

Barbell Home Workout Routine

Created by: [Murshid Akram](#)

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Program Summary

Summary

Types of Workout Plan

- 3 Day PPL Barbell Workout Schedule at Home for Beginners
- 4 Day Upper Lower Split Barbell Workout Routine at Home
- 5 Day Full Body Barbell Training at Home

Equipment Needed

- A Straight Barbell
- Weight Plates
- Flexible Bench

Goal – Build muscles strength and mass

Suggested Duration for Seeing Results – 12 weeks

Tips to use this workout plan effectively:

1) Warm-up

Warming up before lifting weights is essential as it will help you increase blood flow and allow your muscles to use oxygen efficiently. It can also reduce the chances of injuries.

You can do various [cardio exercises](#), such as treadmill jogs, push-ups, bodyweight squats, jumping rope, or stationary bicycling for 5 to 10 minutes to get your heart rate up.

2) Reps and Sets Range

The ideal reps and sets range for bodybuilding is 8 to 12 and 3-4. But you can also increase and decrease the number of repetitions and sets, depending on your goal.

The best thing you can do is to perform lightweight, high-rep sets during the first session and heavy-weight low rep sets during the second session.

For example, if you train your chest twice a week, then you can do a higher rep set on the first day and a heavy-weight low rep set on the second day.

3) Rest Between Sets

The optimum rest time between sets is 1 to 3 minutes. One-two minute of rest is sufficient for [isolation exercises](#), while 2-3 minutes of rest is ideal for [compound exercises](#).

4) How Much Weight Should You Lift

You can lift as heavy as you like. It's best to start with lighter weights and then increase the load as you move to the second and third sets. A study recommends that heavy-load training helps [increase maximal strength](#), moderate-load training increases muscle hypertrophy, and low-load training increases muscular endurance. So according to your, you can lift the weight.

5) Post Workout Stretching

You can also do five to ten minutes of [post-workout stretching](#) to cool down, increase mobility, improve flexibility, reduce the risk of injury, and decrease muscle tension in your body. For example, you can do standing and seated bend forward, cobra pose, cat-cow, superman pull, and lunging hip flexor stretch.

6) Progressive Overload

Gradually increasing the weight, frequency, or number of repetitions in your strength training will help you grow your muscles over time.

7) Recommended Nutrition

Nutrition is equally important to work out when it comes to bodybuilding.

Feeding the proper amount of protein, carbs, and fats is essential for muscle growth.

The study suggests the recommended nutrition for developing a better physique³

- Protein – 1.8–2.5 g/kg/day protein
- Carbohydrates – 3–5 g/kg/day
- Fats – 0.5–1.5 g/kg/day

You can take protein in your different meals, especially in your breakfast and post-workout meals. Protein comes from several foods, such as chicken, eggs, beef, fish, chicken turkey, soya chunks, etc. (see: [high protein foods](#))

If you can't fulfil your protein need from foods, you can use [whey isolate protein](#) that can help you recover damaged muscle and may support muscle growth.

If you want to know what you should consume to build muscles, check out some great resources published on the National Institute of Health (NIH)

- [Evidence-based recommendations for natural bodybuilding](#)
- [Macronutrient considerations for the sport of bodybuilding](#)
- [Highest Protein Foods for Weight Gain](#)

3 Day PPL Barbell Workout Schedule at Home for Beginners

- Monday – Push Workout – Chest, Shoulder, and Triceps
- Wednesday – Pull Workout – Back, Biceps, and Core
- Friday – Quadriceps, Hamstrings, Glutes, and Calves

Monday – Push Workout- Chest, Shoulder, and Triceps

Exercise	Muscle Build	Reps	Rest
Barbell Bench Press	Chest	15, 12, 10	1-3 mins
Incline Bench Press	Chest	12, 10, 8	1-3 mins
Barbell Landmine Press	Chest	12, 10, 8	1-3 mins
Narrow Grip Bench Press	Triceps	12, 10, 8	1-3 mins
Skull Crushers	Triceps	12, 10, 8	1-3 mins

Barbell Overhead Press	Shoulder	12, 10, 8	1-3 mins
Barbell Front Raises	Shoulder	12, 10, 8	1-3 mins

Wednesday – Pull Workout – Back, Biceps, and Core

Exercise	Muscle Build	Reps	Rest
Barbell Deadlift	Back and Legs	6, 5, 4, 2	1-3 mins
Barbell Bent Over Row	Back	10, 8, 6	1-2 mins
Barbell T Rowing	Back	12, 10, 8	1-2 mins
Incline Prone Rowing	Back	12, 10, 8	1-2 mins
Barbell Curl	Biceps	12, 10, 8	1-2 mins
Landmine Curl	Biceps	12, 10, 8	1-2 mins
Barbell Ab Rollout	Abs	5 x 3	30-60 sec
Barbell Sit-ups	Abs	6 x 3	30-60 sec
Barbell Wrist Curl	Wrists	10 x 2	1-2 mins

