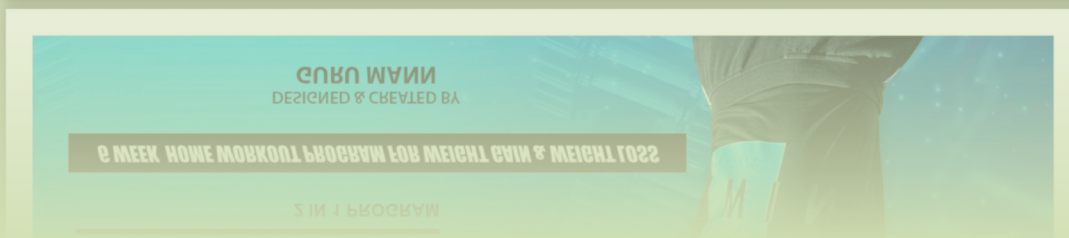


HOME GAINS

HOME WORKOUT PROGRAM

BY GURU MANN



NO EGGS NO MEAT NO SUPPLEMENT

WORKOUT SPLIT (DUMBBELL WORKOUT)

DAYS	SPLIT
MONDAY	CHEST & TRICEPS
TUESDAY	BACK & BICEPS / LOWER ABS
WEDNESDAY	SHOULDERS & LEGS / UPPER ABS
THURSDAY	CHEST & TRICEPS
FRIDAY	BACK & BICEPS / LOWER ABS
SATURDAY	SHOULDERS & LEGS / UPPER ABS
SUNDAY	REST

MONDAY & THURSDAY

EXERCISES CHEST & TRICEPS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)
1. SUPERSET			
a) Decline Dips	20	22	24
b) Bench Dips	20	22	24
2. SUPERSET			
a) DB Press	20	22	24
b) DB Skull Crusher	20	22	24
3. SUPERSET			
a) DB Fly	20	22	24
b) DB Kickback	20	22	24
4. SUPERSET			
a) Single Hand DB Crossover	20	22	24
b) DB Overhead Ext.	20	22	24
5. SUPERSET			
a) Bar or Rope Overhead Ext.	20	22	24
b) Triceps Bench Dips (add weight)	20	22	24

TUESDAY & FRIDAY

EXERCISES BACK & BICEPS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)
1. SUPERSET			
a) Pull-ups	20	22	24
b) Curls on Rotation	20	22	24
2. SUPERSET			
a) DB Rows	20	22	24
b) DB Hammer Static Curl	20	22	24
3. SUPERSET			
c) DB Pullover	20	22	24
d) DB Conc. Curl	20	22	24
4. SUPERSET			
c) DB Shrugs	20	22	24
d) DB Curl Elbow pointing back	20	22	24
5. Leg Raise (Lower Abs)	15	20	25

WEDNESDAY & SATURDAY

EXERCISES SHOULDERS & LEGS	SET 1 (Reps)	SET 2 (Reps)	SET 3 (Reps)
1. SUPERSET Squat with Shoulder Press	20 20	22 22	24 24
2. SUPERSET a) DB Sumo Squat b) DB Side Raise (Full)	20 20	22 22	24 24
3. SUPERSET e) DB Deadlift f) DB Front raise (Wide)	20 20	22 22	24 24
4. SUPERSET e) DB Step Up f) Rear Delt DB Fly	20 20	22 22	24 24
5. Push Through Crunches (Lower Abs)	15	20	25

**Do 2 warm up sets before starting any exercise
Take 120sec rest after each superset.**

WORKOUT SPLIT (BODY WEIGHT WORKOUT)

DAYS	SPLIT
MONDAY	FULL BODY WEIGHT TRAINING
TUESDAY	CORE TRAINING
WEDNESDAY	FULL BODY WEIGHT TRAINING
THURSDAY	CORE TRAINING
FRIDAY	FULL BODY WEIGHT TRAINING
SATURDAY	CORE TRAINING
SUNDAY	REST

MONDAY / WEDNESDAY / FRIDAY - BODY WEIGHT TRAINING

EXERCISES FULL BODY WORKOUT	ROUND 1 (Reps)	ROUND 2 (Reps)	ROUND 3 (Reps)	ROUND 4 (Reps)	ROUND 15 (Reps)
WEEK 1					
A. Jack Squat	10	10	10	10	10
B. Bench Dips	10	10	10	10	10
C. Decline Push-ups	10	10	10	10	10
D. Gluteus Kickback	10	10	10	10	10
E. Scapular Shrugs	10	10	10	10	10
F. Lower Body Seizer	10	10	10	10	10
WEEK 2					
A. Jack Squat	15	15	15	15	15
B. Bench Dips	15	15	15	15	15
C. Decline Push-ups	15	15	15	15	15
D. Gluteus Kickback	15	15	15	15	15
E. Scapular Shrugs	15	15	15	15	15
F. Lower Body Seizer	15	15	15	15	15
WEEK 3					
A. Jack Squat	20	20	20	20	20
B. Bench Dips	20	20	20	20	20
C. Decline Push-ups	20	20	20	20	20
D. Gluteus Kickback	20	20	20	20	20
E. Scapular Shrugs	20	20	20	20	20
F. Lower Body Seizer	20	20	20	20	20
WEEK 4					
A. Jack Squat	25	25	25	25	25
B. Bench Dips	25	25	25	25	25
C. Decline Push-ups	25	25	25	25	25
D. Gluteus Kickback	25	25	25	25	25
E. Scapular Shrugs	25	25	25	25	25
F. Lower Body Seizer	25	25	25	25	25

- Perform total 5 rounds.
- Each round has 6 exercises.
- Perform 10reps of each exercise.
- Perform all the 6 exercises without any rest.
- Take 1-2min rest after each round.
- Every week increase 5 reps per exercise.

TUESDAY / THURSDAY / SATURDAY – BODY WEIGHT TRAINING

EXERCISES FULL BODY WORKOUT	ROUND 1 (Reps)	ROUND 2 (Reps)	ROUND 3 (Reps)	ROUND 4 (Reps)	ROUND 5 (Reps)
WEEK 1					
A. Leg Raise	15	15	15	15	15
B. Push Through Crunches	15	15	15	15	15
C. Oblique Crunches	15	15	15	15	15
D. Lower Body Twist	15	15	15	15	15
E. Plank Arms Out	15	15	15	15	15
WEEK 2					
A. Leg Raise	20	20	20	20	20
B. Push Through Crunches	20	20	20	20	20
C. Oblique Crunches	20	20	20	20	20
D. Lower Body Twist	20	20	20	20	20
E. Plank Arms Out	20	20	20	20	20
WEEK 3					
A. Leg Raise	25	25	25	25	25
B. Push Through Crunches	25	25	25	25	25
C. Oblique Crunches	25	25	25	25	25
D. Lower Body Twist	25	25	25	25	25
E. Plank Arms Out	25	25	25	25	25
WEEK 4					
A. Leg Raise	25	25	25	25	25
B. Push Through Crunches	25	25	25	25	25
C. Oblique Crunches	25	25	25	25	25
D. Lower Body Twist	25	25	25	25	25
E. Plank Arms Out	25	25	25	25	25

- Perform total 5 rounds.
- Each round has 5 exercises.
- Perform 15reps of each exercise.
- Perform all the 5 exercises without any rest.
- Take 1-2min rest after each round.
- Every week increase 3-5 reps per exercise.



NOTE: Guru Mann Fitness is not responsible if you got injured during exercise.