

— TRAINING SYSTEM · TRAIN ANYWHERE

HOME BASE

Eight weeks, one pair of adjustable dumbbells, four square metres of floor. A complete beginner program for the home gym — no commute, no crowd, no excuses.

LEVEL

Beginner

LENGTH

8 Weeks

SCHEDULE

3 Days / Wk

KIT

Dumbbells



01 — BEGIN HERE

THE WHOLE GYM IS A CORNER OF YOUR ROOM.

You don't need a membership to build a real body — you need a plan and a pair of dumbbells. Home Base is eight weeks of full-body training built for the smallest setup: adjustable dumbbells, a bench or sturdy chair, and a little floor. The same six patterns, the same one rule, none of the commute.

FOR YOU, IF

You train at home, the gym isn't an option right now, or you simply prefer your own space. You have (or can get) a pair of adjustable dumbbells and want a real, progressive plan — not a random YouTube circuit.

NOT YET, IF

You have nothing at all — start with The On-Ramp, six bodyweight weeks. Or, if you have a full gym, Foundations of Form is the barbell version of this exact plan.

THE ONLY KIT YOU NEED

Essential: one pair of adjustable dumbbells (a range you can grow into). **Helpful:** an adjustable bench or a sturdy chair, and a long resistance band for pulls. That's the whole shopping list — buy once, train for years.

WHAT'S INSIDE

The principles	P. 03
The plan at a glance — keep this page	P. 04
The movement library	P. 05
The sessions · weeks 1–8	P. 06
The plate · nutrition pairing	P. 08
Recovery	P. 09
The trackers · print these	P. 10
Questions, answered	P. 12



02

THE FIVE PRINCIPLES

Everything here follows from these. Read them once; they explain every choice that follows.

01 EQUIPMENT IS NOT THE VARIABLE

The body adapts to effort and tension, not to chrome. A hard set of dumbbell squats builds legs as surely as a barbell. The plan does the work — the kit just delivers it.

02 PROGRESSIVE OVERLOAD

Add a rep, then a little weight, over time. With dumbbells you also have tempo and range as levers. One rule, applied patiently, is the entire engine. → [Studies · Progressive Overload](#)

03 FULL-BODY FREQUENCY

Three full-body sessions a week teach each pattern faster than a split — and they're forgiving when life eats a day. Perfect for training at home.

04 LEAVE REPS IN RESERVE

Stop two or three reps short of failure. It keeps form clean and means you can train safely alone, with no spotter and no ego.

05 MAKE THE DUMBBELLS FEEL HEAVY

Light weights work — if you make them hard. Slow the lowering, pause at the bottom, shorten rest. Intensity, not equipment, is what you're really buying.



03

THE PLAN AT A GLANCE

Eight weeks, one page. Screenshot it. This is the whole program — everything after is detail.

THE ARC · THREE BLOCKS

WEEKS 1-3

GROOVE

3×10-12 · ~3 in reserve. Learn the dumbbell patterns. Add reps.

WEEKS 4-6

LOAD

3×8-10 · ~2 RIR. Add weight or slow the tempo as reps come easily.

WEEKS 7-8

PUSH & TEST

3-4×6-10 · 1-2 RIR, then an easy final week. Retest your dumbbell weights.

THE WEEK · THREE FULL-BODY SESSIONS, A REST DAY BETWEEN

DAY A

SQUAT

- 1 Goblet Squat
- 2 DB Floor / Bench Press
- 3 One-arm DB Row
- 4 Plank
- 5 DB Curl

DAY B

HINGE

- 1 DB Romanian Deadlift
- 2 DB Shoulder Press
- 3 Band / DB Pullover Row
- 4 Dead Bug
- 5 Calf raise

DAY C

MIXED

- 1 DB Split Squat
- 2 Incline DB Press
- 3 Chest-supported DB Row
- 4 Farmer's Carry
- 5 Lateral raise

THE ONE RULE

Hit the **top of the rep range on every set** → next session add weight (or, if you're out of plates, slow the lowering to 4 seconds), drop to the bottom of the range, and climb again. With dumbbells, **tempo is your smallest plate**.



04

THE MOVEMENT LIBRARY

Six patterns, all with dumbbells. Learn these and your living room is a complete gym. One cue to hold, one error to avoid.

01 SQUAT

Goblet Squat → DB Split Squat

Cue: hold the bell at the chest, sit between the hips, chest tall. Avoid: knees caving, heels lifting.

02 HINGE

DB Romanian Deadlift

Cue: push hips back, dumbbells close to the legs, flat back. Avoid: rounding the back, turning it into a squat.

