

The Home Workout



Day	Focus	Lifts
1	Full Body	F1
2		
3	Full Body	F2
4		
5	Full Body	F3
6	Full Body	F4
7		

Secondary Lifts

F1	Sets	Intensity
Push Ups	4	RPE 9
Mid Back Focused Row	3	RPE 9
Lunges	4	RPE 8
Glute Bridge	3	RPE 7-8
Lateral Raises	3	RPE 8
Bicep Curls	4	RPE 7-9

F2	Sets	Intensity
Floor Chest Press	4	RPE 8
Romanian Deadlift	4	RPE 9
Seated/ Bent Over Lat Row	3	RPE 8
Y- Raises	3	RPE 8
Tricep Extension	4	RPE 7-8
Rear Delt Row	3	RPE 8

F3	Sets	Intensity
Push Ups	4	RPE 8
Mid Back Focused Row	3	RPE 7-8
Squats	4	RPE 8
Calf Raises	4	RPE 8
Rear Delt Row	3	RPE 7-8
Bicep Curl	3	RPE 7-8

F4	Sets	Intensity
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Floor Chest Press	4	RPE 9
Romanian Deadlift	3	RPE 8
Seated/ Bent Over Lat Row	4	RPE 8
Y-Raises	4	RPE 8
Tricep Extension	3	RPE 7-8

#TheIronClub or #JustGotIroned

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Workouts	<u>Tips</u>
Push Ups	If you can, add resistance bands or add weights on the top of your back
Mid Back Focused Row	Done seated or bent over, with bands, or bent over with any weight (water bottles). Also done hanging from the bottom of a table with your heels on the floor and row to the table.
Lunges	Add bands under your front foot or hold any weight (ex. water bottles) with each hand
Glute Bridge	You could do this one leg at a time. You can also add weight on your hips to make it harder
Lateral Raises	You could hold any weight with your hand or use a resistance band, held in place with the opposing foot (right hand with left leg).
Bicep Curls	Use resistance bands held in place by your feet or hold onto any weighted object (ex. water bottles). I recommend you supinate after going midway.
Squats	Again, holding onto any weight or placing bands under your feet and over the shoulders, will add extra resistance if needed.
Calf Raises	Can be done standing up with bodyweight or holding any weight with same side hand, slow tempo and pause at top position. If you can do them on elevated platform (stairs).
Floor Chest Press	Do these holding onto anything with adequate weight or holding resistance bands that go behind the back. Same movement as a bench press.
Romanian Deadlift	Hold something of adequate weight in each hand or do them by holding onto bands placed under your feet. Chin down and focus on adequate hip movement and glute contraction
Seated/ Bent Over Lat Row	If done seated, you need to place resistance bands around your feet and pull so that the humerus does not pass you torso at the end position. Focus on moving the humerus
Y- Raises	Place bands on opposing foot (right arm Y raise with bands hooked onto left foot) or use any adequately weighted object, slightly bend over and perform the movement.
Tricep Extension	Can be done in a variety of positions, just make sure if you are using bands they point in the same direction as your triceps.
Rear Delt Row	Done bent over holding onto a weight or seated with bands around your feet. Your arms and body should make an acute angle and your humerus stops in line with your torso.