Friday – Quadriceps, Hamstrings, Glutes, and Calves

Exercise	Muscle Build	Reps	Rest
Barbell Back Squat	Quad	20, 15, 12	2-3 mins
Barbell Lunges	Quad and Hams	12, 10, 8	1-2 mins
Sumo Deadlift	Entire Legs	12, 10, 8	1-2 mins
Hip Thrust	Hips and Glutes	10, 10, 8	1-2 mins
Romanian Deadlift	Hams, Lower Back	10, 8, 6	1-2 mins
Barbell Good Morning	Hams, Lower Back	10, 8, 6	1-2 mins
Barbell Calf raises	Calves	12, 10, 8	1-2 mins

Alternate: [3-Day Compound Workout Routine](#)

4 Day Upper Lower Split Workout Routine at Home with Barbell

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- Day 1 (Monday) – Upper Body (Chest, Triceps, and Shoulder)
- Day 2 (Tuesday) – Lower Body (Quadriceps, Hamstrings, Glutes, and Calves)
- Day 3 (Thursday) – Upper Body (Back, Biceps, and Core)
- Day 4 (Friday) – Lower Body (Quadriceps, Hamstrings, Glutes, and Calves)

Day 1 (Monday) – Upper Body (Chest, Triceps, and Shoulder)

Exercise	Muscle Build	Reps	Rest
Barbell Bench Press	Chest	15, 12, 10	1-3 mins
Incline Bar Bench Press	Chest	12, 10, 8	1-3 mins
Skull Crushers	Triceps	12, 10, 8	1-3 mins
Barbell French Press	Triceps	12, 10, 8	1-3 mins
Barbell Overhead Press	Shoulder	12, 10, 8	1-3 mins
Landmine Lateral Raises	Shoulder	12, 10, 8	1-2 mins
Barbell Wrist Extension	Forearm	10 x 2	1-2 mins

Day 2 (Tuesday) – Lower Body (Quadriceps, Hamstrings, Glutes, and Calves)

Exercise	Muscle Build	Reps	Rest
Barbell Back Squat	Quad	20, 15, 12	2-3 mins
Barbell Lunges	Quad and Hams	12, 10, 8	1-2 mins
Barbell Sumo Squat	Entire Legs	12, 10, 8	1-2 mins
Hip Thrust	Hips and Glutes	10, 10, 8	1-2 mins
Romanian Deadlift	Hams and LB	10, 8, 6	1-2 mins
Barbell Good Morning	Hams and LB	10, 8, 6	1-2 mins
Barbell Calf raises	Calves	12, 10, 8	1-2 mins

Day 3 (Thursday) – Upper Body (Back, Biceps, and Core)

Exercise	Muscle Build	Reps	Rest
Barbell Deadlift	Back and Legs	6, 5, 4, 2	1-3 mins
Barbell Bent Over Row	Back	10, 8, 6	1-2 mins
Barbell T Rowing	Back	12, 10, 8	1-2 mins
Incline Prone Rowing	Back	12, 10, 8	1-2 mins
Barbell Curl	Biceps	12, 10, 8	1-2 mins
Barbell Ab Rollout	Core	5 x 2	30-60 sec
Barbell Sit-ups	Core	6 x 2	30-60 sec
Bar Seated Oblique Twist	Core	6 x 2	30-60 sec

Day 4 (Friday) – Lower Body (Quadriceps, Hamstrings, Glutes, and Calves)

Exercise	Muscle Build	Reps	Rest
Barbell Back Squat	Quad	20, 15, 12	2-3 mins

Barbell Reverse Lunges	Quad and Hams	12, 10, 8	1-2 mins
Barbell Landmine Squat	Quad	12, 10, 8	1-2 mins
Hip Thrust	Hips and Glutes	10, 10, 8	1-2 mins
Romanian Deadlift	Hams and LB	10, 8, 6	1-2 mins

barbell workout program

Related: [4-Day Compound Workout Routine \(5 Types\)](#)

5 Day Full Body 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
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
Meadows Row	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
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 Overhead Press	Shoulder	12, 10, 8	1-3 mins
Barbell T Rowing	Back	12, 10, 8, 6	1-3 mins
Barbell Curl	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

Exercise	Muscle Build	Reps	Rest
Barbell Good Morning	Hams and Lower Back	10, 8, 6	1-2 mins
Barbell Front Raises	Shoulder	12, 10, 8	2-3 mins
Rear Delt Barbell Row	Shoulder	10, 8, 6	1-2 mins
Barbell Curl	Biceps and Back	12, 10, 8	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
Bar Seated Oblique Twist	Core	10 x 2	30-60 sec

Day 5 – Saturday

Exercise	Muscle Build	Reps	Rest
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
Barbell Bent Over Rowing	Biceps	12, 10, 8	1-2 mins

More Barbell Exercises to Integrate into your workout program:

- [Chest Exercises](#)
- [Shoulder Exercises](#)
- [Barbell Exercises For Triceps](#)
- [Barbell Leg Exercises](#)
- [Biceps Exercises](#)

- [Barbell Workouts For Mass Gain](#)
- [Barbell Pull Exercises](#)
- [Barbell Push Exercises](#)
- [Forearm Barbell Exercises](#)
- [Exercises For Rear Delts](#)
- [Exercises For Lower Back](#)
- [Upper Back Barbell Exercises](#)
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