



HOME / MINIMAL EQUIPMENT

TRAINING PROGRAM

A full week you can run with just dumbbells or a few basics — no commercial gym required.

TENSOR HOME

1-WEEK MINIMAL-EQUIPMENT PROGRAM

GOAL

Build strength and muscle at home using dumbbells, bands, and a small amount of floor space.

BEST FOR

People who want structured resistance training without needing a commercial gym.

SCHEDULE

4 home sessions

SPLIT

Upper / Lower / Upper / Lower + Conditioning

TRAIN WITH INTENT. BUILD CAPACITY. STAY CONSISTENT.

One-week training template | Exercise descriptions + RPE targets included

PROGRAM OVERVIEW

Build strength and muscle at home using dumbbells, bands, and a small amount of floor space.

SESSION	FOCUS	LIFESTYLE PLACEMENT
1	UPPER A	Start of week
2	LOWER A	1-2 days later
3	UPPER B	After a rest or lighter day
4	LOWER B + CONDITIONING	Later in week

HOW TO USE THIS WEEK

- If available dumbbells are light, progress by adding reps, slowing the lowering phase, or using unilateral variations.
- Bands must be anchored securely before any pulling or triceps work.
- Stop sets when technique changes noticeably even if the target rep range has not been reached.

RPE TARGETING

RPE 6 = about 4 reps in reserve **RPE 7** = about 3 reps left **RPE 8** = about 2 reps left **RPE 9** = about 1 rep left **RPE 10** = maximal effort / no reps left.

Treat the RPE target as the main loading rule. The written sets and reps tell you the work to perform; RPE tells you how heavy or difficult that work should feel.

PROGRESSION

If you complete every set with clean technique and finish below the target RPE, add a small amount of load next time. If you overshoot the target RPE, reduce load or use an easier variation. Progress is earned through repeatable quality, not forced jumps in weight.

DAY 1 - UPPER A

EXERCISE	SETS x REPS	RPE	REST
Dumbbell Floor Press	4 x 8-12	8	90 sec
One-Arm Dumbbell Row	4 x 8-12/side	8	90 sec
Dumbbell Shoulder Press	3 x 8-12	8	75 sec
Band Pulldown	3 x 12-15	8	60 sec
Lateral Raise	3 x 12-15	9	60 sec
Dumbbell Curl	3 x 10-15	9	60 sec
Band Triceps Extension	3 x 10-15	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 2 - LOWER A

EXERCISE	SETS x REPS	RPE	REST
Goblet Squat	4 x 8-12	8	90 sec
Dumbbell RDL	4 x 8-12	8	90 sec
Reverse Lunge	3 x 10/leg	8	75 sec
Dumbbell Glute Bridge	3 x 12-15	8-9	60 sec
Standing Calf Raise	4 x 15-20	9	45 sec
Plank	3 x 30-60 sec	8	45 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 3 - UPPER B

EXERCISE	SETS x REPS	RPE	REST
Push-Up	4 x 8-20	8	75 sec
Bent-Over Dumbbell Row	4 x 10-12	8	90 sec
Arnold Press	3 x 10	8	75 sec
Band Row	3 x 12-15	8-9	60 sec
Lateral Raise	3 x 15	9	45 sec
Hammer Curl	3 x 12	9	60 sec
Overhead Dumbbell Triceps Extension	3 x 12	9	60 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

DAY 4 - LOWER B + CONDITIONING

EXERCISE	SETS x REPS	RPE	REST
Dumbbell Front Squat	4 x 10	8	90 sec
Dumbbell RDL	3 x 10	8	90 sec
Bulgarian Split Squat	3 x 8-12/leg	8-9	75 sec
Single-Leg Glute Bridge	3 x 12/leg	8	60 sec
Standing Calf Raise	3 x 20	9	45 sec
Mountain Climbers	4 x 30 sec	8	45 sec

SESSION RULE: Warm up gradually, use pain-free ranges, and keep the assigned RPE honest. Technique breakdown is your stop signal.

EXERCISE GUIDE

Use these descriptions as execution reminders. They are not a replacement for in-person coaching when a movement is new, painful, or technically difficult.

