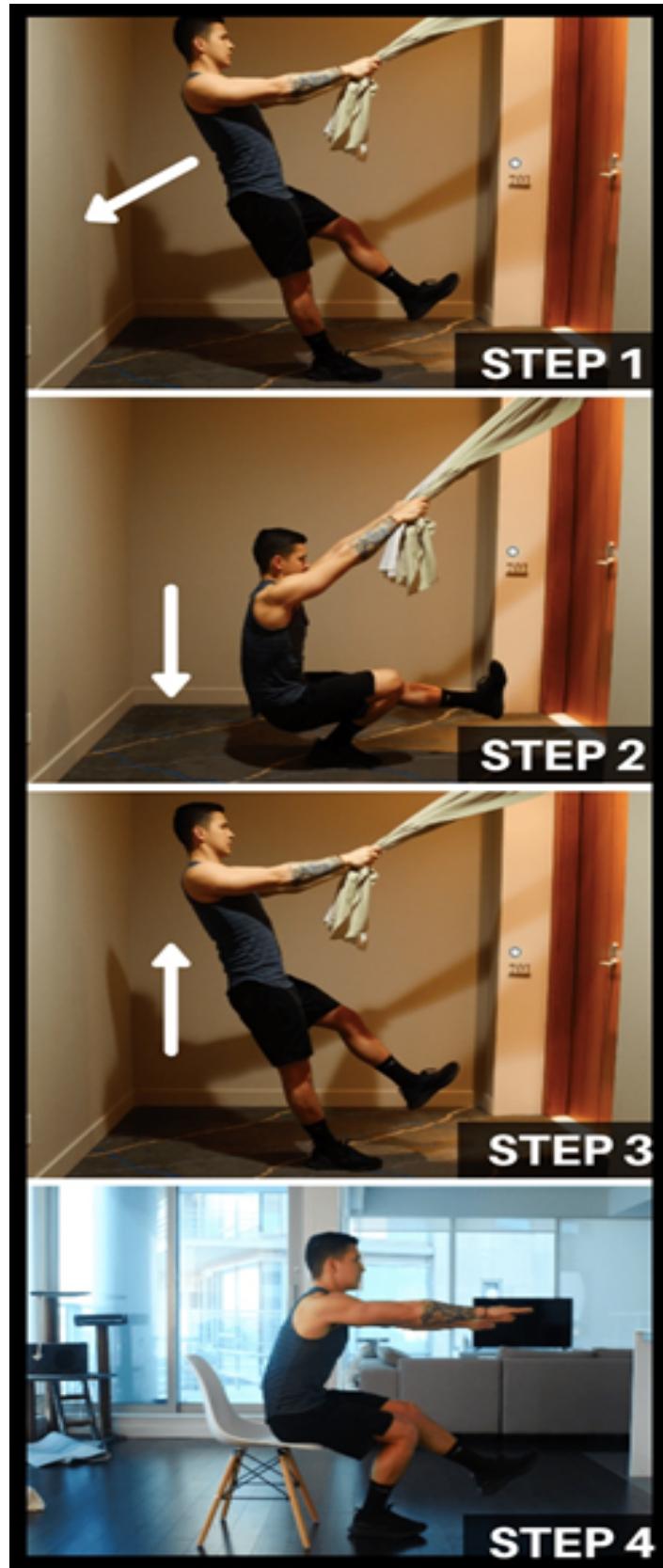
## EXERCISE 7: ASSISTED PISTOL SQUATS

**Step 1:** Using the towel setup, take a few steps back until all the slack is gone. Position your feet about hip width apart, then lean back until your arms are straight.

**Step 2:** Lift one leg off the ground, then with your planted leg squat down on your one leg while keeping your other leg straight out in front of you as you descend. Your arms should remain straight as you squat down. You should squat until your thigh on your planted foot reaches just below parallel.

**Step 3:** Push back up by using your quads and glutes of your planted leg. You can also use your arms for assistance as well if needed when starting out. Finish your reps on one leg before proceeding to the other leg.

**Progression:** Overtime, use less assistance from your arms and then eventually transition to box pistol squats by performing this same movement but stopping the range of motion short by sitting on an elevated platform and then gradually reducing the height of this platform to continue making it harder.



