

The Home & Hotel Hypertrophy Handbook

Greg Doucette - Masters in Kinesiology, IFBB Pro, Coach

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This program is to be performed with care and only after consultation with a medical doctor to ensure you are healthy enough for vigorous exercise. Coach Greg Inc does not assume any responsibility for injuries or health complications incurred during training.



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About Greg Doucette

Masters in Kinesiology... IFBB Pro... Coach... But Not a Doctor

Greg Doucette has been lifting heavy things from as early as 7 years young when he first caught the iron itch. He would pick up things over his head and smash them on the ground, just like the Olympic weightlifters in the Olympics he saw on television.

Greg started training alongside his dad for several years with nothing but cement blocks and steel rods. When Greg was 10, his dad got injured and stopped training altogether. But by then, Greg had fallen in love with lifting heavy things and getting stronger. So he started sneaking into the basement to train by himself when his parents — both schoolteachers — taught during the day.

When Greg turned 13, he discovered the sport of bodybuilding while sitting on the couch and watching an episode of *That's Incredible!* that featured a 13-year old competing in bodybuilding. Greg had already been training for several years by then and knew he would someday be on a stage like that, dominating with his sculpted physique that he worked hard to build.

Greg has balanced both strength and physique pursuits, competing on and off in both powerlifting and bodybuilding since his teenage years and well into his forties. Along the way, Greg set national and world records, won national and international competitions, and earned his IFBB pro card in 2012.

Greg is not only a decorated athlete and bodybuilder but also a student of sports science. After spending 6 years studying the science of human anatomy and movement, he earned both his Bachelor's and Master's degrees in kinesiology.

Today, Greg draws from his formal education and his 2+ decades of powerlifting and bodybuilding experience to coach people from around the world. From the newcomer to the IFBB pro, he is passionate about helping people achieve lasting results and build habits that will keep them healthy for a lifetime. He has been coaching clients — both in person and online — in contest prep, general fitness, powerlifting, and nutrition for more than a decade and has worked with thousands of people.

Recently, Greg has expanded his influence beyond his one-on-one clients to YouTube where he has reached more than 330,000 subscribers and his videos have more than 50 million views. Greg works around the clock to entertain his audience, to dispel common myths perpetuated by the fitness industry, and to help people achieve their best physiques.



A message from Greg

This is my first EVER release of a downloadable training program that I am excited to share with the world at an affordable price.

The gym is a source of happiness for many people. Being able to train and see progress over time is rewarding and gives people a sense of accomplishment. The gym is also a way for people to be healthy. Getting into great shape is a way to make your life better in so many ways: more confidence, increased self-satisfaction, and better health.

Normally, sports, exercise, and the gym are our escape from the problems of the world. But right now, many of us can't do these things! Our gyms are closed; we can't play sports and exercise the way we are used to, and we're worried about what we're going to do now.

The gym is a source of not only physical resilience but psychological resilience. Without access to machines, barbells, dumbbells, cardio equipment, and the like, I know people right now are feeling desperate to not lose all of the hard work that they've achieved in the gym.

I've put together "The Home and Hotel Gains Bible" in the middle of the coronavirus pandemic of 2020 in order to encourage people to do what is most healthy for themselves and for the world: Stay at home to prevent the spread of disease while enjoying your home workouts and keeping — or even increasing — your gains.

This guide can also be used when we are living in a post-pandemic world again and is for people who travel frequently and don't always have gym access.

Thank you so much for your support! Enjoy training at home and feel free to show me your progress on social media by tagging me or hashtagging **#COACHGREG**.



[@gregdoucetteifbbpro](https://www.instagram.com/gregdoucetteifbbpro)



[@GregDoucette](https://www.youtube.com/GregDoucette)



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“

Motivation is automatic! We're motivated. We love the gym. Do you have to get motivation to go to the movies? Do you need motivation to eat a pizza? A-ZERROOO motivation required! That is the gym for me! The gym is pizza and garlic fingers for me. The gym being closed for me is like my girlfriend's favorite pizza restaurant being closed!

Hopefully you have passion for something in life the way I have passion for the gym! I don't care whether it's dancing, or playing the guitar, or friggen piano, or whatever, IT DOESN'T MATTER! Hopefully there is something in life that makes you have that much fun!

”

Greg Doucette in “Bakhar Navieva - Natty or Not - Why We Should All Be Like Bakhar”

Training Away from the Gym: An Intro

If you are someone who normally trains very hard in the gym and suddenly does not have access to your normal equipment and routine, DO NOT WORRY. Your gains are not going to permanently disappear with some time away from your gym, *your home away from home*.

If they do go away for a short period of time, they will come right back as soon as you return to training. This is supported by SCIENTIFIC EVIDENCE.

Studies have shown that once you have gained muscle and strength through training HARD in the gym for a long period of time, those gains will come back much quicker than when you initially built them, even after a period of detraining.

Not only is it easy to regain your size and strength from before a period away from the gym, but you can also MAKE GAINS while away from the gym — if you are NOT A MORON about it.

All you need to do is make some modifications to your training and USE YOUR BRAIN to figure out how you can use the equipment available to you to train all of your muscles.

The sets of training templates contained within this guide should provide you with a framework for making training decisions based on equipment availability. Learning how to make modifications to accommodate your particular situation is a very important skill to develop.

In a time of shelter-in-place, this is a necessary skill to have if you want to keep training. But even beyond our shelter-in-place existence, you will need to develop this skill if you ever travel for work professionally or for leisure and want to be able to keep training.



Traveling Professionals

I also get a lot of people coming to me for help who travel a good amount for their jobs. If this sounds like you, guess what? The book about training when you're sheltered in place is the same as the book for when you go back to work and live out of a hotel. In both cases, you can't go to your normal gym. You have to make do with what you have around you. You have to be resourceful. Maybe you have to get some bands or a sack of rice!

Whatever your situation is, make no mistake — you CAN train, you CAN maintain your gains, and you CAN get into better shape whether you are stuck at home or you are in a different city each week.

So don't think about this as merely a book that is useful only during a pandemic. The principles in this book are timeless and will continue to apply when life goes back to normal.

Without further ado, let's get into how to use the templates.



Understanding and Setting up your Training Template

Without your regular equipment and routine, you are going to have to do some thinking in order to adapt to your circumstances. I am providing you with a framework to use to be able to insert exercises into the training templates.

This guide provides templates for beginner, intermediate, and advanced lifters as well as bodybuilders. Even if you are an advanced lifter, you will still do just fine on the beginner or intermediate template. Both the beginner and intermediate templates are based on full body workouts while the advanced template splits your upper and lower body into separate days. Remember, the effort you put into training matters more than which template you use.

Templates

This guide contains templates, worksheets, and samples. Each template contains a particular set of instructions on how to structure your training days.

There are three base templates: Beginner, Intermediate, and Advanced. Both the beginner and intermediate templates are based on full-body workouts while the advanced template splits the upper-body and lower-body training into separate days. Here are some more differences between the templates:

| Beginner Template | Intermediate Template | Advanced Template |
|--|---|---|
| <ul style="list-style-type: none">• Full-body training every other day• 8 total exercises per training day• Exercises completed as “straight sets” | <ul style="list-style-type: none">• Full-body training every other day• 10 total exercises per training day• Circuit-style training | <ul style="list-style-type: none">• Upper/lower split training 4 days per week• 6 total exercises per training day• Mix of exercises completed as straight sets and supersets |

Choose the template you will use based on your experience level and according to which set of instructions sounds most appealing to you (hint: they will ALL work, but the one that will work best is the one that you WANT to do).

Even if you are an advanced lifter, you will still do just fine on either the beginner or intermediate template. Don't be too picky about this. You can also plan to start with one template and then move on to another when you are ready to change up your training. Remember, the effort you put into training matters more than which template you use. **JUST PICK ONE; THEY ALL WORK.**

Once you have chosen the template to follow, you will have to use your brain and choose exercises as well as the type and amount of weight and resistance for each exercise in that template.

Choosing Exercises for the Template

Each template provides guidance on how to structure a training day based on the body parts you need to train (the [CATEGORY](#)). Although this training guide provides sample training days, it is ultimately YOUR JOB to select appropriate exercises to train your muscles based on the category specified.

You are provided a list of examples for exercise options in the [EXERCISE LIBRARY](#). This is not meant to be an exhaustive list of all the possible exercises you can do. The exercises you choose are limited only by your imagination.