Dumbbell Floor Press

Lie on the floor with knees bent. Lower the dumbbells until the upper arms gently contact the floor, then press while keeping the shoulders stable.

One-Arm Dumbbell Row

Support the body with one hand, brace the torso, and row the dumbbell toward the hip or ribs. Lower until the back is stretched without twisting.

Dumbbell Shoulder Press

Press the dumbbells overhead while keeping the ribs stacked over the pelvis. Lower under control until the upper arms reach a comfortable depth.

Band Pulldown

Anchor the band overhead and pull the elbows down toward the ribs. Control the return until the arms are long and the lats are stretched.

Lateral Raise

Raise the arms out to the sides with a slight elbow bend until around shoulder height. Keep the torso still and lower slowly.

Dumbbell Curl

Keep the upper arm quiet and curl the dumbbell by bending the elbow. Squeeze at the top and lower with control.

Band Triceps Extension

Anchor the band securely and straighten the elbow against the band tension while keeping the upper arm stable. Return slowly.

Goblet Squat

Hold a dumbbell or kettlebell close to the chest, keep the whole foot planted, squat between the hips, and stand while maintaining an upright torso.

Dumbbell RDL

Hold the dumbbells close to the thighs, maintain a soft knee bend, and push the hips back until the hamstrings are loaded. Stand by extending the hips.

Reverse Lunge

Step backward and lower the rear knee toward the floor while keeping the front foot planted. Drive through the front leg to return to standing.

Dumbbell Glute Bridge

Place the dumbbell securely across the hips, drive through the feet, and extend the hips by squeezing the glutes. Avoid overextending the lower back.

Standing Calf Raise

Rise onto the balls of the feet through the largest pain-free range. Pause at the top and lower slowly into a controlled calf stretch.

Plank

Brace the abs and glutes while maintaining a straight line from shoulders to heels. Breathe behind the brace without allowing the hips to sag.

Push-Up

Maintain a rigid body line, lower the chest between the hands with controlled shoulders, then press the floor away to return to the start.

Bent-Over Dumbbell Row

Hinge at the hips to a stable torso position, brace, and row both dumbbells toward the ribs. Lower under control without standing up between reps.

Arnold Press

Begin with the dumbbells in front of the shoulders, rotate the arms outward as you press overhead, then reverse the motion under control.

Band Row

Anchor the band in front of you, keep the torso tall, and pull the hands toward the ribs. Squeeze the shoulder blades and return slowly.

Hammer Curl

Curl with the palms facing each other and keep the upper arms still. Lower slowly without swinging.

Overhead Dumbbell Triceps Extension

Hold a dumbbell overhead, bend at the elbows to lower it behind the head, then extend the elbows while keeping the ribs controlled.

Dumbbell Front Squat

Hold dumbbells at the shoulders, keep the torso braced, squat to a comfortable depth, and drive through the whole foot to stand.

Bulgarian Split Squat

Place the rear foot on a bench and keep most of the load on the front leg. Lower under control, keep the front foot planted, and drive through the front leg.

Single-Leg Glute Bridge

Keep one foot planted and extend the hips by squeezing the glute of the working leg. Keep the pelvis level throughout the movement.

Mountain Climbers

From a strong plank position, alternate driving the knees forward while keeping the shoulders over the hands and the trunk controlled.

TRAINING STANDARDS

Warm-Up

Before the first hard working set, increase movement range and load gradually. Your warm-up should prepare you without creating fatigue.

Pain vs Effort

Muscle effort and fatigue are expected. Sharp, sudden, or escalating joint pain is not. Stop or modify painful movements.

Rest Periods

Use the listed rest times as a starting point. Take slightly longer when needed to preserve technique on compound lifts.

Recovery

Sleep, food, hydration, and stress management affect training quality. A program only works when you can recover from it.

Repeatability

This is a one-week template. When repeating the week, keep the structure stable long enough to measure progress before changing exercises unnecessarily.

GENERAL DISCLAIMER

This program is general fitness education and is not individualized medical advice. Training should be adjusted for your experience, health status, injuries, available equipment, and professional guidance where appropriate.