

HOME QUARANTINE HYPERTROPHY WORKOUT



UPPER/LOWER
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PROGRAM OVERVIEW



Gym closures and quarantine mandates are forcing people to make significant changes to their weekly training routines.

While a home workout may not be 100% ideal for building muscle if you're limited on equipment, you should still be able to make continued progress (or at least maintain the bulk of your existing gains) if you approach things in a structured and intelligent manner.

Here's a general overview of how to implement this program...

- This is an upper/lower split that should be done 3-4 days per week, alternating between workout A and B.
- There is no prescribed rep range for each exercise as it all depends on your current strength levels and how much weight (if any) you have access to. The most important thing regardless of rep counts is that you train 1-2 reps short of muscular failure on all sets, with 3-4 reps short of failure being the minimum.

Low intensity, circuit style "pump workouts" (the majority of what I've seen posted online during this time) will NOT get the job done if your goal is to gain new muscle or at the very least maintain it. You MUST continue to train hard and push yourself close to your limits if you want real results.

If you can land somewhere within about 5-12 reps on most movements then that will be optimal, but going as high as 30 reps will still be very effective as long as you're getting close to failure.

- Write down each workout and strive for progressive overload on all exercises just as you would with any other training program.

The main ways of doing this are by increasing the resistance (if you do have access to weights) or by performing more reps with the same weight.

If you're very limited on equipment, then other ways of achieving progress overload (and of simply making a given exercise more difficult in general) include utilizing slower negatives (up to 4-6 seconds per rep), implementing a pause in the fully contracted and/or fully stretched position of a lift (1-3 seconds on one or both ends of the rep), adding "pulse" reps (performing a half rep, returning to the starting position, followed by a full rep, then repeating), performing more total sets per exercise, or by finding ways to make a given lift more mechanically challenging (for example, a regular push up versus a foot elevated push up).

- There is no concrete rest time between sets. Simply perform a set and then wait as long as you need to in order to feel fully recovered before performing the next one. Remember: this is a hypertrophy workout, not a cardio session.
- I'm not able to provide video demonstrations for all of the exercises in this plan. They can all be easily looked up online, and if you need clarification on any of them then follow me on Instagram ([@sean_nalewanyj](#)) and comment on my latest post or ask in the comments section of [this YouTube video](#).
- If you do have a full home gym setup in place that includes a pull up bar, adjustable dumbbells and a bench, you can check out my complete [Body Transformation Blueprint](#) program. This is a comprehensive training and nutrition system designed to produce fully optimal results and can be performed from home as long as you have adequate equipment

Let's now dive into each workout...

WORKOUT A – UPPER BODY

EXERCISE	SETS	REPS
Pull Up	3	1-2 short of failure
Push Up	3	1-2 short of failure
Inverted Row	3	1-2 short of failure
Dip	3	1-2 short of failure
Lateral Raise	3	1-2 short of failure
One-Arm Shrug	2 per side	1-2 short of failure
Biceps Curl	2	1-2 short of failure
Triceps Extension	2	1-2 short of failure

Workout Notes:

Pull Up: If you don't have anywhere around the house or outside to safely perform pull ups, then purchase a door frame pull up bar if possible. You can add weight to the exercise using a dumbbell, loaded backpack or by holding a household item of some kind in between your knees or ankles. If you have no option to perform pull ups but have access to a strong resistance band, wedge it into the top of a door frame and perform lat pulldowns or lat pull ins. If none of these are an option then perform lying dumbbell pullovers, or lying pullovers using a sufficiently heavy household item.

Push Up: If you can get close to muscular failure within 30 reps doing standard body weight pushups then performing those is fine. If standard push ups are too easy for you then you can increase the difficulty in the following ways: wear a loaded backpack for added resistance, balance weight plates or another object on your upper back, use resistance bands, elevate your feet on a table or couch, perform side to side push ups, clapping push ups, or if you have the strength then do one arm push ups. A combination of these methods can also be used.

Inverted Row: These can be performed using a sturdy table, countertop or by balancing a

pipe or strong broomstick cross two chairs. You may need to get creative here. Search online and you'll find plenty of ideas. The difficulty of the exercise can be increased by elevating your feet and/or by adding extra resistance with a backpack or a weight plate/other item balanced on your midsection.

If you have sufficiently heavy dumbbells then you can replace the inverted row with any basic dumbbell rowing variation such as a one arm dumbbell row, seal row, incline chest supported row or bent over dumbbell row. If you have no dumbbells then try to find a heavy household item to use instead such as a loaded backpack or loaded suitcase.

Dip: These can be performed using the corner of a countertop or two sturdy chairs. If dips aren't an option then you can simply perform another push up variation instead. For example, do the first one flat on the floor and the second with feet elevated to target the chest from a different angle. Or, if you have a way to perform chest flys using dumbbells, a resistance band or household items then that can be used in place of the dip as well.

Lateral Raise: Perform a basic standing or seated lateral raise (seated will be more challenging) using dumbbells, resistance bands or household items. Lateral raises can be performed effectively using very little weight and so this should be easy to accomplish.

Biceps Curl: Same as above. Perform any basic biceps curl exercise with dumbbells, resistance bands or household items. Do them seated and with your back supported to increase the difficulty.

Triceps Extension: Same thing here. You can perform your triceps extensions either as an overhead extension (one arm at a time for increased difficulty), skull crusher or kickback. Another option here is a narrow grip pushup or bench dip.