As a general rule of thumb, the majority of the exercises you pick should be **compound movements** (exercises that use multiple muscle groups and move multiple joints). Think bench presses over triceps extensions. You want your bread-and-butter exercises to have the most bang for your buck in terms of training stimulus for muscle growth. Isolation exercises such as bicep curls are great for targeting muscles but should never be your bread and butter (and for that matter, DON'T eat butter; it's TOO HIGH in calories).

Choosing Resistance

All exercises need some sort of resistance to be effective. Resistance is that which resists your movement or makes it HARDER. It can be a barbell, a dumbbell, a kettlebell, the tension of a band, your bodyweight, a sack of rice, a backpack, a container of laundry detergent, your dog, a boyfriend, a girlfriend, maybe your second spouse — all are options for making your exercises harder!

The resistance options will vary based on what you have available to you. Your exercise choices also need to take into account your resistance options. You must be resourceful.




Even if you have no gym equipment, you can do things like buy a 50-pound sack of rice and two big containers of laundry detergent from Costco. You can fill a backpack with books. You can fill a bucket with wet sand. You can install in your house a makeshift TRX suspension system with [bedsheets \(check out @michie_peachie's post\)](#) or with straps and clamps from the hardware store (just do a search for "DIY TRX" on Pinterest or Google, you'll find something). You can buy a cheap pull-up bar that you can install in any doorway. You don't even need a pull-up bar! You can do pull-ups by holding the top of a door.

Note that not everyone needs a 50-pound sack of rice. Maybe you're not strong enough and need a 30-pound sack. Maybe you need a 200-pound sack of bricks. The point is, use what's available to you for resistance and USE YOUR BRAIN to think of MORE.

When choosing what kind of resistance to use, **ASK FOR CONSENT AND DON'T BREAK THE LAW.**

Here is a table of resistance options you may have available to you:

| Resistance Options |
|---|
| Bodyweight |
| Backpack filled with books or whatever (you can fill it with a sack of rice too) |
| Backpack hanging on a PVC pipe / broomstick |
| Sack (such as a 40-pound sack of rice or cat litter, 50-pound sack of cat/dog food) |
| Bucket (such as a bucket of rice or cat litter) |
| Sandbag |
| Rock |
| Large laundry detergent bottle with handle |
| Water Jug |
| Dumbbell |
| Kettlebell |
| Weight Plates |
| Barbell |
| Bands |
| Chains |
| Partner / Spouse / Boyfriend / Girlfriend / Friend with Benefits / Spouse 2 / Multiple Partners / Side Chick / Sugar Daddy / Side  |

Worksheets and Samples

Each template contains a worksheet with spaces to fill in both exercises and resistance. While this training guide provides a worksheet for each template, when you purchase

this guide, you will be provided with a separate file containing “printables” for all of the template worksheets.

Following each template worksheet, there will be three “samples” per template with pre-selected exercises according to the template instructions and categories indicated. Each sample is essentially a pre-populated worksheet based on some assumptions around equipment availability.

- **Sample 1** of each plan contains exercises assuming **ZEERRROOO** availability of special gym equipment.
- **Sample 2** of each plan contains exercises assuming some availability of gym equipment, as in what you might find in a **shitty hotel / apartment / condo / resort gym** (ex: bands and dumbbells, adjustable bench, kettlebells, pull-up bar, and a pulley system for cable work).
- **Sample 3** of each plan contains exercises assuming reasonable availability of gym equipment, such as what you might find in a **basic home gym** (ex: dumbbells, a barbell, bench, squat rack, bands, pull-up bar, and a pulley system for cable work).

You are more than welcome to use the samples as written for your training.

But these samples do not take into account your ACTUAL availability of equipment (or your inability to perform certain exercises based on injury status or fitness level). You may print out the worksheets and fill out the exercises and resistance based on what you know is available to you.

The following table shows the assumptions made regarding equipment availability for the “Zeerrrooo Equipment” sample, the “Shitty Hotel Gym” sample, and the “Basic Home Gym” sample of each template.

| Zeerrrooo Equipment | Shitty Hotel Gym | Basic Home Gym |
|--|---|--|
| Sack of rice Backpack Laundry detergent Chairs/couch/table Bands Door/Doorway pull-up bar (Makeshift) TRX System | Adjustable bench with incline Dumbbells Bands Kettlebells Backpack Chairs/couch/table Pull-up bar Pulley system for cable work TRX System | Barbell with plates Adjustable bench with incline Sack of rice Laundry detergent Dumbbells Bands Kettlebells Backpack Chairs/couch/table Door/Doorway/Regular Pull-up bar Pulley system for cable work (Makeshift) TRX System |

Recommended Purchases / Set Up

In order to expand your equipment availability and exercise options, I suggest the following purchases (all under \$200 USD each):

- Resistance bands with handles and door stopper setup
- Resistance bands without handles
- Sack of rice or sack of cat litter or bucket of rice/bucket of cat litter
- Heavy laundry detergent containers with handles
- Large water jugs with handles (not as good as laundry detergent because the laundry detergent is typically heavier and has bigger handles)
- Backpack
- Adjustable dumbbell set
- Kettlebells (if only purchasing one, get a 16kg)
- Doorway pull-up bar \$50
- Pull-up/dip/leg-raise station (approximately \$160 and better than the doorway pullup bar)
- TRX Suspension System \$170
 - I have seen makeshift TRXs using bedsheets ([here is an example by @michie_peachie](#)) and with cables, rope, and straps found in any hardware store ([here is a "do it yourself" by DASFit example](#)).



Template Execution

Now that you understand which template, exercises and resistance methods you will use, it is time to understand how to execute your training! Pay attention here as most people get this stuff wrong and make less progress than they otherwise could.

Warm-Ups

Always warm up first with 5 to 10 minutes of moderate intensity steady-state cardio (yes, these 5-10 minutes count towards your weekly target for cardio... more on that later). This is to elevate your body temperature.

For myself and my clients, unless you have specific issues you need to address, the 5 to 10 minutes of moderate steady-state cardio is plenty for you to get started. After that, you move on to your first exercise. The first set of each exercise is very light and will help you get prepared for the heavier sets of that same exercise.

Tempo and Control

Instead of lifting as fast as possible, focus on lifting slowly so you can grow your muscles. This is known as maximizing **TIME UNDER TENSION** for all exercises.

The eccentric part of the lift should be half the speed of the concentric. As a general rule, go for two seconds down (eccentric) and one second up (concentric) with a one-second pause in the peak contracted position (such as in the hole of a squat or at your chest during a bench press) if possible. **DO NOT PUMP OUT REPS AS FAST AS POSSIBLE!**

Always use control and squeeze even harder than usual.

If you make proper use of tempo and control, you won't need as much weight to train your muscles. This is especially important when you are unable to get to the gym.

Rep Range

The given rep ranges assume you have adequate resistance for you to execute light, moderate, and hard/"all out" sets with the desired intensity for that rep range.

If you have NO resistance, or inadequate resistance, for your exercise, then you will need to go well beyond the given rep range in order to achieve the desired intensity.



For example, the “HARD / ALL OUT” sets calls for you to hit failure inside of the 12-15 rep range, but you are doing push-ups with no weight, and you can do 50 push-ups before you hit failure. In this case, you’d keep doing push-ups until it’s an “ALL-OUT” set of push-ups, well beyond the specified 12-15 reps.

However, note that because you should have read the section on CONTROL, you will likely hit muscle failure sooner than you think because each rep will take 3 or more seconds to complete. Most likely, if you took 3 seconds to do a push-up, you would not be able to do 50 reps like this.

Intensity

THIS IS WHERE EVERYONE GETS IT WRONG. They do 10 sets of 10 reps of each exercise, but they forget to actually TRAIN HARD. Too much junk volume and not enough effort. When you don’t train hard, you will not get much out of your time and “effort” spent training.

With these training templates, you will do just 1 to 3 HARD sets of each exercise per training session. When I say hard, I mean ALL OUT. “All out” means you can’t possibly do another full-quality rep in the set if you tried.

If you do ALL-OUT sets, you don’t need to do 5 exercises per bodypart and 10 sets per exercise. Just 1 to 3 HARD sets per exercise each training session will do the trick.

Each exercise in each template follows the same pattern: There will be 1 light set, 1 moderate set, and 1 to 3 HARD (aka ALL OUT) sets. Stick to this pattern for each exercise.

