Strength Plan: Home and Gym

FREE BONUS 3 · LOSE FAT, NOT MUSCLE BY NELSON VERGEL

Two full-body programs from Appendix B. Train three to four days a week on non-consecutive days. Clear any new program with your provider, especially with joint or health problems.

How to train

- Warm up before each session.
- Use a weight that makes the last repetitions challenging with good form.
- When a session feels manageable, add a little weight or one repetition.
- Beginners start lighter and progress gradually. Machines are the safest place to learn each pattern.
- Rest 30 to 60 seconds between sets to keep the session under an hour.
- Frequency beats perfection: training each pattern two to three times a week preserves more muscle than an elaborate split done once.

Gym program

Pattern	Exercise	Sets × reps	Machine option
Squat	Barbell or goblet squat, or leg press	3-4 × 6-10	Leg press; hack squat
Hinge	Romanian or conventional deadlift	3 × 6-10	Leg curl; back extension
Upper push	Bench press or overhead press	3-4 × 6-10	Chest press; shoulder press
Upper pull	Row or lat pulldown	3-4 × 8-12	Lat pulldown; seated cable row
Accessory	Lateral raise, curl, triceps, calf, core	2-3 × 10-15	Cable raise; pushdown; calf raise

Home program (dumbbells, bands, bodyweight)

Pattern	Exercise	Sets × reps	Easier or harder
Squat	Goblet squat or split squat	3-4 × 8-12	Bodyweight squat; wall sit; band front squat
Hinge	Dumbbell Romanian deadlift or hip hinge	3 × 8-12	Glute bridge; band good-morning
Upper push	Dumbbell floor or bench press, or push-up	3 × 8-15	Wall, knee or full push-up; pike push-up
Upper pull	One-arm row or band row	3 × 8-12	Doorway pull-up; inverted row under a table
Accessory	Band lateral raise, curl, glute bridge, plank	2-3 × 10-15	Side plank; calf raise

When a home exercise gets easy, slow it down, pause at the hardest point, or move to a harder version instead of adding endless repetitions.

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Session log

Date	Squat	Hinge	Push	Pull	Accessory	Notes

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