

BUILT



LIKE A
Caution: !
AT HOME

BULLDOG

DOGBONE Performance



Listen we know... Gyms closed again, your schedule is getting busy, your home gym doesn't have the sweet plates and barbells that you need for your massive gains. That's why we came up with a full proof plan. Our patented built like a bulldog workout now comes in an AT HOME format. This 6-week program will provide 4 workouts a week designed to help you push both your physical and mental limits. Take everyday objects and turn them into gym equipment such as backpacks, gallon jugs, giant packs of water... even your dog and go crazy. And of course, if you have access to dumbbells, bands, and other gym items feel free to incorporate throughout.



If you have any questions or concerns regarding the program, email us at dogboneperformance@gmail.com.

We are not responsible for any personal injuries that may occur during this program.
See your physician to determine if you are fit and able to lift at this level.

FAQ/Key

**In order to be successful in these 6 weeks focus
on what you can control:**

Nutrition:

- Quality whole foods
- Enough Protein to support muscle growth and recovery (1g/lb of body weight)
- Carbs and Fats are friends when lifting heavy... you need energy!

Sleep:

- 8 hours of sleep

Consistency

- Show up and put the work in
- Weights/ backpacks/ water jugs are cold..... they don't like excuses..... put in the work and see the results.
- Put the work in on the test workouts... want the results.

Key

DB = Dumbbell

BB = Barbell

SA = Single Arm

SL = Single Leg

(s) = Seconds

(e) = Each Side

Week 1/D1



Test Day -

1 minute - Max push-ups

1 minute - Max
bodyweight squats

1 minute - Max sit-ups

30 Burpees for time

*We will be hitting this test once a week so set a goal and work your butt off.

Quick sweat sesh for after the testing:

7-minute AMRAP

7 push-ups

7 air squats

7 burpees

Notes

Week 1/D2

Strength + Sweat
5 sets

60s rest between sets

A1) Lunges

x10e leg (backpack on the back)

A2) Push-ups

x20 (backpack on the back)

A3) V-Ups

x10

2-minute rest

20-minute EMOM

Minute 1: Burpees x10

Minute 2: Split Jumps x20

Minute 3: Ground to Overhead x15 (w/ backpack)

Minute 3: Plank x45s

Week 1/D3



Strength

5 sets

60s rest between sets

A1) Front Squats

x20 (backpack on chest)

A2) Bent over row

x10e (backpack handle)

A3) Russian twists

x20

5 sets

60s rest between sets

B1) SL glute bridge hold

x30s each side

B2) Plank w/ shoulder taps

x20e

B3) Front raises

x20 (backpack handle)

Notes

Week 1/D4

Sweat + Pump + Guts

10 rounds for time

10 bodyweight squats
10 squat jumps

10 push-ups with shoulder
taps

*every 2 rounds 10 burpees

5 sets 45s rest between sets

A1) Bicep Curls

x12 (backpack)

A2) Dips

x12 (12)

A3) Side raises

x12 (backpack)

As fast as possible:

50 V-ups

50 Russian twists

50 Hollow Rocks

Week 2/D1

Test Day

1 minute - Max push-ups

1 minute - Max
bodyweight squats

1 minute - Max sit-ups

30 burpees for time

5 rounds as fast as

possible

15 superman

20 step-ups

10 bent over rows

(backpack)

Notes



Week 2/D2

Strength + Sweat

5 sets 60s rest between
sets

A1) Forward +
Backward lunge x5e
each side (backpack
on the back)

A2) Shoulder Press
x10e (backpack)

A3) Weighted V-ups
x10 (backpack)

20-minute AMRAP

6 pike push-ups

12 thrusters

24 elbow to hands
plank

Week 2/D3

All Strength

10x10 for each exercise

60s rest between sets

A1) Push-ups

(backpack if applicable)

A2) Bulgarian split squats

(10 each side, backpack if applicable)

B1) Bent over row (backpack)

B2) Step-ups
(10 each leg, chair)

C1) Supermans

C2) Reverse Nordics



Week 2/D4

Sweat + Pump + Guts

5 rounds as fast as possible

5 push-ups

10 air squats

15 sit-ups

Rest 3 minutes

5 rounds as fast as possible

15 push-ups

10 air squats

5 sit-ups

5 sets

45s rest between

Bicep concentration curls x20e

(heaviest textbook or backpack)