The following is how your set progression might look for any given exercise on any of the templates:

Set 1 - Light

This is a warmup set with light resistance for 20 reps to get your body used to the exercise and prevent injury. It should feel like you could do 30 or more total reps in this set if you wanted to. Remember, this is a warmup set, not a working set. You’re doing this to get your muscles ready for the main effort of the day.

Set 2 - Moderate

This set is not “all out” hard but definitely should feel like you’re working a lot more than you did on the first set. If the target rep range provided is 15 to 20, you should stop when you think you have 2 to 3 more high-quality, full range-of-motion reps in reserve.

Set 3 - Hard/ All Out

This set is hard (aka “all out”). GIVE IT ALL YOU GOT! MAKE THE MOST OF THIS SET!! When you complete this set, you should be confident that you could **not** have performed one more full-quality, full range-of-motion rep.

In a hard set, you may also add partial reps or push beyond failure once you cannot do another full range of motion rep without your technique breaking down. Only add partial reps or go beyond failure if it is safe to do so (example: do NOT go beyond failure on a bench press when you have no spotter). Use your brain! **DON'T BE A MORON!**

Set 4 - Hard / All out

Work up to this. Do not do a 4th hard set of any exercise until week 2.

Set 5 - Hard / All out

Work up to this. Do not do a 5th hard set of any exercise until week 3.

Hard / All Out / Beyond Failure Intensity Levels

I often get asked for clarification on when and how to go “all out” as well as when and how to go “beyond failure,” so let me try to make things as clear as possible.

Use proper form for all exercises. If your form breaks down, stop. Do not keep going if technique gets sloppy.

Do not EVER go beyond failure on compound barbell exercises without spotters. Barbell squats and barbell bench presses can be extremely dangerous and there is a risk of injury or death if you fail on either of those.

Use your judgment to determine if it makes sense to go beyond failure on any exercise. You should only go “beyond failure” or “do partials” on certain exercises where it is safe to do so.

Examples of exercises where it is safe to go “beyond failure” or do “partials” or “forced reps”:

Push-ups, bicep curls, lateral raises, triceps extensions, leg extensions, leg curls, leg press, chest press, most machines, calf raises.

Examples of exercises where you should never go beyond failure:

Barbell back squat, barbell bench press, barbell deadlift

So, when I talk about going beyond failure, it's only on exercises where it can be safe to do so. To learn more about when and how to do partials and forced reps, [watch my](#)

“

**Grab that bar and curl it!!!
When you get tired after 8,
9, or 10 reps, do a couple
more by cheating! THIS IS
ONE TIME WHEN CHEATING
IS GOOD! DON'T CHEAT ON
YOUR GIRLFRIEND, CHEAT
ON YOUR CURLS! Curls for
girls, don't cheat on your girls!**

”

Greg Doucette in “Best and Worst Exercises
to Build Bigger Biceps”

[video on Advanced Training Methods.](#)

Rest Periods Between Sets

Rest periods do not need to be exact, and you don't need to hold a stopwatch when training. The intent is to not rest too long and also to not rest too little such that you're not ready for the next set. As you can see in the table below, I generally expect you to rest a bit longer after higher intensity sets. You should not need as much rest after an easy light set than after an ALL-OUT set.

Rest periods should be slightly different based on whether you are following a template with straight sets or one with circuit sets.

The following table contains guidelines for rest time between sets depending on the intensity of the set as well as the type of template you are following (straight sets or circuit sets). **It is OKAY to take an extra long rest break at any point during your workout.** You may need to go to the bathroom to pee/poo/puke or perhaps to wash your hands harder than last time!

Or, you may simply not have adequate cardiovascular fitness to achieve the rest times in the table. If you are very out-of-shape, obese, or as old as Grandma Josephine, simply doing all of the exercises in the templates will be a lot. Rest times may have to be something you focus on later as you improve your fitness.

| Type of Sets | Light Set Rest Time | Moderate Set Rest Time | Hard / All Out Set Rest Time |
|---|-----------------------------|--------------------------------|-------------------------------|
| Straight sets (found in the Beginner and Advanced templates) | Up to 60 seconds (1 minute) | Up to 90 seconds (1.5 minutes) | Up to 120 seconds (2 minutes) |
| Circuit-style training (found in the Intermediate template) | Up to 30 seconds | 15 to 45 seconds | 15 to 60 seconds |

Progressive Overload

It is important to repeat the same exercises consistently over a period of time in order to allow yourself to progress in some form whether it is repetitions, technique, weight/resistance, load, total volume, rest time between sets, or reps in reserve.



Always attempt to do better than the last time!

This is very important. You're going to see me talk about working HARDER THAN LAST TIME and going ALL OUT, but keep in mind that you have to start somewhere. Training is a marathon, not a sprint. **If this is your first time training this way, use the first week to get comfortable with the training before trying to go ALL OUT on everything.**

An important part of progressive overload is to pace yourself. Don't try to progress as fast as possible.

As a result, I don't expect you to go "all out" in the first week. You have nothing to gain in the long run from destroying your body in week 1 of any plan, and you'd be better off gradually using a progressive overload.

My final word on this topic: Eventually, it will be impossible for you to improve each workout in terms of progressive overload, and that is OK.

Realistically, you will get to a point where you do not see material progress each training session. I have so many clients freak out when they can't add 5lbs to their lifts each training session. As long as you're trying to improve, that's what matters most.

In other words, you have to zoom out, see the bigger picture and determine if you are progressing on a monthly basis instead of a daily or weekly basis. Very advanced lifters and bodybuilders do this all the time when they look at yearly progress instead of monthly progress.

How To Progressively Overload Without Adding More Weight

When training away from the gym, you will likely reach a point where you cannot add more weight. You may get to the heaviest dumbbell or sack of rice available.

There are many options to keep intensity high and continue to progressively overload when you run out of weight to add due to equipment limitations. Here are a few examples of ways to make the exercise HARDER without actually adding weight:

- **Increase the amount of reps per set**
- **Reduce the rest time between sets**
- **Increase the range of motion "ROM" (if applicable).** You can bench press or do push-ups with a close grip instead of a wide grip. You can stand on a 2-inch textbook for dumbbell or barbell deadlifts instead of deadlifting from the floor.



- **Reduce the tempo of the eccentric phase of the lift**, aka *slow down the descent*. You can reduce the speed of the descent of a barbell/goblet/front/whatever squat from a 3-second descent to a 5-second descent. If you're already taking 5 seconds to descend in your squats, you can increase that to a 10-second descent. This increases the total time under tension.
- **Increase the time in the peak contracted position**, aka *slow down the pause in the hole*, such as when the barbell touches your chest on the bench press or when you are in the hole of a squat. An example would be to increase the pause on your chest during a bench press from a 1-second pause to a 3-second pause. When doing pull-ups, you can pause when your chin is above the bar. This increases the total time under tension.
- **Add or increase band tension**. You can add a band to make most exercises harder. Start with a light band. Once you've adapted to the light band tension, you can change to a thicker band.

And finally, you can add more than just one of the above modifications to an exercise to make it harder. **Band tension + a slow eccentric phase + a long pause in the hole + high reps per set + short rest periods + long ROM = GAINS!**

I don't want to hear that you're too strong to train effectively in a shitty hotel gym or in your house. There are a million different ways you can modify the exercises to make them HARDER THAN LAST TIME!

When to Change an Exercise

Your body adapts to the specific stressors that are placed on it. If the stressor is changed too frequently, you will not see optimal adaptation. For example, it's unlikely you would become a great marathon runner by alternating between running, swimming, and yoga each week. You could mix in various forms of exercise to supplement your training, but running would need to be your primary focus. Weight training is the same way.

For this reason, **I typically recommend keeping the same exercises for a long time**. There is no need to switch up the exercises after a set amount of time (such as "4-week blocks"). There is nothing wrong with continuing to repeat the same exercises (except in the case of injury or lack of equipment). For example, you can do bicep curls every training session for the rest of your life!

A lot of coaches and programs will make you change your exercises every couple of weeks to make you believe they are doing something special. But the truth is, there is no magic amount of time marking when you've fully developed a skill, completely

improved your technique, or gotten as strong as possible.

My motto is do the exercises you enjoy the most and are motivated to train hard on. You simply don't have to change the exercises if you don't want to.

In my world, good reasons to change an exercise include: boredom, injury, lack of equipment, or zeerrrooo progress for multiple months. **There are no rules in this gym!**

GO AT YOUR OWN PACE!!!

