

HOME *WORKOUT* **BIBLE**

The Best Workouts of Your Life, From the Comfort of Your Home!



Your Home Workout Cheat Sheet

Ready to start your home workouts? If you've read the full ebook, then you should know the precise techniques you can use to generate the kind of damage and metabolic stress necessary to increase your raw power and build a lot of size. It doesn't take a whole gym stocked with expensive equipment: it just takes an understanding of your physiology and the will to push yourself to new heights in your training.

But understanding alone isn't enough – to see results you need to put that understanding into practice. And this sheet is here to help you do just that! Here you'll find a recap of the technique you're using *and* a large roster of exercises you can use.

Check out the resource sheet for a list of equipment that will help you with your training!

It's time to put those muscles to work...

Mechanical Drop Sets

The main approach is to use mechanical drop sets in order to create the proper conditions for muscle growth, even with a smaller amount of equipment and less weight.

A normal drop set works by starting with a very heavy weight and then gradually moving to lighter and lighter weights. This is a good strategy because it lets you train at both ends of the spectrum – creating a lot of time under tension *and* testing the upper limits of your strength.

We're using 'mechanical' drop sets, meaning that we're starting with hard exercises and moving to lighter exercises. As long as the exercises target the same muscle groups, then the effect is the same. The benefit is that you need less equipment and you can easily and more quickly move from one stage to the next.

The following list will show you the exercises you can use and then provide easier and harder variations!

The Exercises + Variatoinis

Press Up

Harder Variation One: Clapping Press Up

Launch yourself off the ground and into the air then clap.

Harder Variation Two: One Handed Press Up

Harder Variation Three: Rocking Press Up

Both hands are on the ground but you're going to rock down to one side and then the other so they take it in turns to work harder.

Harder Variation Four: Slow Press Ups

Easier Variation One: Knees Press Ups

Press ups with your knees on the ground.

Easier Variation One: Burns

Burns are press ups performed by simply doing as much of the movement as you still can – bobbing up and down on the spot!

Chin Ups

Harder Variation One: One Handed Pull Up

Harder Variation Two: Rocking Pull Up

Harder Variation Three: Pull Up to Launched Into the Air

Do a pull up but then launch yourself up. You can even do a catch before catching the bar again.

Harder Variation Four: Muscle Up

Harder Variation Five: 'Around the Worlds'

This involves holding yourself in position and then moving your upper body around in a circle.

Easier Variation One: Inverted Push Ups

These are pull ups performed with your feet on the ground, with legs stretched out in front of you. That means the bar is lower and you're only really lifting your upper body with each repetition.

Easier Variation Two: Assisted Pull Ups

You can do this by placing your toes on a chair underneath you. These are great because they allow you to perform pull ups and gradually use your feet to help more and more.

Easier Variation Three: Bodyweight Rows

These involve hanging onto a horizontal rope, towel, TRX or gymnastic ring. Then just pull your upper body toward them.

Easier Variation Four: Neutral Grip Pull Ups

These are possible on pull up bars that have handles protruding. These are pull ups but with your palms facing inward instead of forward.

Chin Ups

Harder Variation One: One Handed Chin up

Harder Variation Two: Rocking Chin up

Harder Variation Three: Chin up to Launched Into the Air

Easier Variation One: Inverted Push Ups

The same as before but with an inward-facing grip.

Easier Variation Two: Assisted Chin ups

Curls

Harder Variation One: Overhand Grip

Curl using an overhand grip.

Harder Variation Two: Isolation Curls

This means that the bicep is the only muscle involved and everything else is still. You can do this by sitting on a chair, or by using a preacher bench. Either way, this removes any chance that you have to 'cheat'.

Harder Variation Three: Slow Curl

Easier Variation One: Hammer Curl

Curl with inward facing grip.

Easier Variation Two: Cheat Curl

Curl but in such a way that you're swinging your body slightly to help it up.

Easier Variation Three: Assisted Curl

Curl with one hand, use your other hand to help.

Tricep Dip

Harder Variation One: One Handed Tricep Dip

Harder Variation Two: Rocking Tricep Dip

Harder Variation Three: Weighted Tricep Dip

Perform tricep dips but with a weight on your lap. You can also combine this with the first two for a really big challenge.

Harder Variation Four: Tricep Dip With Elevated Feet

Harder Variation Five: Ring Dip

Easier Variation One: Assisted Tricep Dip

Shoulder Press

Harder Variation One: Unilateral Shoulder Press

Press your weight on just one side, it makes it harder!

Harder Variation Two: Squat Press

A dumbbell press combined with a squat.

Harder Variation Three: Arnold Press

Twist the dumbbells as you press them overhead.

Easier Variation One: Incline Dumbbell Press

Dumbbell Squat

Harder Variation One: Overhead Dumbbell Squat

The same, but your arms are extended with the dumbbells at the time.

Harder Variation Two: Dumbbell Side Squat

Step out to the side and then squat on that one side. This is similar to a rocking movement in the above examples in that it places more emphasis on one leg.

Easier Variation One: One Legged Bodyweight Squat

Easier Variation Two: Jumping Squat

Easier Variation Three: Bodyweight Squat

Start with the hardest versions of each of these exercises, then when you reach failure, work your way down through to the easiest versions! Remember you can also mix up different exercises into the same mechanical drop set!