

# 5 Day Full Body Barbell Workout Routine At Home

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Article Link - [Thefitnessphantom.com/barbell-workout-routine-at-home/](#)

## Day 1 – Monday

Exercise	Muscle Build	Reps	Rest
Barbell Back Squat	Legs	15, 12, 10	2-3 mins
Barbell Lunges	Legs	10, 10, 6	1-2 mins
Barbell Bench Press	Chest & Triceps	12, 10, 8	1-3 mins
Incline Bench Press	Chest & Triceps	12, 10, 8	1-3 mins
Overhead Press	Shoulder & Triceps	12, 10, 8	1-3 mins
Barbell Upright Row	Shoulder & Back	10, 8, 6	1-3 mins
Barbell Bent Over Rowing	Back & Biceps	12, 10, 8	1-3 mins
Barbell T Rowing	Back & Biceps	12, 10, 8	1-3 mins

## Day 2 – Tuesday

Exercise	Muscle Build	Reps	Rest
Barbell Good Morning	Hams and Lower Back	10, 8, 6	1-2 mins
Barbell Standard Deadlift	Legs and Back	8, 6, 4	2-3 mins

Exercise	Muscle Build	Reps	Rest
<a href="#">Meadows Row</a>	Back	10, 8, 6	1-2 mins
Barbell Drag Curl	Biceps and Back	12, 10, 8	1-2 mins
Barbell Shrug	Shoulder	10, 8, 6	1-2 mins
Landmine Press	Chest and Shoulder	12, 10, 8	1-3 mins
Narrow Grip Bench Press	Triceps and Chest	12, 10, 8	1-3 mins
Barbell Skull Crusher	Triceps	12, 10, 8	1-3 mins

### Day 3 (Wednesday)

Exercise	Muscle Build	Reps	Rest
Incline Barbell Bench Press	Chest and Triceps	15, 12, 10, 8	1-3 mins
Barbell Jammer	Legs, Chest, Shoulder	12, 10, 8, 6	1-3 mins
Barbell Lunges	Legs	10, 8, 6	1-2 mins
Barbell Overhead Press	Shoulder	12, 10, 8	1-3 mins
Barbell Shrugs	Shoulder & Upper Trap	12, 10, 8	1-2 mins
Barbell T Rowing	Back	12, 10, 8, 6	1-3 mins
Barbell RDL	Lower Back and Hams	10, 8, 6	1-3 mins
Barbell Hip Thrust	Hips and Glutes	12, 10, 8	1-2 mins
Barbell Sit-ups	Core	10 x 2	30-60 sec

### Day 4 – Friday

<b>Exercise</b>	<b>Muscle Build</b>	<b>Reps</b>	<b>Rest</b>
Barbell Good Morning	Hams and Lower Back	10, 8, 6	1-2 mins
Barbell Front Raises	Shoulder	12, 10, 8	2-3 mins
Meadows Row	Back	10, 8, 6	1-2 mins
Barbell Curl	Biceps and Back	12, 10, 8	1-2 mins
Barbell Upright Row	Shoulder	10, 8, 6	1-2 mins
Landmine Press	Chest and Shoulder	12, 10, 8	1-3 mins
Barbell Skull Crusher	Triceps	12, 10, 8	1-3 mins
Barbell Ab Rollout	Core	5 x 2	30-60 sec
Barbell Sit-ups	Core	10 x 2	30-60 sec
Bar Seated Oblique Twist	Core	10 x 2	30-60 sec

Barbell workout schedule at home

### Day 5 – Saturday

<b>Exercise</b>	<b>Muscle Build</b>	<b>Reps</b>	<b>Rest</b>
Barbell Sumo Squat	Back and Legs	6, 5, 4, 2	1-3 mins
Barbell Lunges	Back	10, 8, 6	1-2 mins
Barbell Bench Press	Back	12, 10, 8	1-2 mins
Barbell Overhead Press	Back	12, 10, 8	1-2 mins
Bar Overhead Extension	Biceps & Back	12, 10, 8	1-2 mins
Incline Prone Rowing	Biceps	12, 10, 8	1-2 mins

Exercise	Muscle Build	Reps	Rest
Barbell Bent Over Rowing	Biceps	12, 10, 8	1-2 mins
Barbell Calf Raises	Core	5 x 2	1-2 mins
Barbell Wrist Curl	Wrists	10 x 2	1-2 mins

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Alternate: [5 Day Compound Workout Routine To Build Muscle](#)

## 5 Day Gym Workout Schedule With PDF

More articles for beginners and workout routines that can be helpful for you.

- 1) [1 Hour Gym Workout For Beginners To Build Muscle](#)
- 2) [Gym Workout Plan For Women And Men With PDF](#)
- 3) [5 Day Compound Workout Routine To Build Muscle](#)
- 4) [Dumbbell Exercises For Beginners \(Complete Guide\)](#)
- 5) [7 Day Gym Workout Plan With PDF](#)
- 6) [12 Week Kettlebell Program PDF \(An Ultimate Plan\)](#)
- 7) [A Complete 4-Week Beginner Workout Routine](#)
- 8) [4 Day Compound Workout Routine \(5 Types\)](#)

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