I CANNOT STRESS THIS POINT ENOUGH!! JUST BECAUSE THE PROGRAM IS WRITTEN A CERTAIN WAY, DOES NOT MEAN YOU NEED TO COMPLETE EVERYTHING! DO THE BEST YOU CAN AND THEN DO BETTER NEXT TIME! THIS IS A MARATHON NOT A SPRINT!!!

Injury Avoidance

Do not choose exercises that give you pain (injury kind of pain, not “feel the burn” kind of pain)!! Find ones that don't give you pain and leave the pain-inducing ones OUT!!

For example, some people have great shoulder mobility and can perform dips without any issues, while others with poor mobility and shoulder health will get awful pain. If you are planning to do dips for tricep work but experience shoulder pain, skip the dips. Choose another exercise instead to target the same muscle group, such as a close-grip bench press.

Cardio

Cardiovascular fitness should not be overlooked. After all, your heart is the most important muscle in your body. When you add in cardio, not only will you burn more calories, but you'll be healthier and feel better too. **SO DON'T SKIP YOUR CARDIO.** In fact, if I had to choose between only being able to lift weights or only being able to do cardio for exercise, I'd choose CARDIO.

As part of your training protocol, I suggest you complete each week 150 minutes total of moderate intensity, steady-state cardio. The cardio should be challenging and non-stop. My idea of “moderate intensity” cardio is cardio that does not exhaust you. That means you should be able to have a laboured conversation while doing this cardio.



You should be able to do 2-3 hours at this level of cardio intensity if you wanted to. **This type of cardio should not make you sore the next day.** If you're going so hard that you can't even talk, you need to reduce your speed or intensity.

150 minutes of moderate intensity, steady-state cardio per week is a good starting point for most of my clients. You don't need to go higher than that unless you need to for competitive purposes. It is also a great way to greatly improve your cardiovascular fitness. For most people who have never done much cardio before, being told to do this amount can be shocking. It's definitely waaaay more than the **ZEERRROO** amount of cardio most people do. BUT YOU WILL THANK ME LATER. So just do it!

Some examples of acceptable cardio include but are not limited to: incline walking, biking, dancing to music, rowing, jumping rope, climbing on the VersaClimber, stepping on the StairMaster, or gliding on the elliptical.

My preferred style of cardio to recommend to my clients is incline treadmill walking at a 15% incline. It is low-impact while still challenging. Start slow to keep a consistent pace and work your way up to a faster walking pace with time. As you increase the walking pace over time, you will burn even more calories. If you start off at 1.5 miles per hour and work up to 3 miles per hour in the span of a year, that means you'll burn twice the amount of calories in the same amount of time on the treadmill.

I often get asked if going outside for a walk counts. A brisk walk is TOO EASY. **If you choose to go for walks outside, count half the time.** For example, if you went for a 60-minute non-stop walk, you can count 30 minutes of that towards your weekly cardio goal of 150 minutes.

Note: If you are morbidly obese, extremely out of shape, or as old as Grandma Josephine then a brisk walk is a great thing to do for cardio. For most fit people though, a fast walk simply won't cut it and you'll have to double your cardio time.

Here is an example of how to plan your cardio:

On days OFF from weights, do 30-90 minutes of CARDIO at a moderate pace.

In order to know what moderate is, ask yourself if this is easy or not. If it feels like you could keep that pace for 3 hours then it's too easy. If you are sore the next day from cardio, then it was too hard. Go by this and you can't go wrong.

Use progressive overload for cardio! As I explained for weight training, you should push yourself a little harder each cardio session. **Over time, you WILL improve at cardio.** Going at a slightly faster pace over time will allow you to burn more calories

“

Your heart is more important than your biceps!! The biceps look cooler than the heart, only because you can't see the heart because it's underneath your pecs and your ribs. START DOING CARDIO AND NEVER STOP!!!

”

Greg Doucette in “How to Maintain Your Muscle Without The Gym, Or When Your Gym is Closed!!”

during cardio. You might start by burning very few calories during your cardio sessions, but in several months, you will burn WAY MORE calories during your cardio sessions.

If you are that morbidly obese person starting with 150 minutes per week of walking, you can do this for awhile on a 0% incline, then work to progress to 150 minutes per week on a 5% incline, and keep increasing the incline until you are walking at a 15% incline for the full 150 minutes per week.

For example:

- Monday: 10-minute cardio warmup + weight training
- Tuesday: 40 minutes of cardio, no weight training
- Wednesday: 10-minutes cardio warmup + weight training
- Thursday: 30 minutes of cardio, no weight training
- Friday: 10-minute cardio warmup + weight training
- Saturday: 50 minutes cardio, no weight training
- Sunday: Off
- TOTAL CARDIO FOR WEEK: 150 minutes

Deloads

I don't usually write deloads into my plans. For most people, life happens - you get sick, your in-laws are in town, you travel for work, you go on vacation, your car breaks down - and VOILA! There is your deload. **As a general rule, life will provide you with plenty of opportunities for deloads.**

But let's assume nothing like that happens, and you go a few months without a break from the gym. **Are you making progress in the gym? Are you making gains? Are you injury-free? Are you still able to both mentally and physically push yourself in the gym? If so, you do not need a deload.**

Now, of course, life will sometimes throw curveballs at you that demand a physical and mental break from the gym. If that happens, just take a few days off from the gym and focus on cardio. Then, after a few days off from the gym, take a few days to a few weeks to train in the gym EASIER than last time, not harder than last time. Have some fun, try new exercises, and reduce the intensity.

Note: if you are a powerlifter or bodybuilder, your deloads should be programmed into your yearly plan. After you compete in a meet or a show, you should definitely



take some time off to not train hard and to heal injuries.

But, most people do NOT train with the level of intensity that requires a deload.

Bottom line, if you feel like you can still train hard, then DON'T TAKE A DELOAD!!!!

Stretching

It's a great idea to stretch after your workout or cardio session to keep flexible. Remember, save the stretching for the end of your training. Don't stretch a cold muscle.



Exercise Library

This exercise library is intended to be a **starting point** for exercises that can be inserted into your training template of choice. Feel free to **get creative** based on equipment and household items that you have available to you. This is a NON-EXHAUSTIVE list.

| Muscle Group | Exercise Options |
|-------------------------------------|---|
| Legs (Quads, Hamstrings, Ass) | <p>Goblet Squat</p> <p>Sumo Squat (wide stance squat holding weight with dangling arms)</p> <p>Alternating Lunges / Non-Alternating Lunges</p> <p>Walking Lunges</p> <p>Bulgarian Split Squats</p> <p>Pistol Squats (can use TRX suspension cables to you can't do a bodyweight pistol squat, or you can make a makeshift TRX suspension cables with bedsheets)</p> <p>Split Squats</p> <p>Barbell Back Squat - High Bar, Mid Bar, or Low Bar</p> <p>Safety Bar Squat</p> <p>Barbell Front Squat</p> <p>TRX / Makeshift Bedsheets TRX Hamstring Pull-In</p> <p>TRX / Makeshift Bedsheets TRX Lunge</p> <p>Sumo Squat (wide stance squat holding weight with dangling arms)</p> |
| Chest / Triceps ("Upper Body Push") | <p>Push-up - various grips</p> <p>Push-up on knees</p> <p>Push-up on TRX / Makeshift Bedsheets TRX cables</p> <p>Incline Push-up</p> <p>Decline Push-up (feet up on chair / hands on dumbbells or textbooks)</p> <p>Handstand Push-up - feet against wall</p> <p>Parallel Bar Dips - can be done with an at home dip station or in a playground, most playgrounds have parallel bars</p> <p>Chair dips (dip between 2 chairs, heels on ground, can load this up with weights on lap)</p> <p>Bench Dips (dip on bench, or edge of couch or 1 chair or table, heels on ground, can load this up with weights on your lap)</p> <p>Dumbbell Bench</p> <p>Dumbbell Floor Press</p> <p>Dumbbell Incline Bench</p> <p>Barbell Bench Press (various grip widths)</p> <p>Barbell Incline Bench Press</p> <p>Standing Overhead Press - Barbell or Dumbbell</p> <p>TRX / Makeshift Bedsheets TRX Chest Press</p> |

