

CHAMBEROFGODS homeworkout Plan to Get Ripped at home;

Summary

Duration	45-60 minutes
Difficulty	Beginner to Intermediate
Physical Fitness Level	Suitable For All Fitness Levels, Such as Beginners (Male or Female) and Intermediate
Goal/Purpose	To Get Ripped, Increase Mass and Strength
Total days of training in a week	4 (For example; Monday, Tuesday, Wednesday, and Friday)
Program Duration	90-Days or 3 months, or 12 Weeks (4 weeks are included in this article)

Exercises You'll Do in This Program:

WEEK 1

Day 1

Num. of Exercise	Exercise	Reps	Sets	Rest Between Set	Muscle Worked
1	Jumping Jacks	AMRAP in 15 seconds	2	30 seconds	Full body
2	High Knees	AMRAP in 15seconds	2	20 seconds	Lower body
3	Front Lunges	10	2	60 seconds	Quads, Hamstring
4	Regular Squat	15-20	2	60 seconds	Quads
5	Standing Leg Curl	15-20	2	60 seconds	Hamstring

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Puja Mehta



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