

Forum:[Hack Forums](#)

Thread: [Thoughts on this workout routine?](#)

Present - April 2, 2020, 10:26 pm

Obviously because of all this covid bs I've had to implement a few things I never thought I would have to.

For the past 2 weeks I've been doing a variety of different workouts with a total of 18kg worth of 2.5kg/1.6kg plates. It hasn't helped.

How do I measure progress? DOMS, I know some people may say DOMS doesn't matter that much, but to me it does. For me, I need HEAVY ASS weights to actually feel the body part but I don't have that in my arsenal.

My new workout routine is as follows:

Monday : Chest and Triceps

Tuesday: Back and biceps

Wednesday: Shoulders and legs

Thursday: Rest

Friday: Chest and Triceps

Saturday: Back and Biceps

Sunday: Shoulders and legs

Monday: Rest

rinse and repeat.

Chest and Triceps:

- 6 reps of pushups for 3 sets with 10-15 sec rest in between and a final 30-60sec rest and you repeat this 55 times which makes it a total of 1000 pushups. Now depending on how bad a body part hurts I change my palm placement for it to get me through.
- Same as above for triceps but kneeling and a diamond placement. I wouldn't bother doing 75% bodyweight considering my arms would kill anyway.

Back and Biceps:

- 5 reps of pullups (and chinups) for 50 sets with 1-2 min rest in between (may do less sets when I start off but this is what I'm working to). I thought instead of bicep curling I might as well kill my arms through something more natural to the body?
- 10 reps of Australian pullups for 100 sets with 30-60sec rest in between.

Shoulders and legs:

- 6x6x6 (pushup routine) pike pushups for the same 55 sets.
- Air squats 10 reps, 1 min rest and 100 sets.

Now as you can see this is volume based and I can almost guarantee myself DOMS the second day. I haven't exactly started this workout routine but today I'll be repping out pushups and diamond pushups so I'll keep you guys updated on day 2 :)

Werd - April 2, 2020, 11:13 pm

Hella reps mate. You doing more than me in quarantine, I'll tell you that.

Good luck though, get that beach bod.

SIM-2327840 - April 4, 2020, 10:38 am

How do I measure progress?

- Write all your reps in a logbook and beat them next time by one or two. Best way to actually progress at home!

ItzClydeFrog - April 4, 2020, 11:05 am

Also consider buying a body tape measure, measure your chest, arms, etc on a weekly basis.

Present - April 5, 2020, 1:22 am

(Apr 2, 2020 11:13 PM)Werd Wrote: [\[CITE\]](#) Hella reps mate. You doing more than me in quarantine, I'll tell you that.

Good luck though, get that beach bod.Oh boy the second day I was dead, chest and triceps were sore as hell man. Went up 1000+ calories on the diet because it took a lot of time (at least 2hrs+). So now I'm taking 4000 calories or just a bit under.

(Apr 4, 2020 05:50 AM)Stephen Wrote: [\[CITE\]](#) If you stick to it then yeah you will come out the end of this better.

(Apr 4, 2020 10:38 AM)Mao Wrote: [\[CITE\]](#) How do I measure progress?

- Write all your reps in a logbook and beat them next time by one or two. Best way to actually progress at home!Haha not planning on doing more than 1000 pushups on any given chest day. I'm gonna stick to the plan but might decrease rest times such as replacing 6x6x6 with 6x6x6x6 next time and continue until the sets are more compressed.

(Apr 4, 2020 11:05 AM)ItzClydeFrog Wrote: [\[CITE\]](#) Also consider buying a body tape measure, measure your chest, arms, etc on a weekly basis.Yep got that noted.

Grim - April 5, 2020, 1:22 am

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Present - April 5, 2020, 1:24 am

(Apr 4, 2020 05:50 AM)Stephen Wrote: [\[CITE\]](#) If you stick to it then yeah you will come out the end of this better.

First day went like hell with the 1000 (+ 1000 assisted tricep pushups) push ups. I'm gonna hit 200 pullups and 1000 australian pullups today, I'll keep you guys updated.

(Apr 5, 2020 01:22 AM)Grim Wrote: [\[CITE\]](#) getting that beach body ready for the summer in quarantine i like itHaha exactly, not looking forward to losing any gains. Feel like I'm gonna bulk (4000 calories) with this workout and then work towards a cut 2 months before we get released.

Werd - April 5, 2020, 1:01 pm

Was gonna say, you gotta be feeding your body like a mad man to keep up. I bet HELLA protein and other recovery supps too.

humanbody - April 6, 2020, 2:57 am

It's good that you have 2 rest days and those are in between and not like some people do, workout Mon-Fri then rest for weekend. If I did this then I would be super lazy once my body starts to rest for 2 days in a row, but everyone is different, for some it works that way for some it doesn't.

However I have some pointers here to give you. I see you doing the following:

Monday : Chest and Triceps

Tuesday: Back and biceps

Wednesday: Shoulders and legs

Thursday: Rest

Friday: Chest and Triceps

Saturday: Back and Biceps

Sunday: Shoulders and legs

Monday: Rest

Now, I am not sure if you just wrote it like this or just workout the exact same way as it's written. But here's my suggestion. Try to rotate the groups, make the first time one main group of your workout then 2nd time to be the 2nd group that you put. Now this might be confusing to you but I'll write below what I mean by that.

Mon: Chest & Triceps
Tue: Back & Biceps
Wed: Shoulders & Legs
Thur: Rest
Fri: Triceps & Chest
Sat: Biceps & Back
Sun: Legs & Shoulders
Mon: Rest

If you switch like this it would be better as you won't have the same energy when you start working out your second muscle group.

In terms of progress, the best way is to just take pictures every week. Immediately after you wake up, step up on a scale, log how much you weight (as this is the best way to see how much you weight) compared to if you weight during the day, this way it will always vary because you are eating, you are drinking water and it just won't be the same compared to if you measure in the morning. Make sure you measure just in pants, to get rid of the extra weight from your pyjamas. Then take a couple of pictures in all poses and log that. Next week you do the exact same thing. Also you should write how you felt that day and how much you slept for.

About the reps and all that stuff it's totally optional, usually I do remember everything in my head, how many reps I did, sets/exercises etc ... I just log down how much sleep I had and how I felt that day.