| Muscle Group | Exercise Options |
|---|---|
| Back / Biceps ("Upper Body Pull") | <p>Pull-up - get a doorway pull-up bar or use a tree branch or doorway or go to a playground where there is a pull-up bar. You can also use bands to make yourself lighter on pull-ups so you can do more reps. You can also use TRX suspension cables if you can't do a pull-up.</p> <p>Chin-Up</p> <p>Neutral Grip Pull-up</p> <p>Pull-up Negatives</p> <p>1-Arm Bent-Over Row (with dumbbell or with laundry detergent)</p> <p>Dumbbell Row</p> <p>Chest-Supported Row</p> <p>Banded Row - get a doorway band setup where you attach a band to a door with a door stopper.</p> <p>Inverted Row - can be done with a TRX suspension cable / makeshift TRX or by holding a table - BE CAREFUL - SAFETY FIRST - make sure you don't flip your table over on top of you.</p> <p>Pull-over with dumbbell or sack of rice or laundry detergent</p> <p>Barbell Row</p> <p>Barbell Underhand Row</p> <p>TRX Cable Inverted Row</p> |
| Back / Ass / Hamstrings ("Posterior Chain") | <p>Romanian Deadlift</p> <p>Conventional Deadlift</p> <p>Sumo Deadlift</p> <p>Touch-and-Go Sumo Deadlift</p> <p>1-Leg Romanian Deadlift</p> <p>Nordic Hamstring Curl</p> <p>Laying hamstring curl slides (like hip thrust but you slide your heels on floor to curl the hamstrings)</p> <p>Stiff Leg Deadlift</p> <p>Band Pull Throughs</p> <p>Kettlebell Swing</p> <p>Good morning with sack of rice or band</p> |
| Calves | <p>Standing calf raise on floor</p> <p>Standing calf raise on step</p> <p>Standing 1-leg calf raise on floor</p> <p>Standing 1-leg calf raise on step</p> <p>Seated calf raise on step with weight on knees (sack of rice)</p> <p>Seated 1-leg calf raise on step with weight on knees (sack of rice)</p> |
| Triceps | <p>Tate Presses</p> <p>Lying dumbbell triceps extensions</p> <p>Triceps presses against a wall</p> <p>Triceps Extensions with weight or band or against a wall</p> <p>Push-ups (all variations)</p> <p>Dips</p> <p>Bench Press (all variations)</p> |

| Muscle Group | Exercise Options |
|--------------|--|
| Biceps | Bicep curl Chin-Ups Hammer curl Preacher curl Incline dumbbell curl Supinated / reverse grip bent-over row Concentration curl |
| Shoulders | Bent-Over Lateral Raises Shoulder Press - seated or standing Reverse fly Front raises |
| Chest | Chest Flies with dumbbells or bands or TRX / Makeshift TRX cables Bench Press (all variations) Floor Press Chest Press Push-ups (all variations) |
| Abs / Core | <p>Note on ab work - ab work is optional as your abs are trained indirectly through most resistance training where you are using free weights. For <i>The Holy Grail of Home & Hotel Gains</i> training plan, ab work is included optionally because the assumption is you aren't doing heavy squats and deadlifts.</p> <p>Plank (if you do planks, disregard the "reps" and focus on the achieving the desired intensity with time and resistance)</p> Side Plank Rotating Planks Leg Raise Dragon Flag Hollow Rock Bird Dog Dead Bugs 1-Arm Bench Press Quadruped Row Kettlebell March Ab Wheel V-Ups on floor / seat |

Frequently Asked Questions

Although this away-from-the-gym training guide has never been published before, this FAQ is to answer questions that I often get from clients on related topics.

1. What if my focus is strength over physique?

Both strength and physique training go hand in hand. You need hypertrophy to develop a solid foundation of muscle to be able to lift more weights. The programs in this guide are focused on overall fitness and hypertrophy. But if you REALLY want to focus more on strength than hypertrophy, reduce the reps on the hardest sets to 5 to 8.

2. What if I want to grow a certain part of my body more than others (for example, I want a bigger booty but not a wider back)?

There are no rules in this guide! Let's say you want more booty than back width from your training. You can make a higher proportion of your training template based on your goals. Want more booty work? Simple. ADD MORE BOOTY WORK!

3. What if I can't repeat the same exercise due to equipment limitations?

Do your best to find a movement pattern that is very similar. If you cannot find a movement pattern that is similar to the exercise you want to perform, choose another exercise that trains the same muscle group with a similar training load.

4. What if I am still sore on a training day?

I see soreness as an indicator of how hard you are training and how well you are recovering. You should expect a moderate amount of soreness from starting a new training plan. But if your soreness is debilitating, you can reduce the intensity of the training sets, add another rest day, or back off a bit on the weight and then build up to progressively overload again. TRAIN LESS HARDER THAN LAST TIME!

5. Does this training plan replace a coach?

This training guide does not replace a human coach! A coach provides you with ongoing support, accountability, and advice. This training guide is a book with training templates. Though it provides a framework for individualizing the templates, it does not individualize the templates for you! It also does not assess whether or not the current training plan is working. **To hire ME as a coach, visit gregdoucette.com/coaching for more information.**



Key Terminology / Abbreviations

To understand the instructions of each template, please reference this key terminology guide.

BB - “Barbell”

Circuit - when you alternate between several exercises (usually 5 - 10) that target different muscle groups. If you have a circuit with 5 total exercises where you need to perform 3 total sets of each, you would first complete one set of each exercise before moving onto the second set of each exercise.

Concentric - Concentric movement is when the muscle shortens while producing force (contracting the muscle). This is the ascent of the squat, or the ascent portion of the bench press. In a biceps curl, the concentric phase is when you are going from a straight arm to a bent arm as you bring the dumbbell towards your shoulder.

DB - “Dumbbell”

Deload - a period of time in which you train EASIER THAN LAST TIME by lifting lighter weights and/or reducing your training volume

Eccentric - Eccentric movement is when the muscle lengthens while producing force. In easier terms, this is the “negative” portion of the lift. This is the descent of the squat, or the descent portion of the bench press. In a biceps curl, the eccentric phase is when you are going from a bent arm to a straight arm as you lower the dumbbell down — as long as the dumbbell is lowered slowly rather than letting it drop (i.e., the biceps are in a state of contraction to control the rate of descent of the dumbbell)

Forced Reps - when you have a training partner help you complete more reps than you can do by yourself. It’s appropriate to add forced reps to the end of a set once you have reached failure on full range-of-motion reps completed by yourself.

Hypertrophy - all of my weight training is about hypertrophy, or growing the size of your muscles!

Intensity - how HARD you are trying while performing an exercise. The intensity of a set is whether a set is LIGHT, MODERATE, or HARD.

KB - “Kettlebell”

Partials - “partial reps” are when you intentionally complete a rep of a movement with a partial range of motion (for example, not fully locking out your bench press before taking the bar back down)

Supersets - when two exercises are performed back-to-back with minimal to no rest.

Straight Sets - when all sets of an exercise are executed and completed before finally moving on to the next exercise. This is best for compound movements such as the powerlifts.

Tempo - the tempo is the rate or pace in which an exercise is performed. Tempo and the way it is prescribed represents how long the muscle or group of muscles is under load or tension. Manipulating tempo can change the complete intent of the training program. SLOW tempos are important when you do not have access to heavy weights, when you want to improve your lifting technique, and when you want to maximize hypertrophy.

Time Under Tension (TUT) - refers to how long a muscle is under strain during a set. To increase TUT you either reduce the tempo of reps in a set OR you increase the number of reps you perform each set.

TRX - “TRX” stands for “Total Resistance Exercise” which is a training system where exercises are performed using cable suspension. The “TRX System” is a brand by itself but you can make your own TRX cables. I have seen makeshift TRXs using bedsheets ([here is an example by @michie_peachie](#)) and with cables, rope, and straps found in any hardware store ([here is a “do it yourself” by DASFit example](#)).

“

**Now is the time to
wash your hands.
WASH YOUR HANDS
HARDER THAN LAST
TIME!**

”

Greg Doucette in “How to Maintain Your
Muscle Without The Gym, Or When Your
Gym is Closed!!”

