

The Best 10 Week Home Workout Routine to Build Muscle and Strength

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About This Home Workout Program

Split Types	Multiple Splits
Program Duration	10 Weeks
Program Goal	Build Muscle, Strength, and Endurance
Experience Require	Beginners to Intermediate
Target Gender	Male and Female
Sessions/Week	6 days a week
Equipment Needed	Dumbbells, Bands, and Bench

Exercise types: This program includes a variety of exercises, such as body weight, dumbbell, and resistance band exercises. However, if you're looking for a training plan that includes only bodyweight exercises, you can follow this [four-week schedule](#).

Split Type: This program includes mixed body part split, [total-body training](#), push-pull, and muscle group split. The combination of the split will make your training exciting and effective.

Sessions/week: This routine involves training five to six times weekly, three to four days for muscle gain, and two days for endurance building. The strength and cardio training will help you enhance your overall fitness and body composition.

The optimum interval time between sets: The optimum rest time between sets will be 30 seconds to 2 minutes. However, you can increase the time if you feel out of breath.

Warm-up exercises: It's good to warm up for at least five minutes before the main exercises to increase your performance and minimize the risk of injuries.¹ You can do various exercises, such as jumping jacks, burpees, high knees, squat jumps, mountain climbing, and shoulder taps, to pump your heart and increase your blood flow.

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This 10-week program involves multiple training splits that will help you build a strong, defined physique.

The first three weeks involve mixed body part split; the next three weeks will be full body training; the seventh and eighth weeks include push-pull split, and the last two weeks include training one muscle per day.

- Week 1 to 3 – Mixed Body Part Split
- Week 3 to 6 – Full Body Training
- Week 7 to 8 – Push/Pull Split
- Week 9 to 10 – Muscle Group Workout

The mixed body part split includes training the upper and lower muscle groups in each session.

The full-body workout involves performing at least one exercise for every major muscle group in each session.

The push-pull split involves doing push and pull exercises on separate days.

The muscle-group split includes training one body part per day.

All these splits are effective for strength and physique development and integrating them into your program will make your training interesting and effective.

Week 1 to 3 – Mixed Body Part Split

Monday – Legs, Chest, Shoulder, and Triceps

Exercise	Target Muscle	Sets	Reps
Bodyweight Squat	Quads	3	15-20
Front Lunges	Legs	3	10/leg

Incline Dumbbell Bench Press	Chest	4	12-15
Dumbbell Overhead Press	Shoulder	3	10-12
Dumbbell Lateral Raises	Shoulder	3	10-12
Bench Dips	Triceps	3	15-20

Tuesday – Legs, Back, Abs, and Core

Exercise	Target Muscle	Sets	Reps
Bent-Over DB Row	Back	4	12-15
Dumbbell Reverse Fly	Upper Back	3	10-12
Alternating DB Curl	Biceps	3	12/arm
Romanian Deadlift	Hamstrings	4	8-10
Dumbbell Glute Bridge	Glutes	3	10-12
Front Plank	Core	3	1-minute

Wednesday – Cardio

Exercise	Activity	Rest/Set
Jumping Jacks	15-sec x 3 sets	30-sec
Mountain Climber	15-sec x 3 sets	30-sec
Squat Jumps	10 reps x 3 sets	30-sec
Single-arm DB Swings	10 reps x 3 sets	15-sec
High Knee Taps	15-sec x 3 sets	30-sec
Shoulder Tap	10/side x 3 sets	30-sec

Thursday – Chest, Shoulder, Triceps, and Legs

Exercise	Target Muscle	Sets	Reps
Dive Bomber Push-ups	Upper Body	3	8-10
Dumbbell Bench Press	Chest	3	12-15
Flat Dumbbell Fly	Chest	3	10-12
Dumbbell French Press	Triceps	3	10-12
Front Raises	Shoulder	3	10-12
Archer Squat	Adductors	2	10/leg

