

5 DAY HOME WORKOUT PLAN SUMMARY

SPLIT TYPE	FULL BODY
EXERCISE TYPE	BODYWEIGHT
EXPECTED PROGRAM DURATION	8-12 WEEKS
TARGET GENDER	MALE AND FEMALE
SUITABLE FOR	BEGINNER TO INTERMEDIATE
PROGRAM GOAL (ROUTINE 1)	INCREASE LEAN MASS AND STRENGTH
PROGRAM GOAL (ROUTINE 2)	FAT LOSS
PLAN TO FOLLOW NEXT	6 DAY WORKOUT ROUTINE AT HOME
WHERE TO DOWNLOAD PDF	AT THE BOTTOM

A photograph of a man in a dark tank top performing a push-up. He is in a low, athletic stance with his hands on the floor and his body in a straight line. The background is dark and out of focus.

Guide To Home Workout Routine Case Study Examples For Remote Workers

Tao Wei



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