Beginner Template

Instructions

- Train your full body every other day (or 3 days per week at minimum).
- Complete 8 exercises in straight sets each training day.
- Choose exercises from the following categories in a sequence: (1) quads/legs, (2) upper body pull, (3) posterior chain, (4) upper body push, (5) core, (6) calves, (optional 7) beach muscles.
- Perform 3-5 sets per exercise.
 - 1st set: “Light” intensity
 - 2nd set: “Moderate” intensity
 - 3rd - 5th sets: “HARD” intensity
- For week 1, only perform 3 total sets with one HARD set. In week 2, you may add a 4th total set or a second HARD set. In week 3 and beyond, you may do 5 total sets per exercise with 3 total HARD sets.
- Choose an exercise for a muscle group you want to focus on for the “Choice Accessories” category. This can be glutes, biceps, shoulders, or whatever you want to focus on.
- Target the same muscle groups in the same sequence and with similar exercises each training day so that you can progressively overload your reps and resistance.

**The first Beginner
Template sample
features example
exercises assuming
zero availability
of unique gym
equipment.**

Beginner Template Sample - Zeerrrooo Equipment

DAY I

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|-----------------|------------------------------|---|-------|----------------|----------------|-------|-----------|
| Legs | Goblet Squat | 40-50lb sack of rice/pet food | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back / Biceps | Pull-Ups | Bodyweight or band-assisted or TRX | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Single-Leg Romanian Deadlift | 40-50lb sack of rice/pet food | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest / Triceps | Decline Push-ups | Bodyweight or TRX | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Biceps Curl | Laundry detergent jug | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Side Lateral Raises | Laundry detergent jug | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Standing Military Press | Backpack w/weight on PVC pipe/broomstick | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Traps | Shrugs | Laundry detergent jug | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |

Beginner Template Sample - Zeerrrooo Equipment

DAY 2

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|---------------|-----------------------------------|---|-------|----------------|----------------|-------|-----------|
| Legs | Walking Lunges | Bodyweight (20 steps per leg) / Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Biceps | Inverted Row | Bodyweight (holding edge of table) or TRX / makeshift TRX | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Romanian Deadlift | Jug of laundry detergent in each hand | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Sumo squats | 40-50lb sack of rice/pet food | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest/Triceps | Chair Dips | Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Reverse Fly | Jug of laundry detergent | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Biceps Curl | Jug of laundry detergent | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Calves | Standing 1 leg Calf Raise on Step | Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |

Beginner Template Sample - Zeerrrooo Equipment

DAY 3

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|---------------|--------------------------------|--|-------|----------------|----------------|-------|-----------|
| Legs | Bulgarian Split Squats | Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Biceps | Single-Arm Row | Laundry Detergent | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Hip Thrusts | 40-50lb sack of rice/pet food | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Partner Nordic Hamstring Curls | Bodyweight | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest/Triceps | Bench/Chair Dips | Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Bicep Curl | Laundry Detergent / Backpack on PVC pipe or broomstick | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Lateral Raises | Laundry Detergent | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Triceps | Push-Up | Bodyweight / Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |



**The second Beginner
Template sample
features example
exercises assuming
you are training in a
shitty hotel gym.**

Beginner Template Sample - Shitty Hotel Gym

DAY I

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/Range | Actual Reps | Sets | Intensity |
|-----------------|------------------------------|------------------------------------|-------|------------|-------------|-------|-----------|
| Legs | Goblet Squat | Dumbbell / Kettlebell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back / Biceps | Pull-Ups | Bodyweight or band-assisted or TRX | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Single-Leg Romanian Deadlift | Dumbbell / Kettlebell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest / Triceps | Decline Push-ups | Bodyweight or TRX | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Biceps Curl | Dumbbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Side Lateral Raises | Dumbbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Standing Military Press | Dumbbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Traps | Shrugs | Dumbbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |



Beginner Template Sample - Shitty Hotel Gym

DAY 2

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|---------------|-----------------------------------|---|-------|-------------|-------------|-------|-----------|
| Legs | Walking Lunges | Bodyweight (20 steps per leg) / Kettlebell / Dumbbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Biceps | Inverted Row | Bodyweight / TRX Cables | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Romanian Deadlift | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Sumo squats | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest/Triceps | Dumbbell Bench Press | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Reverse Fly | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Biceps Curl | Cables / Bands / Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Calves | Standing 1 leg Calf Raise on Step | Backpack / Kettlebell / Dumbbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |

Beginner Template Sample - Shitty Hotel Gym

DAY 3

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|---------------|---|----------------------------|-------|-------------|-------------|-------|-----------|
| Legs | Bulgarian Split Squats | Dumbbells / Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Kettle | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Hamstring Curl (lying down on floor, place dumbbell between feet) | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Biceps | Single-Arm Row | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest/Triceps | Bench/Chair Dips | Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Bicep Curl | Cables / Bands / Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Lateral Raises | Cables / Bands / Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Triceps | Push-Up | Bodyweight / Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |

**The third Beginner
Template sample
features example
exercises assuming
that there is a basic
home gym setup.**

Beginner Template Sample - Basic Home Gym

DAY I

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|-----------------|-----------------------------------|------------------------------------|-------|-------------|-------------|-------|-----------|
| Legs | Barbell Back Squat (close stance) | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back / Biceps | Pull-Ups | Bodyweight or band-assisted or TRX | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Romanian Deadlift | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest / Triceps | Barbell Bench Press | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Biceps Curl | Cable / Dumbbell / Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Standing Overhead Press | Barbell or Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Standing Calf Raise on Step | Dumbbell / Kettlebell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Traps | Shrugs | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |

Beginner Template Sample - Basic Home Gym

DAY 2

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|---------------|--------------------------------------|---------------------|-------|-------------|-------------|-------|-----------|
| Legs | Walking Lunges | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back | Sumo Deadlift | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Barbell Row | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | Hip Thrust | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest/Triceps | Close Grip Bench Press | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Reverse Flyes | Dumbbells / Bands | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Triceps | Standing Overhead Triceps Extensions | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Calves | Standing 1 leg Calf Raise on Step | Backpack | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |

Beginner Template Sample - Basic Home Gym

DAY 3

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|---------------|-----------------------------|----------------------------|-------|-------------|-------------|-------|-----------|
| Legs | Squat (medium width stance) | Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Biceps | Single-Arm Row | Dumbbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Legs | Stiff Leg Deadlift | Dumbbells / Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Biceps | Quadruped Row | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest/Triceps | Incline Bench Press | Barbell / Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | Biceps Curl | Bands / Dumbbell / Barbell | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | Lateral Raises | Dumbbells | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Triceps | Triceps Extensions | Dumbbells / Cables / Bands | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |



Intermediate Template

Instructions

- Train your full body every other day (or 3 days per week at minimum).
- Complete 10 exercises in one circuit (aka “round”) each training day.
 - *NOTE:* The amount of exercises per category/muscle group is up to you. You may have, as an example, 3 upper-body pull exercises and 3 leg exercises and 4 upper-body push exercises, or some other combination. **Choose exercises according to which movements you prefer to do as well as which muscle groups you want to focus on.**
 - Due to the circuit training format, you will most likely not need to use a lot of weight for certain exercises. This is by design.
- Perform 3-5 sets per exercise in a circuit with increasing intensity per circuit round.
 - Round 1 - Light intensity with 15-30 seconds rest between exercises.
 - Round 2 - Moderate intensity with 30-60 seconds rest between exercises.
 - Round 3 - HARD intensity with 30-90 seconds rest between exercises. May need to rest longer for some exercises.
 - Rounds 4-5 - HARD intensity with 60-90 seconds rest between exercises. May need to rest longer for some exercises.
- For week 1, only perform 3 total sets per exercise with one HARD set per exercise. In week 2, you may add a 4th round or a second HARD set for 5-8 of the 10 total exercises. In week 3 and beyond, you may do UP TO 5 total sets per exercise with 3 total HARD sets. USE YOUR JUDGMENT. PROGRESS WITHIN REASON!