Donkey Calf Raise	Calves	3	15-20
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Friday – Legs, Back, Biceps, and Abs

Exercise	Target Muscle	Sets	Reps
Squat Jump	Legs	3	10-12
Chest-Supported Row	Back	3	10-12
Banded Lat Pulldown	Back	3	10-15
Concentration Curl	Biceps	3	10/arm
Hammer Curl	Biceps	3	10-12
Reverse Crunches	Abs	3	10-20
Sit-ups	Abs	3	10-20

Saturday – Cardio

Exercise	Activity	Rest/Set
Burpees	5 reps x 4 sets	30-sec
Sprint In Place	10-sec x 4 sets	1-min
Jumping Lunges	5/leg x 3 sets	30-sec
Knee Tap Push-up	5/side x 3 sets	30-sec
Crossbody Mt. Climber	15-sec x 3 sets	30-sec
Forearm Plank	1-min x 3 sets	1-min

Week 3 to 6 – Full Body Training

Monday – Strength Workout

Exercise	Target Muscle	Sets	Reps
Dumbbell Squat	Quads	3	15-20
Banded Push-up	Chest	3	8-12
Overhead Press	Shoulder	3	12-15
DB Bent-Over Row	Back	3	12-15

Dumbbell Leg Curl	Hamstrings	3	12-15
Bench Dips	Triceps	3	15-20

Tuesday – Endurance Cardio

Exercise	Activity	Rest/Set
Jumping Jacks	15-sec x 3 sets	30-sec
Mountain Climber	15-sec x 3 sets	30-sec
Squat Jumps	10 reps x 3 sets	30-sec
Single-arm DB Swings	10 reps x 3 sets	15-sec
High Knee Taps	15-sec x 3 sets	30-sec
Shoulder Tap	10/side x 3 sets	30-sec

Wednesday – Strength Training

Exercise	Target Muscle	Sets	Reps
Dumbbell Lunges	Quads	3	10/leg
Incline DB Bench Press	Chest	3	12-15
Lateral Raises	Shoulder	3	10-12
Single-arm Row	Back	3	10/arm
Romanian Deadlift	Hamstrings	3	8-10
Concentration Curl	Biceps	3	10/arm

Thursday – Mobility Workout (Optional)

Exercise	Activity	Rest/Set
Downward Facing Dog	15-sec x 4 sets	30-sec
Upward Facing Dog	15-sec x 4 sets	30-sec
Seated Bend Forward	10-sec x 5 sets	30-sec
Bird Dog Plank	10-sec/side x 4 sets	30-sec
World's Greatest Stretch	15-sec/side x 3 sets	30-sec
Boat Pose	15-sec x 3 sets	30-sec

Friday – Endurance Cardio

Exercise	Activity	Rest/Set
Burpees	5 reps x 4 sets	30-sec
Sprint In Place	10-sec x 4 sets	1-min
Jumping Lunges	5/leg x 3 sets	30-sec

Knee Tap Push-up	5/side x 3 sets	30-sec
Crossbody Mt. Climber	15-sec x 3 sets	30-sec
Forearm Plank	1-min x 3 sets	1-min

Saturday – Strength Training

Exercise	Target Muscle	Sets	Reps
Dumbbell Step-up	Quads	3	10/leg
Dumbbell Fly	Chest	3	12-15
Rear Delt Raises	Shoulder	3	10-12
Banded Pull-down	Back	3	12-15
DB Glute Bridge	Glutes	3	12-15
Calf Raises	Calves	3	15-20
Wrist Curl	Forearms	3	10/arm

Week 7 to 8 – Push/Pull Split

Monday – Push Workout

Exercise	Target Muscle	Sets	Reps
Push-ups	Chest	3	10-20
Incline DB Bench Press	Chest	3	12-15
Overhead Press	Shoulder	3	12-15
Lateral Delt Raises	Shoulder	3	10-12
One-arm Triceps Extension	Triceps	3	10/arm
Dumbbell Squat	Quads	3	15-20
Hip Thrust	Glutes	3	12-15