Standing OH tricep extension

x12 (backpack)

Standing high row x12 (backpack)

Tabata

20s on 10s off for 8 rounds

(4 minutes)

Do 1 for 20s rest 10s then 2 for 20s rest 10, 3 for 20s rest 10 and 4 for 20s rest 10 then repeat

Movement 1: Hollow rocks

Movement 2: Flutters

Movement 3: Russian twists

Movement 4: Reverse Crunch

Notes

Week 3/D1



Test Day

1 minute - Max Push-ups

1 minute - Max

Bodyweight squats

1 minute - Max sit-ups

30 burpees for time

*Repeat test backward

30 burpees for time

1 minute - Max sit-ups

1 minute - Max

bodyweight squats

1 minute - Max push ups

Notes

Week 3/D2

Strength + Sweat

5 sets

60s rest between sets

A1) Bulgarian split squats

x10e (backpack)

A2) Pike push-ups x10

A3) Alternating V-

ups

x10e

then

10 no jump burpees

10 no jump burpees + 20 push-ups

10 no jump burpees + 20 push ups +
30 lunges

10 no jump burpees + 20 push ups +
30 lunges + 40 Russian twists

10 no jump burpees + 20 push ups +
30 lunges + 40 Russian twists + 50e
mountain climbers

Week 3/D3

All Strength



5 sets

60s rest between sets

A1) Push-ups

x20 (Backpack)

A2) SL step down

x10e (backpack if applicable)

A3) Side plank

30s each

5 sets

60s rest between sets

A1) KB swings

x15 (backpack)

A2) Pullovers

x12 (backpack)

A3) Hollow hold

x30s

Grip Challenge

3x Grab 2 2inch textbooks with one-hand. squeeze and hold together for as long as possible

Repeat on other arm

*If you've got NBA player sized hands add in a 3rd or even a 4th book

Notes

Week 3/D4

Sweat + Pump + Guts

20 minute EMOM

Minute 1: Clapping push-ups

x10

Minute 2: Squat jumps

x20

Minute 3: Reverse lunge

x10e

Minute 4: Bent over row

x10e

5 sets

45s rest between sets

Bicep curls

x10 + 10s hold at 90deg
(backpack)

Lying Skull crushers

x12 (backpack)

Front + Side raises

x20e (book in each hand)

100 toe touch crunches

200 Russian twists

Week 4/D1

Test day

1 minute - Max push-ups

1 minute - Max bodyweight squats

1 minute - sit-ups

30 burpees for time

For time

100 reverse lunges

80 backpack ground 2 overhead

60 step-ups

40 pike push-ups

20 reverse crunches

Notes



Week 4/D2

Strength + Sweat

5 sets

60s rest between sets

A1) shoulder press

x10e (backpack)

A2) Front squat

x15 (backpack)

A3) Weighted Russian twist

(backpack)

8 rounds as fast as possible

8 thrusters

(backpack)

8 push up + shoulder tap

8 V-ups

Week 4/D3

All Strength

4 sets

60s rest between sets

A1) SL squat

x10e (to chair)

A2) Push ups

x10 (3s eccentric)

A3) Alternating arm leg plank

x20s each

4 sets

60s rest between sets

B1) SL RDL

x10e (with backpack on back)

B2) Rear delt fly

x10e (backpack)

B3) Hollow rocks

x20

4 sets

60s rest between sets

C1) Bicep curls

x20 (backpack)

C2) Tricep kickbacks

x10e (backpack)

C3) Superman hold

x30s



Week 4/D4

Sweat + Pump + Guts

3 rounds for time

30 lunge jumps

20 toe touch crunches

10 pike push-ups

*every minute stop and
perform 5 no jump
burpees*

Notes

100 Bicep curls
(backpack)

100 tricep extension
(backpack)

100 sit-ups

50 Bicep curl
(backpack)

50 tricep extension
(backpack)

100 sit ups

Week 5/D1



Test Day

1 minute - Max push-ups

1 minute - Max
bodyweight squats

1 minute - Max sit-ups

30 burpees for time

5-minute AMRAP

20 mountain climbers

20 shoulder taps

*rest 2 mins and repeat

1 more time*

Notes

Week 5/D2

Strength + Sweat

5 sets

60s rest between sets

A1) Reverse Nordics
x12 (backpack)