**The first Intermediate
Template sample
features one week
of example exercises
assuming availability
of zeerrrooo gym
equipment.**

Intermediate Template - Zeerrrooo Equipment

DAY I

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|-------------------|--|--------------------------------|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Legs | Goblet Squat | Sack of rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | Pull-ups | Bodyweight or band assisted | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Legs | 1-Leg Romanian Deadlift | Sack of Rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Decline Pushups (Feet Up) | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Back | Leg Raises | Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 6 | Triceps | Standing Calf Raise on Step | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Biceps | Bicep Curl With Sack of Rice | Sack of Rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Shoulders | Tricep Extension With Sack of Rice | Sack of Rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Traps | Lateral Delt Raises with Laundry Detergent | Laundry Detergent | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Calves | Shrugs with Laundry Detergent | Laundry Detergent | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |



Intermediate Template - Zeerrroo Equipment

DAY 2

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|-------------------------|--|--------------------------------|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Quads/Legs | Goblet Squat | Sack of rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | Pull-ups | Bodyweight or band assisted | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings/ Ass/Back | 1-Leg Romanian Deadlift | Sack of Rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Decline Pushups (Feet Up) | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Abs | Leg Raises | Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 6 | Calves | Standing Calf Raise on Step | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Biceps | Bicep Curl With Sack Of Rice | Sack of Rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Triceps | Tricep Extension With Sack Of Rice | Sack of Rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Shoulders | Lateral Delt Raises with Laundry Detergent | Laundry Detergent | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Traps | Shrugs with Laundry Detergent | Laundry Detergent | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |



Intermediate Template - Zeerrrooo Equipment

DAY 3

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|-------------------------|--|--|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Quads/Legs | Bulgarian Split Squat with Sack of Rice (reps are per leg) | Sack of rice | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | 1 Arm Row with Laundry Detergent | Bodyweight or band assisted | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings/ Ass/Back | Nordic Hamstring Curls | Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Bench Dips (can be done on side of couch) | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Abs | Side Planks | Bodyweight | Max Time | Max Time | Max Time | Max Time | Max Time | 3-5 |
| 6 | Calves | Seated 1 Leg Calf Raise on Step with Rice on Knees | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Legs | Sumo Squat | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Biceps | Bicep Curl | Laundry Detergent | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Triceps | Diamond Pushups | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Lats | Inverted Row | TRX / Makeshift TRX / Bodyweight holding edge of table | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |

The second
Intermediate
Template sample
features one week
of example exercises
assuming equipment
typical of a shitty
hotel gym.

Intermediate Template - Shitty Hotel Gym

DAY I

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|-------------------------|---|--|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Quads/Legs | Goblet Squat | Dumbbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | Pull-ups | Bodyweight or band-assisted or with TRX / makeshift TRX | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings/ Ass/Back | 1-Leg Romanian Deadlift | Dumbbell or Kettlebell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Decline Push-ups (Feet Up) | Backpack / Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Abs | Leg Raises | Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 6 | Calves | Standing Calf Raise on Step w/ dumbbell | Dumbbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Biceps | Bicep Curls | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Triceps | Standing Overhead Triceps Extensions | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Shoulders | Side Lateral Raises | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Traps | Shrugs | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |



Intermediate Template - Shitty Hotel Gym

DAY 2

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|-------------------------|--|--|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Quads/ Legs | Walking Lunges (rep range is per leg, so 20 reps means 20 reps per leg, so 40 total steps) | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/ Biceps | Inverted Row | Bodyweight / TRX Cables / Makeshift TRX | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings/ Ass/Back | Kettlebell Swings (you can't do these slow and under control, so go for high reps on these) | Dumbbell or Kettlebell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Chair Dips | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Abs | Planks | Bodyweight | Max Time | Max Time | Max Time | Max Time | Max Time | 3-5 |
| 6 | Calves | Standing 1-leg Calf Raise on Step | Backpack | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Legs | Split Squat | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Back | Pullover | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Triceps | Triceps Extensions leaning against wall | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Rear Delts | Rear Delt Raises | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |

Intermediate Template - Shitty Hotel Gym

DAY 3

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|--------------------|--|-----------------------|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Legs | Bulgarian Split Squats (rep range is per leg, so 20 reps means 20 reps per leg, so 40 total steps) | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | 1-Arm Row | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings/ Ass | Nordic Hamstring Curls | Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Dumbbell Bench Press | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Shoulders | Standing Overhead Press | Dumbbells | Max Time | Max Time | Max Time | Max Time | Max Time | 3-5 |
| 6 | Calves | Seated 1-leg Calf Raise on Step with weight on knees | Dumbbell / Kettlebell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Legs | Sumo Squat | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Biceps | Dumbbell Alternating Curl | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Triceps | Tate Presses | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Shoulders | Side Lateral Raises | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |

**The third Intermediate
Template sample
features one week
of example exercises
assuming you have
a basic home gym
setup.**

Intermediate Template - Basic Home Gym

DAY I

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|-------------------------|--|--------------------------------|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Legs | Barbell Back Squat (close stance) | Barbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | Pull-ups | Bodyweight or band-assisted | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings/ Ass/Back | Barbell Romanian Deadlift | Barbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Barbell Bench Press | Barbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Abs | Leg Raises | Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 6 | Calves | Standing Calf Raise on Step w/ dumbbell | Dumbbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Biceps | Barbell Bicep Curls | Barbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Triceps | Dumbbell Standing Overhead Triceps Extensions | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Shoulders | Side Lateral Raises | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Traps | Shrug | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |

Intermediate Template - Basic Home Gym

DAY 2

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|---------------------|---|-------------------------------|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Legs | Walking Lunges (rep range is per leg, so 20 reps means 20 reps per leg, so 40 total steps) | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | Barbell Row | Barbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings / Ass | Hip Thrust | Barbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Barbell Close Grip Bench Press | Barbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Abs | Plank | Bodyweight / Backpack | Max Time | Max Time | Max Time | Max Time | Max Time | 3-5 |
| 6 | Calves | Seated 1-leg Calf Raise on Step (hold weight on knee) | Dumbbell / Kettlebell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Legs | Split Squat | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Lats | Pullover | Dumbbell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Triceps | Triceps Extensions leaning against wall | Dumbbells / Bands / Cables | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Rear Delts | Bent-Over Lateral Raises | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |

Intermediate Template - Basic Home Gym

DAY 3

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|--------------------|--|-----------------------|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Legs | Bulgarian Split Squats (rep range is per leg, so 20 reps means 20 reps per leg, so 40 total steps) | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 2 | Back/Biceps | 1-Arm Bent-Over Row | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 3 | Hamstrings/ Ass | Nordic Hamstring Curls | Bodyweight | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 4 | Chest/ Triceps | Dumbbell Bench Press | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 5 | Shoulders | Standing Overhead Press | Dumbbells | Max Time | Max Time | Max Time | Max Time | Max Time | 3-5 |
| 6 | Calves | Seated 1-leg Calf Raise on Step with weight on knees | Dumbbell / Kettlebell | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 7 | Legs | Sumo Squat | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 8 | Biceps | Dumbbell Alternating Curl | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 9 | Triceps | Tate Presses | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |
| 10 | Shoulders | Side Lateral Raises | Dumbbells | 20 | 15 | 12-15 | 10-15 | 10-15 | 3-5 |

Advanced Template

Instructions

- The week is organized into a 4-day upper/lower split. This means that you will train 4 days a week with two days focused on upper body and two days focused on lower body.
 - Do not train with weights three days in a row during this plan. Two days on, 1 day off, two days on, 2 days off from weights is ideal.
- Ideally choose exercises in the order of the muscle group categories listed (but it is okay to vary).
- Each exercise starts with a “light” set and then has a “moderate” set and 1-3 “hard aka ‘all out’” sets.
- Several exercises are intended to be performed as supersets, indicated by “A” and “B” in the Sequence columns.
- Sets 4-5 are optional, as indicated by the brackets.

**The first Advanced
Template sample
features one week
of example exercises
assuming zero
availability of gym
equipment.**

Advanced - Zeerrrooo Equipment

DAY I - Lower Split

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|-------------------------|--------------------------|-------|-------------|-------------|-------|-----------|
| 1A | Legs | Goblet Squat | Sack of rice | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Hamstrings/Ass/ Back | 1-Leg Romanian Deadlift | Sack of Rice | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Legs | Walking Lunges | 2 laundry detergent jugs | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Hamstrings/Ass/ Back | Romanian Deadlift | 2 laundry detergent jugs | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Back/Biceps | Inverted Row | Bodyweight on TRX Cable | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Calves | Bicep Curl | Jug of laundry detergent | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4 | Ass/Hamstrings | Hip Thrust | Sack of rice | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced - Zeerrrooo Equipment

DAY 2 - Upper Split

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|--|----------------------------------|-------|-------------|-------------|-------|-----------|
| 1A | Back/Biceps | Pull-ups | Bodyweight / Band-Assisted / TRX | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Chest/Triceps | Chair Dips | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Back/Biceps | Inverted Row Holding Edge of Table or with TRX | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Chest/Triceps | Decline Pushups (Feet Up) | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Shoulders | Front Raises | Laundry Detergent | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Biceps | Bicep Curl | Laundry Detergent | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4 | Abs | V-Ups | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced - Zeerrrooo Equipment