# EXERCISE TUTORIALS & PROGRESSIONS

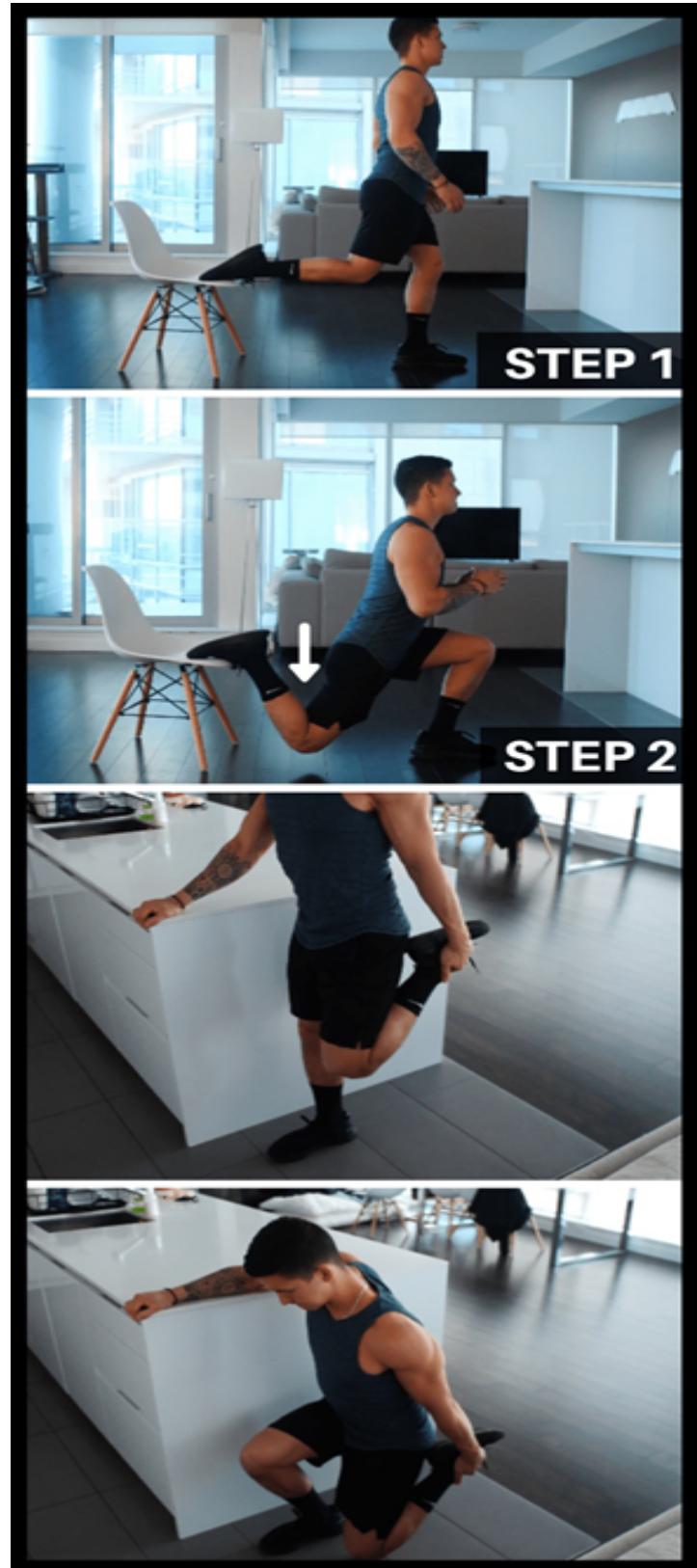
## EXERCISE 8: BULGARIAN SPLIT SQUAT

**Step 1:** Get into a normal Bulgarian split squat setup by elevating your rear foot onto a platform. And keeping your front foot planted in front. You can hold a weighted bag at your chest or hands to make the movement more difficult if needed.

**Step 2:** Descend by bending your front leg and lowering your back knee towards the ground.

**Step 3:** Push back up to the starting position by using your quads and glutes from the front leg, and then repeat for more reps.

**Progression:** Eventually, progress to the assisted shrimp squat. Where you can use the side of a counter for assistance, hold one leg behind you with the same arm, and then squat down until your knee just about touches the floor and come back up with assistance from the counter as needed. Overtime you can progress these by moving off of the counter.



# EXERCISE TUTORIALS & PROGRESSIONS

## EXERCISE 9: SLIDING HAMSTRING CURLS

**Step 1:** Lay on your back on a smooth surface with your arms by your sides and legs fully extended in front of you. Wear socks and/or place your feet on two cloths or something that will enable them to slide easily.

**Step 2:** Using your hamstrings, curl your heels in towards you while raising your hips up into the air. Your back should remain straight as you do so.

**Step 3:** Straighten your legs by reversing the movement in a controlled fashion, again keeping your back straight as you do so. Straighten your legs just before they fully straighten, and then repeat for another rep to maintain constant tension on the hamstrings.

**Progression:** Slow down the tempo and/or perform them with one leg at a time.



# ADDITIONAL COMMENTS

I hope this PDF is useful for you! I put in a lot of effort into providing this routine for you free of charge. All I ask in return is that you show your support for my work and connecting with me on my social media platforms where I share more informative content on a regular basis:



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ENJOY!!

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- any and all meal plans that you follow or adhere to as a result of what you read in this PDF shall be used *solely at your own risk*; and
- any and all foods or beverages that you consume as a result of what you read in this PDF shall be consumed *solely at your own risk*.

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# JEREMY ETHIER'S FULL BODY HOME WORKOUT

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