A2) High Pull
x12 (backpack)

A3) Side plank w/ reach
through
x10e

15 minute AMRAP

15 KB swings (backpack)

15 goblet squats
(backpack)

15e sprinters crunch

Week 5/D3

All Strength
10x10 of everything
60s rest between sets

A1) Reverse lunge
(backpack)

A2) Push up
(2s pause at bottom)

B1) SL step downs
(backpack if applicable)

B2) SA row
(backpack)

C1) SA Push Press
(backpack)

C2) Lying leg raises



Week 5/D4

Sweat + Pump + Guts

15 min EMOM

Minute 1: 20 weighted sit-ups
(backpack)

Minute 2: 10e Step-ups
(backpack)

Minute 3: 10 Reverse crunches

3 sets

30s rest between sets

Concentration curls

x12e

Lying skull crushers

x12

Front raises

x12

Tabata 20s on 10s off for 8 rounds
(4minutes)

1-minute plank buy-in

Movement 1: Penguins

Movement 2: Hollow rocks

Movement 3: Flutters

Movement 4: Toe touch crunches

1-minute plank cash out

Notes

Week 6/D1

Test Day

1-minute rest after each test

1 minute - Max push-ups

1 minute - Max air squats

1 minute - Max sit-ups

30 burpees for time

3 rounds for time

50 shoulder taps

30 lunges

10 Ground to overhead (backpack)

Notes

Final Test Day. Compare your results... did you try hard enough?

Week 6/D2

Strength + Sweat

5 sets

60s rest between sets

A1) Pike push-ups
x15

A2) SL step-downs
x8e (backpack if applicable)

A3) SL Glute bridge hold
x45s each

10-minute ARMAP

5 clapping push-ups

10 jump squats

15 weighted sit-ups
(backpack)

rest 5 minutes

5-minute AMRAP

5 clapping push-ups
10 jump squats
15 weighted sit-ups
(backpack)



Week 6/D3

Strength

4 sets

60s rest between sets

A1) SL squat x10e
(backpack)

A2) Turkish get-up
x3e (backpack)

A3) Alternating V-ups
x20

4 sets

60s rest between sets

B1) Reverse Nordics
x10 (backpack)

B2) SA row
x12e (backpack)

B3) Russian twists
x30 (backpack)

4 sets 60s rest between sets

C1) SL RDL
x8e (backpack)

C2) Push up plank hold
x40s

C3) Weighted push-ups
x15(backpack)

Grip Challenge

repeat3x

Grab two 2inch textbooks with one-hand squeeze and hold together for as long as a possible repeat on other arm

*If you've got NBA player sized hands add in a 3rd or even a 4th book

Notes



Week 6/D4

Final Sweat + Pump + Guts

30-minute EMOM

Minute 1: Ground 2 overhead

x10 (backpack)

Minute 2: Goblet Squats

x20 (backpack)

Minute 3: V-ups

x10

Minute 4: Mountain climbers

x40

Minute 5: Rest

4 rounds

45s rest between sets

25 Bicep curls

(backpack)

25 Standing tricep extension

(backpack)

30s R side plank

100 Russian twists

80 Sprinters crunch

60 Toe touch crunches

40 sit-ups

20 Hollow rocks

30s L side plank

Tracker Sheet

W1/D1

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

W1/D3

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

W1/D2

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

W1/D4

Lift | Weight/Reps

A)

B1)

B2)

C1)

C2)

D1)

D2)

D3)

Tracker Sheet

W2/D1

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W2/D2

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W2/D3

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W2/D4

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

Tracker Sheet

W3/D1

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W3/D2

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W3/D3

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W3/D4

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

Tracker Sheet

W4/D1

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W4/D2

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W4/D3

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W4/D4

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

Tracker Sheet

W5/D1

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W5/D2

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W5/D3

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W5/D4

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

Tracker Sheet

W6/D1

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W6/D2

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W6/D3

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |

W6/D4

| Lift | Weight/Reps |
|------|-------------|
| A) | |
| B1) | |
| B2) | |
| C1) | |
| C2) | |
| D1) | |
| D2) | |
| D3) | |