DAY 3 - Lower Split

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|--|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Legs | Sumo Squat | Sack of rice | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Ass/Hamstrings/ Back | 1-Leg Romanian Deadlift | Sack of rice | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Quads/Legs | Bulgarian Split Squat | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Ass/Hamstrings | Hip Thrust | Sack of rice | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Hamstrings/Ass | Nordic Hamstring Curls under couch/bed | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Calves | Standing 1-Leg Calf Raise on Step | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4 | Abs | Plank | Bodyweight | | Max Time | | 1 | Light |
| | | | | | Max Time | | 1 | Moderate |
| | | | | | Max Time | | 1 | HARD |
| | | | | | Max Time | | [1-2] | HARD |

Advanced - Zeerrrooo Equipment

DAY 4 - Upper Split

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|--|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Back/Biceps | Chin-Ups | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Chest/Triceps | Wide-Grip Push-ups | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Back/Biceps | Inverted Row Holding Edge of Table or with TRX | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Chest/Triceps | Close-Grip Pushups | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Chest/Triceps | Bench Dips (or chair dips with one chair or dips on edge of couch) | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Back/Biceps | 1-Arm Bent-Over Row | Laundry Detergent | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Traps | Shrugs | Laundry Detergent | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4B | Shoulders | Side Lateral Raises | Laundry Detergent | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |



**The second Advanced
Template sample
features one week
of example exercises
assuming availability
of equipment typical
of a shitty hotel gym.**

Advanced - Shitty Hotel Gym

DAY I - LOWER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|--|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Legs | Goblet Squat | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Hamstrings/Back/ Ass | 1-Leg Romanian Deadlift | DB / KB | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Legs | Walking Lunges | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Hamstrings/Back/ Ass | Deficit Romanian Deadlifts (stand on step) | DB / KB | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Abs | V-Ups | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Calves | Standing Calf Raise on Step | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4 | Hamstrings | Hamstring Curl with weight in between feet | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced - Shitty Hotel Gym

DAY 2 - UPPER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|----------------------|-----------------------|-------|-------------|-------------|-------|-----------|
| 1A | Back/Biceps | Pull-ups | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Chest/Triceps | Decline Push-Ups | Bodyweight / Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Back | Lat Pull-Down | Bands / Cables | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Chest/Triceps | Chair Dips | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Chest/Triceps | Dumbbell Floor Press | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Biceps | Bicep Curl | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Shoulders | Lateral Raises | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4B | Shoulders | Front Raises | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced - Shitty Hotel Gym

DAY 3 - LOWER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|---|-----------------------|-------|-------------|-------------|-------|-----------|
| 1A | Legs | Goblet Squat | Dumbbell / Kettlebell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Hamstrings/Ass/ Back | Deficit Romanian Deadlifts (stand on block) | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Legs | Walking Lunges | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Hamstrings | Hamstring Curl holding weight between feet | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Ass | Hip Thrust with Knee Band | Dumbbell / Band | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Calves | Standing 1-Leg Calf Raise on Step | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Abs | Planks | Bodyweight | | Max Time | | 1 | Light |
| | | | | | Max Time | | 1 | Moderate |
| | | | | | Max Time | | 1 | HARD |
| | | | | | Max Time | | [1-2] | HARD |

Advanced - Shitty Hotel Gym

DAY 4 - UPPER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|------------------------------------|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Back/Biceps | Chin-Ups | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Chest/Triceps | Dumbbell Floor Press | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Back/Biceps | Inverted Row Holding Edge of Table | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Chest/Triceps | Push-Ups | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Shoulders/Triceps | Dumbbell Standing Overhead Press | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Upper Pull | 1-Arm Bent-Over Row | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Traps | Shrugs | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4B | Shoulders | Incline Shoulder Press | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

**The third Advanced
Template sample
features one week
of example exercises
assuming you have
a basic home gym
setup.**

Advanced - Basic Home Gym

DAY I - LOWER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|--|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | LEgs | Barbell Back Squat (close stance) | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Back/Hamstrings/ Ass | Romanian Deadlift | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Legs | Walking Lunges | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Back/Hamstrings/ Ass | Kettlebell Swing | Kettlebell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | AMRAP | | 1 | HARD |
| | | | | | AMRAP | | [1-2] | HARD |
| 3A | Abs | Leg Raises | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Calves | Standing Calf Raise on Step | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4 | Hamstrings | Hamstring Curl with weight in between feet | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced - Basic Home Gym

DAY 2 - UPPER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|---------------------------|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Back/Biceps | Pull-ups | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Chest/Triceps | Bench Press - Medium Grip | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Back/Biceps | Barbell Row | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Chest/Triceps | Dumbbell Bench Press | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Shoulders / Triceps | Standing Overhead Press | Dumbbells / Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Back | Dumbbell Pull-Overs | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Shoulders | Dumbbell Lateral Raises | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4B | Traps | Shrugs | Dumbbells / Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced - Basic Home Gym

DAY 3 - LOWER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|--|---------------------|-------|------------|-------------|-------|-----------|
| 1A | Legs | Barbell Back Squat - medium width stance | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Hamstrings/Ass/Back | Sumo Deadlift | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Legs | Bulgarian Split Squat | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Hamstrings | Nordic Hamstring Curls under couch/bed | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Abs | Planks - bodyweight or with backpack | Bodyweight | | Max Time | | 1 | Light |
| | | | | | Max Time | | 1 | Moderate |
| | | | | | Max Time | | 1 | HARD |
| | | | | | Max Time | | [1-2] | HARD |
| 3B | Calves | Standing 1-Leg Calf Raise on Step | Backpack | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4 | Ass | Hip Thrusts | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced - Basic Home Gym

DAY 4 - UPPER SPLIT

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|------------------------------|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Back/Biceps | Chin-Ups | Bodyweight | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Chest/Triceps | Close-Grip Bench Press | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Back/Biceps | Barbell Underhand Grip Row | Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Shoulders | Dumbbell Incline Bench Press | Bench Press | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Shoulders | Dumbbell Lateral Raises | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Back/Biceps | 1-Arm Bent-Over Row | Dumbbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Traps | Shrugs | Dumbbells | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4B | Biceps | Bicep Curl | Dumbbells / Barbell | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

PRINTABLES

Beginner Template Worksheet

Date:

| Category | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|---------------|-----------------|---------------------|-------|-------------|-------------|-------|-----------|
| Legs | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Legs | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest/Triceps | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Back/Biceps | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Chest | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Shoulders | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Triceps | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |
| Biceps | | | | 20 | | 1 | Light |
| | | | | 15 | | 1 | Moderate |
| | | | | 12-15 | | 1 | HARD |
| | | | | 10-15 | | [1-2] | HARD |

Intermediate Template Worksheet

Date:

| Sequence | Category | Exercise | Weight/ Resistance | Rep Range Round 1 LIGHT | Rep Range Round 2 Moderate | Rep Range Round 3 HARD | Rep Range Round 4 HARD (optional) | Rep Range Round 5 HARD (optional) | Total Rounds for this Exercise |
|----------|-------------------------|----------|-----------------------|----------------------------------|-------------------------------------|---------------------------------|---|---|---|
| 1 | Quads/Legs | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 2 | Back/Biceps | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 3 | Hamstrings/ Ass/Back | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 4 | Chest/ Triceps | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 5 | Abs | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 6 | Calves | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 7 | Legs | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 8 | Biceps | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 9 | Triceps | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |
| 10 | Back | | | 20 | 15 | 12-15 | 10-15 | 10-15 | |



Advanced Template Worksheet

LOWER SPLIT

DATE:

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|-----------------|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Legs | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Back/Biceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Legs | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Back/Biceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Legs | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Back/Biceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Calves | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4B | Ass | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |

Advanced Template Worksheet

UPPER SPLIT

DATE:

| Sequence | Category / Muscle Group | Choice Exercise | Weight / Resistance | Tempo | Reps/ Range | Actual Reps | Sets | Intensity |
|----------|-------------------------|-----------------|---------------------|-------|-------------|-------------|-------|-----------|
| 1A | Back/Biceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 1B | Chest/Triceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2A | Back/Biceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 2B | Chest/Triceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3A | Biceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 3B | Triceps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4A | Shoulders | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |
| 4B | Traps | | | | 20 | | 1 | Light |
| | | | | | 15 | | 1 | Moderate |
| | | | | | 12-15 | | 1 | HARD |
| | | | | | 10-15 | | [1-2] | HARD |