One-Arm Shrug: If you don't have access to sufficiently heavy dumbbells then try loading a backpack or suitcase with heavy objects, performing the exercise one arm at a time to maximize difficulty. Resistance band shrugs are also an option. If shrugs aren't possible then perform face pulls using a resistance band, or do free weight face pulls using light dumbbells or household items. This should be fairly easy to accomplish since you won't be able to handle much weight on this movement – just a few pounds per hand for higher reps will be enough if you do them under control and pause at the top of each rep.

* If you don't feel excessively fatigued toward the end of the workout, performing 3 sets of the final 3 exercises (curl, extension, shrug) is fine.

WORKOUT B1 – LOWER BODY / ABS

EXERCISE	SETS	REPS
Bulgarian Split Squat	3 per side	1-2 short of failure
Nordic Leg Curl	3	1-2 short of failure
Walking Lunge	3	1-2 short of failure
Sliding Leg Curl	3	1-2 short of failure
Single Leg Hip Thrust	3 per side	1-2 short of failure
Single Leg Calf Raise	3 per side	1-2 short of failure
Crunch	3	1-2 short of failure
Plank	2	30-60 seconds

Workout Notes:

Bulgarian Split Squat: Use a couch or table to elevate your rear foot. You can add resistance by holding onto dumbbells, wearing a loaded backpack in front of your body or by holding onto household items. To maximize difficulty, stop a couple inches short of locking out your front knee as this will keep constant tension on the quads.

Walking Lunge: Same deal here. Hold onto dumbbells, wear a backpack or use household items to add resistance.

Other compound quad exercises that could be used to replace one or both of the above lifts: pistol squats, dumbbell front squats, backpack squats (loaded to the back or front), step ups, goblet squats, sissy squats, reverse lunges. Simply find whichever variations allow you to safely take your quads close to muscular failure given your equipment availability. As an added tip, one way to make compound quad exercises much more challenging with less resistance is to utilize blood flow restriction training using BFR bands, knee wraps or ace wraps. This will produce comparable muscle growth to regular sets if taken close to failure.

Nordic Leg Curl: Perform these by hooking your feet underneath a couch or having a partner manually hold your ankles down or sit on your lower legs. If you don't have any way of performing them then another option is a single leg Romanian deadlift if you have access to dumbbells or household items that aren't heavy enough for conventional Romanian deadlifts. Finally, if you have a sturdy table or countertop then another option here would be reverse hyperextensions.

Sliding Leg Curl: Use a shirt, towel or other item that can easily slide across the floor. If the exercise is too easy then perform them one leg at a time. If you have dumbbells then another option is a lying dumbbell leg curl.

Single Leg Hip Thrust: If a regular single leg hip thrust is too easy and you don't have access to additional resistance then try performing a deficit single leg hip thrust by using a platform of some kind to elevate your foot. Another possible way of doing this is to use two sturdy chairs. Wrapping a resistance band around your knees will further increase the difficulty.

Single Leg Calf Raise: Use a step or some other type of platform to elevate your heel off the ground for maximum range of motion.

Crunch: Perform a basic floor crunch, holding a dumbbell or other item on your chest to add resistance.

Straight Plank: If you can easily hold a regular plank for 60 seconds, increase the difficulty by moving your elbows a few inches forward, forcefully flexing your glutes and then applying inward pressure by squeezing your elbows and feet toward each other while keeping them both firmly planted.

* There are a million and one ab exercises that could be potentially performed from home and these are just two examples of many. If you have other movements you prefer then feel free to swap them in.

NUTRITIONAL GUIDELINES



If you're executing the above program as outlined and are training within a rep or two of failure on most exercises while striving for progressive overload, then continuing to bulk or cut with a calorie surplus or calorie deficit is acceptable if your situation permits it.

Roughly 200-300 calories above maintenance for bulking and 300-500 calories below maintenance for cutting is the general range that will work best for most people.

From a macronutrient standpoint, the most important thing is that you just consume adequate daily protein at roughly 0.8g per pound of body weight or higher. You do not need to track exact macros or worry about precise carb/fat ratios.

If your food selection is more limited or if stress levels are very high right now (in which case eating in a calorie deficit may not be the best idea right now), you can simply eat around maintenance and treat this period as a "pause" in your program where the focus is on preserving your existing body composition as opposed to making active progress.

As long as you don't go excessively high or low on calories and you get your protein in, you can expect to maintain your current body composition just fine if combined with the training program above.

Supplementation can continue as normal if your financial situation permits it. [RealScience Athletics](#) (the fitness supplement line I personally formulated) is currently offering a 20% discount on our science-based, clinically dosed pre-workout, multivitamin and fish oil (use coupon code **takeoff20**) to help you access our products at a lower cost during this time.



IF YOU FOUND THIS PROGRAM HELPFUL...



Make sure to subscribe to my [YouTube](#) channel and follow me over on [Instagram](#) for more daily tips that will help you get the very most out of your fitness program during this challenging time and forward into the future.

You can also feel free to share this workout program with anyone else who you think might benefit from it.

If you currently do have access to adequate equipment (pull up bar, adjustable dumbbells and a bench) and are looking to fully maximize your results, I'd recommend checking out my complete [Body Transformation Blueprint](#).

This program outlines everything you need to know step by step including 3 separate training cycles (full body, upper/lower, legs/push/pull) along with meal plans, supplementation guides, video demonstrations, recipes and more.

THE BODY TRANSFORMATION BLUEPRINT



Thanks for checking this program out and I'll talk to you soon.

S. Salewanyj