

1 HOUR FULL BODY HOME WORKOUT ROUTINE TO BUILD MUSCLE

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Check out [article](#) for more info

If you want to train systematically and [improve your fitness at home](#) with little or no equipment, this one hour full body workout plan is for you.

This routine comprises numerous bodyweight exercises that help build strength and muscle and improve cardiovascular fitness.

I've shared [six days routine](#) in this program. You can do three, four, or five days a week, depending on your fitness level and goal.

Instructions:

- Perform exercises at low to moderate intensity
- Do exercises in a circuit.
- Perform as many rounds as possible in 60 minutes.
- The optimum interval time between sets is 30-90 seconds
- Aim for a minimum of two days and a maximum of four days a week.
- You can make any changes you want.

Day 1

Exercise	Muscle Worked	Reps
Standard Squat	Quadriceps	15
Lunges	Quads & Hams	10/side
Incline Pushup	Chest	15
Lying IYT Raises	Back	10
Regular Pushup	Chest	15
Superman Pull	Back	10
Bench Dips	Triceps	15
Shoulder Tap	Upper Body	10/side
Abs Workout	Core	10-minutes

Day 2

15-Minutes Cardio (Three rounds, five minutes each)

Exercise	Reps/time	Rest
Squat Jump	10 reps	30-sec
Mountain Climber	30-sec	30-sec
Jumping Jacks	30-sec	30-sec
Shoulder Tap	10/side	30-sec
Jumping Lunges	10/side	30-sec

30-Minute Bodyweight Strength Training

Exercises	Muscle Worked	Reps
Dive Bomber Pushup	Upper Body	10 x 2 sets
Inverted Row	Back and Biceps	10 x 3 sets
Burpees	Full Body	10 x 3 sets
Diamond Pushup	Chest, Triceps	10 x 3 sets
Lying Towel Pull	Back	10 x 3 sets
Bench Dips	Triceps	10 x 2 sets
Incline Towel Row	Back	10 x 2 sets
Pike Pushup	Shoulder	10 x 2 sets

15-Minute Core Workout (Perform three rounds, five minutes each)

Exercise	Reps/time	Rest
Crunches	15 reps	30-sec
Flutter Kicks	15-sec	30-sec
Alternate Heel Taps	10/side	30-sec
Leg Raises	10 reps	30-sec
Side Plank Hip Dips	10/side	30-sec

Day 3

Exercises	Muscle Worked	Rest
Mountain Climbing	Full Body Warm-up	30-sec x 2 sets
Burpees	Full Body	10 x 2 sets
Split Squat	Leg	10 x 2 sets
Lateral Lunges	Leg	10 x 2 sets
Archer pushup	Chest	10 reps x 2
Plank To Push Up	Chest, Shoulder	10 reps x 2
Bicep Leg Curl	Biceps	10 reps x 2
Floor I-Y-T Raise	Back	10 reps x 2
Reverse Crunches	Core	20 Reps

Russian Twist	Core	30-sec x 2 sets
Plank	Core	60 seconds
Side Plank	Core	30-sec/side

Day 4

Exercise	Muscle Worked	Reps
Squat Thrust	Legs	10 x 2 sets
Shoulder Tap	Arms, Core	10 x 2 sets
Nordic hamstring curl	Hamstring	10 x 2 sets
Glutes Bridges	Glutes	10 x 2 sets
Pike Pushup	Shoulder, Triceps	10 x 2 sets
Lying ITY Raises	Back	8 x 2 sets
Superman Pull	Back	10 x 2 sets
Plank	Core	60 seconds
Reverse Crunches	Core	20 Reps
Russian Twist	Core	15 Seconds

Day 5

Exercise	Muscle Worked	Reps
Jump Squat	Full Body Warm-up	20, 15, 10
Lunges	Quads, Hamstring	12, 10, 10
Close-grip pushup	Chest, Triceps	10 x 2 sets
Pike Pushup	Shoulder, Triceps	8 x 2 sets
Wall Handstand Push up	Shoulder, Triceps	10 x 2 sets
Modified Side plank	Bicep and Core	8 x 2 sets
W Superman Pull	Back	10 x 2 sets
Leg raises	Core	10 reps
V ups	Core	10 reps

Day 6

Exercises	Muscle Worked	Reps
High Knees	Full Body Warm-up	30 seconds
Inverted row	Back and Biceps	10 x 2 sets
Burpees	Full Body	10 x 2 sets
Push-up to Renegade Row	Upper Body	10 x 2 sets
Bench Dips	Triceps	10 x 2 sets
Close-grip pushup	Chest and Triceps	10 x 2 sets
Reverse Crunches	Core	20 seconds

Side Plank	Core	20 seconds
Toe Touch Crunch	Core	20 seconds

The total body workout program effectively builds muscle, strength, and endurance in a limited time.

It allows you to focus on each muscle group in every session and help you achieve more results in less time.

However, it can be challenging for those starting new to physical training and unfamiliar with the exercises.

If you find it difficult to do full-body training, you can [try upper/lower](#), push/pull/legs, or [compound split workouts](#).

Whichever program you follow, you should focus on compound liftings, isolation, and isometric exercises.

You'll also need to constantly increase loads (progressive overload) if you want to build muscle.

Building muscle isn't possible without nutrition, so make sure you feed sufficient macros to your muscles.

Usually, those who want to increase their mass need to consume 2-3 g/kg protein of their body weight throughout the day.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

Helpful Resources:

1. [70 Best Bodyweight Cardio Exercises of All Time](#)
2. [Top 5 Rear Delt Bodyweight Exercises](#)
3. [13 Best Bodyweight Push Exercises](#)
4. [15 Best Bodyweight Pull Exercises to Level Up Your Fitness](#)
5. [5 Best Bodyweight Lat Exercises at Home \(No Pullup\)](#)
6. [Knee push-ups for beginners \(with Video\)](#)
7. [8 Best Bodyweight Hamstring Exercises at Home](#)
8. [The 20 Best Bodyweight Exercises for Arms](#)
9. [8 Best Ways To Do Dips At Home For Solid Triceps](#)
10. [Full Bodyweight Workouts For Beginners](#)
11. [Bodyweight Exercises For Back At Home](#)
12. [Bodyweight Exercises for Shoulder](#)

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