

At-Home Beginner Training Plan – Printable Weekly Chart

WarriorBodyAcademy | 6-Day Push-Pull-Legs Routine

Weekly Overview

Day	Workout
Day 1	Push
Day 2	Pull
Day 3	Legs
Day 4	Push
Day 5	Pull
Day 6	Legs
Day 7	Rest / Mobility

Pre-Workout Warm-Up (Every Day)

Perform each for 20–30 seconds:

- Arm circles (forward & backward)
 - Shoulder rolls
 - Hip circles
 - Leg swings (front & side)
 - 10 Bodyweight squats
 - 5–8 Light push-ups
 - Torso twists
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Day 1 & 4 – Push (Chest, Shoulders, Triceps)

Exercise	Sets	Reps
Push-ups	3	8–12
Incline push-ups	3	10–15

Exercise	Sets	Reps
Pike push-ups	3	6-10
Chair dips	3	8-12
Plank (optional)	3	20-30 sec

Day 2 & 5 - Pull (Back, Biceps)

Exercise	Sets	Reps
Assisted pull-ups / Band pull-ups	3	4-8
Inverted rows	3	8-12
Resistance band rows	3	12-15
Backpack/Band bicep curls	3	10-15
Leg raises (optional)	3	10-15

Day 3 & 6 - Legs (Lower Body)

Exercise	Sets	Reps
Bodyweight squats	3	12-20
Lunges (each leg)	3	10-12
Glute bridges	3	12-15
Calf raises	3	15-20
Bicycle crunches (optional)	3	20 reps

Post-Workout Stretch (20-30 seconds each)

- Chest stretch (Push days)
 - Lat stretch (Pull days)
 - Hamstring stretch
 - Quad stretch
 - Calf stretch
 - Lower back stretch
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Progress Tracker (Weekly)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1							
2							
3							
4							
5							
6							

Equipment Needed

- Open floor space
- Sturdy chair or bench
- Pull-up bar or tree bar (optional)
- Resistance band (optional)
- Backpack for added weight

Warrior Rule: Stay consistent. Add reps gradually, focus on form, and train with discipline.