

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 man in a dark tank top is performing a push-up on a gym floor. He is in a low, athletic position with his arms extended and his body straight. The background is a dark gym environment with some equipment visible.

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Padhraic Smyth



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