Tuesday – Pull Workout

Exercise	Target Muscle	Sets	Reps
Bent-Over Dumbbell Row	Back	3	12-15
Banded Pull-down	Back	3	12-15
Seated Banded Row	Back	3	12-15
Rear Delt Fly	Shoulder	3	10-12

Banded Biceps Curl	Biceps	3	12-15
Romanian Deadlift	Hamstrings	3	8-12
Lying Leg Curl	Hamstrings	3	12-15

Wednesday – Cardio

Exercise	Activity	Rest/Set
Jumping Jacks	15-sec x 3 sets	30-sec
Mountain Climber	15-sec x 3 sets	30-sec
Squat Jumps	10 reps x 3 sets	30-sec
Single-arm DB Swings	10 reps x 3 sets	15-sec
High Knee Taps	15-sec x 3 sets	30-sec
Shoulder Tap	10/side x 3 sets	30-sec

Thursday – Push Day

Exercise	Target Muscle	Sets	Reps
Walking DB Lunges	Legs	3	10/leg
Dumbbell Step-up	Legs	3	10/leg
Banded Push-ups	Chest	3	10-15
Flat DB Bench Press	Chest	3	12-15
Front Raises	Shoulder	3	10-12
Incline French Press	Triceps	3	12-15
Calf Raises	Calves	3	15-20

Friday – Pull day

Exercise	Target Muscle	Sets	Reps
Banded Deadlift	Back	3	8-10
Single-arm Dumbbell Row	Back	3	10/arm
Banded Superman Pull	Back	3	10-12
Incline Dumbbell Curl	Biceps	3	10-12
Spider Curl	Biceps	3	10-12
Lying Leg Curl	Hamstrings	3	12-15

Single-leg Deadlift	Hamstrings	3	5/leg
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Saturday – Cardio

Exercise	Activity	Rest/Set
Burpees	5 reps x 4 sets	30-sec
Sprint In Place	10-sec x 4 sets	1-min
Jumping Lunges	5/leg x 3 sets	30-sec
Knee Tap Push-up	5/side x 3 sets	30-sec
Crossbody Mt. Climber	15-sec x 3 sets	30-sec
Forearm Plank	1-min x 3 sets	1-min

Week 9 to 10 – Muscle Group Workout

Monday – Chest

Exercise	Sets	Reps
Banded Push-ups	3	8-12
Flat Dumbbell Bench Press	3	12-15
Incline DB Bench Press	3	12-15
Dumbbell Fly	3	10-12
Dumbbell Pullover	3	10-12

Tuesday – Back

Exercise	Sets	Reps
Banded Lat Pull-down	3	10-12
Bent-over Dumbbell Row	3	10-12
Seated Band Rowing	3	12-15
Chest Supported DB Row	3	10-12
Single-arm DB Row	3	10/arm

Wednesday – Legs

Exercise	Sets	Reps
Goblet Squat	3	10-12
Front Lunges	3	10-12
Step-up	3	10-12
Romanian Deadlift	3	12-15
Lying Leg Curl	3	10-12
Calf Raises	3	15-20

Thursday – Shoulder

Exercise	Sets	Reps
Overhead Press	3	10-12
Front Raises	3	10-12
Lateral Raises	3	10-12
Rear Delt Fly	3	10-12
Shoulder Shrug	3	10-12

Friday – Biceps and Triceps (Superset)

Exercise	Sets	Reps
Triangle Push-up + Alternating Biceps Curl	3	8-12
DB French Press + Incline Curl	3	8-12
Triceps Kickback + Spider Curl	3	8-12
1-arm Overhead Extension + Hammer Curl	3	8-12

Saturday – Glutes and Core

Exercise	Sets	Reps
Glute Bridge	3	10-12
Glute Kickback	3	10/side
Sit-ups	3	10-15
Reverse Crunches	3	15-20
Russian Twists	3	10/side