

FREE PROGRAMME F05

CALIBRE

HOME & MINIMAL-KIT FULL-BODY

6 WEEKS · 3 DAYS · FREE

V1.0

Coach Mo · Train with CALIBRE

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DURATION	FREQUENCY	SESSION	EFFORT	LEVEL
6 weeks	3 days / week	40–55 min	RIR	Beginner+

How to use

- 1 Read every page before session one, and check your kit against the list on this page.
- 2 Week 1 is calibration: stop every set with 3 reps in reserve and find your loads and bands.
- 3 Train three non-consecutive days, sessions A, B, C in order. A missed day is gone, not owed.
- 4 Log load or band, reps and RIR for every working set, per side on single-arm and single-leg work.

Who it is for

Who this is for

- Men and women training at home with dumbbells, bands and a bench or sturdy chair.
- Beginners with a few months of training, up to intermediates without gym access.
- Anyone who wants an optional lower-body emphasis without a full specialisation programme.
- People who can train three days a week for six weeks, 40–55 minutes a session.

Who should not run this

- Anyone returning from injury, surgery or a long lay-off, or training around unassessed pain.
- Lifters with a full gym who want heavy barbell work. Use a gym-based plan.
- Anyone looking for a glute or leg specialisation block. The lower-body emphasis here is a light variant, not a specialisation.
- Anyone looking for a fat-loss, cut or bulk plan. This is a training block, not a diet.

Kit list

KIT	STATUS	NOTE
Adjustable dumbbells	Essential	A pair that goes heavy enough for goblet squats and Romanian deadlifts
Resistance bands	Essential	Light, medium and heavy loop or tube bands, with a door anchor
Bench or sturdy chair	Essential	For split squats, hip thrusts, rows and presses
Towel or sliders	Useful	For sliding leg curls on a smooth floor
A step or thick book	Useful	For calf raises and heel-elevated squats

The method

I built Home & Minimal-Kit Full-Body for people who train in a spare room, not a gym. With light kit, the load is limited, so the work comes from effort, tempo and range: slower lowering, higher reps, and sets taken close to failure where it is safe.

Three full-body sessions a week. Every session trains a squat, a hinge, a push and a pull, then arms, delts or calves, and finishes with a short stretched hold. If you want more lower-body work, there is an optional emphasis track inside this programme.

CALIBRE PRINCIPLE

Light load, honest effort.

At home, the dumbbell is not the limit. Tempo, range and the last few reps of each set are where the work lives.

Where the style comes from

This programme borrows from classic high-intensity and bodybuilding techniques, adapted to light loads: rest-pause, mechanical drop sets (moving to an easier version of the same exercise to keep going), antagonist supersets and short stretched holds. These are described here as general methods.

Based on established training styles. Not affiliated with or endorsed by any athlete.

Why it works

- Lighter loads can build muscle much like heavy loads when sets are taken close to failure. That is why reps run from 10 up to 30 here.
- Drop sets, rest-pause and supersets save time. They do not add growth by themselves, so they appear only on the last set of a few exercises.
- Training muscles in a stretched position may help growth, but the evidence is small and specific to certain exercises. The stretched holds are short and optional.

Eat regular meals with enough protein and protect your sleep. Tailored nutrition is part of coaching, not this free programme.

How to run it

The week

DAY	SESSION	FOCUS	WHAT IT COVERS
Mon	Session A	Full body	Goblet squat, DB RDL, push-up, row, laterals
Tue	—	Rest	Walk. Normal daily activity
Wed	Session B	Full body	Split squat, hip thrust, floor press, band pulldown, arms
Thu	—	Rest	Walk. Normal daily activity
Fri	Session C	Full body	Heel-elevated squat, leg curl, press, row, face pull, calves
Sat–Sun	—	Rest	Two full rest days

Any three days with a rest day between each session. Run the lower-body emphasis track only if lower-body development is your priority; see the table after the sessions.

Session length: 40–55 min including the warm-up. If you are short on time, cut the last exercise, never the rest periods.

Reading the tables

Band exercises: log the band colour and how you anchored it. Change band only when you pass the top of the rep range.

Techniques from week 3: mechanical drop set = when a set ends, switch straight to an easier version and continue (feet-elevated push-up, then flat, then knees). Rest-pause = at the end of a set, rest about 15 breaths and do a few more reps.

Stretched holds: hold the stretched position with a light load for the time shown. Easy breathing, no pain. Skip them if you are short of time.

THE MISSED-DAY RULE

Missed days are gone, not owed. If you miss a session, skip it, log the skip and run the next session in order. Do not double up, and do not bolt the missing exercises onto the next session. A block with one missed session is still a good block. A block of crammed sessions is not.

Effort, tempo and rest

RIR – how hard each set is

RIR means reps in reserve: how many more clean reps you could have done at the end of a set. It is the only effort scale in this programme.

TARGET	WHAT IT FEELS LIKE
RIR 4	Four clean reps left. Warm-up pace. Deload week only.
RIR 3	Three left. Bar speed normal. Week 1 calibration.
RIR 2	Two left. Reps slowing, form unchanged.
RIR 1	One left. The last rep is slow but clean.
RIR 0	No clean rep left. Technical failure: stop when form would break. RIR 0 is used only on the last set of push-ups, band work and dumbbell isolation. Never on squats, split squats or Romanian deadlifts.

When a table says 1–2, aim for 2 early in the week and 1 only when form is clean. If you are unsure how many reps you had left, assume it was fewer.

Tempo

Tempo is four digits: lowering, pause at the bottom, lifting, pause at the top, in seconds. 3010 means 3 seconds down, no pause, 1 second up, no pause. X means lift with intent, as fast as clean technique allows. The tempo is part of the prescription: a faster lowering is a lighter set, and it makes your log useless.

Rest

Rests are written m:ss. 2:00 is two minutes, 1:30 is ninety seconds. Rest is the minimum. Take the full time on compound lifts, even when you feel ready early.

Warm-up and ramp sets

General warm-up – 8 to 10 minutes

- 1 5 minutes easy on a bike, rower or incline walk. Warm, not tired.
- 2 2 rounds: 10 bodyweight squats, 10 band pull-aparts, 10 hip hinges with a dowel or empty hands, 8 incline push-ups, 6 dead bugs per side.
- 3 Before each new pattern (squat, hinge, press, pull), one easy set of the first exercise at about half your working load.

Ramp sets

With light loads, ramps are short. Before the first exercise of each session, do the sets below. Percentages are of today's working load.

SET	LOAD	REPS	REST	NOTE
Ramp 1	Bodyweight or about 40%	10	0:45	Groove the pattern
Ramp 2	About 70%	6	1:00	Same tempo as working sets

Later exercises need one easy set of 8–10 if the movement is new or you are stiff. Ramp sets are not logged.

Before every session: recovery gate

GATE	SIGNS	ACTION
GREEN	Slept reasonably, normal soreness, warm-up feels normal	Train as written
AMBER	Poor sleep, heavy legs or arms, ramp sets feel slow or heavy	Keep loads. Add 1 to every RIR target. Drop the last set of isolation work
RED	Sharp or joint pain, illness, or pain that changes how you move	Do not train through it. Skip, log it, and get it assessed if it persists

The sessions

Sessions — the RIR column is the target for weeks 2–5. Week 1 and week 6 follow the week-by-week table. Rep ranges are wide because home loads jump in big steps. RIR '1 · last 0' means RIR 1 on every set, with the last set taken to RIR 0.

Session A – Full body

EXERCISE	SETS	REPS	TEMPO	REST	RIR	NOTES
Goblet squat	3	10–20	3010	1:30	1–2	Elbows inside knees. Same depth
DB Romanian deadlift	3	10–15	3011	1:30	1–2	Stop at the hamstring stretch
Push-up	3	8–25	3010	1:30	1 · last 0	Weeks 3–5: mechanical drop set on the last set
One-arm DB row	3	10–15 / side	2011	1:00	1	Weaker side first. Log per side
DB lateral raise	2	12–20	2010	1:00	1 · last 0	Stop at shoulder height
Stretched hold: DB pullover	1–2	20–30 s	—	0:30	—	Light DB, arms long, feel the lats stretch

Session B – Full body

EXERCISE	SETS	REPS	TEMPO	REST	RIR	NOTES
DB Bulgarian split squat	3	8–15 / leg	3010	1:30	1–2	Rear foot on a chair. Weaker leg first
DB hip thrust	3	10–20	2011	1:30	1	Shoulders on the bench. Pause at the top
DB floor press	3	10–15	3010	1:30	1	Pause with elbows on the floor
Band lat pulldown	3	12–20	2011	1:00	1 · last 0	Weeks 3–5: rest-pause on the last set
A1 DB curl	2	12–20	3010	—	1 · last 0	Straight to A2
A2 DB overhead extension	2	12–20	3010	1:00	1 · last 0	Full stretch behind the head
Stretched hold: split squat	1	20–30 s / leg	—	0:30	—	Bottom position, bodyweight

Session C – Full body

EXERCISE	SETS	REPS	TEMPO	REST	RIR	NOTES
Heel-elevated goblet squat	3	12–20	3010	1:30	1–2	Heels on a step or book. Knees forward
Sliding leg curl	3	8–15	3011	1:00	1	Hips up, slow lowering
Seated DB press	3	10–15	3010	1:30	1–2	Ribs down
Chest-supported DB row	3	10–15	2011	1:00	1	Chest on an inclined bench or chair back
Band face pull	2	15–25	2011	1:00	1 · last 0	Pull to the forehead
Single-leg DB calf raise	3	10–20 / leg	2111	1:00	1	Off a step. Pause at the bottom
Stretched hold: DB RDL	1	20–30 s	—	0:30	—	Light DBs at the bottom of the hinge

Week by week

WEEK	SETS	RIR	WHAT CHANGES
1	As written	3 on everything	Calibration. Find the load or band that lands RIR 3 at the top of the range
2	As written	Table	Train to the RIR column. Double progression starts
3	As written	Table	Mechanical drop set and rest-pause added where marked
4	+1 set on exercise 1 of each session	Table	First exercise goes to 4 sets
5	As week 4	Table	Hardest week. Beat week 4 by a rep, a slower tempo or a heavier load
6	Half, rounded up	3–4	Deload and exit. No drop sets or rest-pause. Loads held

Optional track: lower-body emphasis

Same programme, same sessions. Choose it in week 1 if lower-body development is your priority, and keep it for all six weeks. It shifts a few sets from upper-body accessories to lower-body work. It is a variant, not a glute specialisation: every session still trains a push and a pull.

SESSION	REMOVE	ADD
A	DB lateral raise (2 sets)	+1 set on goblet squat (3 → 4). DB hip thrust 2 × 12–20, RIR 1, rest 1:00
B	A1/A2 arm superset (4 sets)	+1 set on split squat (3 → 4). DB reverse lunge 2 × 10–15 / leg, RIR 1–2, rest 1:00
C	Band face pull (2 sets)	+1 set on sliding leg curl (3 → 4). Glute bridge 2 × 15–25, RIR 1, rest 1:00

Session length rises by about 5 minutes. Upper-body pushing and pulling stay exactly as written.

Progression and deload

Double progression

- 1 Every exercise has a rep range, for example 8–10.
- 2 Start at the bottom of the range with a load that lands on the target RIR.
- 3 Each session, try to add a rep to one or more sets, at the same load, tempo and RIR.
- 4 When every working set reaches the top of the range at the written tempo and RIR, add the smallest load step next session: usually 2.5 kg on a barbell, 1–2 kg per dumbbell, or one pin on a machine.
- 5 The added load takes you back towards the bottom of the range. Build up again.

At home, load jumps are big. Use the full rep range before moving up: add reps first, then slow the lowering to 4 seconds, then move to the next dumbbell or band.

When you stall

A stall is two sessions in a row with no extra rep or load on the same exercise at the same RIR. First check sleep, tempo and the log. If the same exercise stalls a third time, reduce the load by about 10% and build back up through the range.

If you run out of load, you have not run out of progression. Add a one-second pause at the hardest point, then a 1½-rep version (half rep plus full rep counts as one), before you conclude you need heavier kit.

Week 6: deload and exit

Week 6 is a deload and an exit. Halve the sets on every exercise (round up), remove the drop sets and rest-pause, keep the loads from week 5 and stop every set at RIR 3–4.

Compare week 2 and week 5 on the first exercise of each session. If you ran the lower-body track, compare the split squat and hip thrust too.

Recovery checks

- Sleep: are you getting enough to feel recovered most mornings? Sleep is the first thing to fix when progress stalls.
- Food: eat regular meals with a good protein source at each one. Tailored nutrition is part of coaching; it is not in this free programme.
- Soreness: normal muscle soreness is fine. Soreness that is still there at the next session for the same muscle means the RIR is not honest.
- Bar speed: if your ramp sets feel slow two sessions in a row, treat the day as AMBER.

I want the log filled in before you ask me why you are not progressing.

Exercise swaps

Swap equipment, never the movement pattern. Pick your swap in week 1 and keep it for all 6 weeks so the log stays comparable. The right column is a gentler option if a movement causes pain; if pain persists or is sharp, stop and get it assessed.

PROGRAMMED	EQUIPMENT SWAP	IF IT HURTS, TRY
Goblet squat	Leg press or hack squat	Goblet squat to a box, or Spanish squat with a band
DB Romanian deadlift	Cable pull-through, or 45° back extension	45° back extension, bodyweight or light plate
Push-up	DB floor press, or band-resisted push-up	Hands on a bench or worktop (incline push-up)
One-arm DB row	Band row, anchored at chest height	Chest-supported DB row on an incline bench
DB lateral raise	Band lateral raise	Lighter DB, stop just below shoulder height
DB pullover	Band straight-arm pulldown	Lighter DB, shorter range
DB Bulgarian split squat	DB split squat, rear foot on the floor	Split squat holding a support, bodyweight
DB hip thrust	Single-leg hip thrust, or glute bridge from the floor	Glute bridge from the floor, bodyweight
DB floor press	DB bench press on a bench	Neutral-grip floor press, shorter range
Band lat pulldown	Band straight-arm pulldown, or DB pullover	Band pulldown, one arm at a time
DB curl	Band curl	DB hammer curl
DB overhead extension	Band overhead extension	DB floor skull crusher, or band pressdown
Heel-elevated goblet squat	Goblet squat, or DB front squat	Goblet squat to a box or chair
Sliding leg curl	Band leg curl, anchored low	Two-leg sliding curl with a shorter range, or glute bridge
Seated DB press	Pike push-up, or band overhead press	Neutral-grip DB press, lighter
Chest-supported DB row	One-arm DB row, or band row	Band row, lighter and slower
Band face pull	Band pull-apart	Band pull-apart with a light band
Single-leg DB calf raise	Two-leg calf raise off a step, holding DBs	Two-leg calf raise on flat floor
DB reverse lunge	DB step-up onto a bench	Split squat holding a support

Session log

Duplicate this page, one per session. Write load and reps before you leave the station, not from memory in the car park. Ramp sets are not logged.

DATE	DAY	EXERCISE	LOAD	REPS	RIR	TEMPO HELD?
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N
						Y / N

Weekly check – five minutes on your rest day

ITEM	STANDARD
All planned sessions done, or missed ones logged as missed	Gone, not owed
Every working set logged: load, reps, RIR	If it is not logged, it did not happen
Tempo held on every working set	Faster lowering is a lighter set
Rest kept as written on compound lifts	Cut an exercise, never the rest
RIR honest: film one set a week if unsure	The log is only as good as the RIR
No exercises added on impulse	Execution beats novelty

What next

Six weeks at home has taught you to train hard with light kit and to log it. Where you go next depends on whether you move to a gym.

Next step: Lower Architecture (Online Standard)

If you ran the lower-body track and have gym access, the next step is Lower Architecture, my gym-based lower-body block, run inside Online Standard coaching. If you are staying at home, apply anyway: coaching can build your plan around the kit you own.

Coaching is where I read your log, watch your lifts and adjust the plan week to week. A free PDF cannot do that for you.

APPLY FOR COACHING

Apply: <https://trainwithcalibre.com/#/apply>

Bring your week 2 and week 5 numbers, your kit list, and your full log. First message should be your data, not your goals.

If it is not logged, it did not happen.

LEGAL AND MEDICAL

Education and coaching guidance for healthy adults. Not medical advice, and no medical claims are made. I coach, I do not diagnose.

If you have a medical condition, are pregnant, take medication, or have pain that worsens, stop and get cleared by a qualified medical professional before continuing.

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