03 HORIZONTAL PUSH

DB Floor Press → DB Bench Press

Cue: shoulder blades down, elbows ~45°, press the bells together at the top. Avoid: flaring elbows, bouncing off the floor.

04 HORIZONTAL PULL

One-arm DB Row · Chest-supported DB Row

Cue: lead with the elbow, pull to the hip, squeeze the back. Avoid: yanking with the arm, twisting the torso.

05 VERTICAL PUSH & PULL

DB Shoulder Press · Band Pulldown

Cue: ribs down on the press; pull the band to the collarbone, elbows down. Avoid: arching to press, half-range pulls.

06 CARRY & BRACE

Farmer's Carry · Plank · Dead Bug

Cue: stand tall, ribs over hips, breathe behind a braced core. Avoid: leaning, holding the breath, sagging hips.



05

THE SESSIONS

Warm up first — 4 minutes easy movement, then one light set of the first lift. Sets & reps shown for **Block 1 (Weeks 1–3)**; adjust per the block guide on the next page. Rest 90–120s between sets.

DAY A · SQUAT EMPHASIS

EXERCISE	SETS × REPS	RIR	NOTE
Goblet Squat SQUAT	3 × 10–12	3	One heavy dumbbell
DB Floor / Bench Press HORIZONTAL PUSH	3 × 10–12	3	Floor if no bench
One-arm DB Row HORIZONTAL PULL	3 × 10–12	3	Each side; hand on chair
Plank BRACE	3 × 30–45s	—	Ribs down, glutes on
DB Curl · optional	2 × 10–12	2	No swinging

DAY B · HINGE EMPHASIS

EXERCISE	SETS × REPS	RIR	NOTE
DB Romanian Deadlift HINGE	3 × 10–12	3	Hips back, bells close
DB Shoulder Press VERTICAL PUSH	3 × 8–10	3	Seated or standing
Band Pulldown VERTICAL PULL	3 × 12–15	3	Anchor band up high
Dead Bug BRACE	3 × 8/side	—	Slow, low back flat
Calf Raise · optional	2 × 15	2	Hold a dumbbell



DAY C · MIXED

EXERCISE	SETS × REPS	RIR	NOTE
DB Split Squat SQUAT · SINGLE-LEG	3 × 8–10	3	Each leg; back foot on chair
Incline DB Press HORIZONTAL PUSH	3 × 10–12	3	Bench at ~30°
Chest-supported DB Row HORIZONTAL PULL	3 × 10–12	3	Lie chest-down on incline
Farmer's Carry CARRY	3 × 30 m	—	Heaviest bells, tall posture
Lateral Raise · optional	2 × 12–15	2	Light, controlled

06

HOW EACH BLOCK CHANGES

BLOCK	SETS × REPS	RIR	WHAT YOU DO
1 · Groove WEEKS 1–3	3 × 10–12	~3	Own the patterns. Add a rep each week before adding weight.
2 · Load WEEKS 4–6	3 × 8–10	~2	Heavier bells. Out of weight? Slow the lowering to 4 seconds.
3 · Push & Test WEEKS 7–8	3–4 × 6–10	1–2	Add a set; push the last set close. Final few days easy, then retest.

After week 8: run it again heavier, or — if you join a gym — step straight into **Foundations of Form** or **Hypertrophy Method**.



07

THE PLATE

Training is the signal; food is the material. You don't need a diet for this — enough protein and enough real food to recover. Here is the whole of it.

BUILD EVERY PLATE FROM FOUR PARTS

PROTEIN

A palm, each meal

Eggs, curd, paneer, soya, chicken, fish, whey. Dal + rice together counts. The part most people miss — guard it.

CARBS

A cupped hand

Rice, roti, poha, oats, fruit. Fuel for training — don't fear them. More on training days.

VEGETABLES

Two fists

Any sabzi, salad, greens. Volume, fibre, micronutrients. They keep you full on less.

FATS

A thumb

Ghee, oil, nuts, seeds. A little, by habit — not the main event of the plate.

THE ONE NUMBER WORTH TRACKING

Protein: roughly **1.6–2.0 g per kg** of bodyweight daily. A 70 kg person ≈ 110–140 g. Protein at every meal does the heavy lifting; relax about the rest.

PAIR IT WITH THE INDIAN PLATE

For the full system — portions by hand, the vegetarian plate, eating out, the goal dials — download **The Indian Plate**. Free, India-first, and the foundation under every VYSN plan.

IN SHORT

Protein at every meal · enough carbs to train hard · vegetables for volume · water and sleep. That is 90% of nutrition for your first season.



08

RECOVERY

You don't grow during the session. You grow in the hours after it. Training is the stimulus; recovery is where the body answers.

SLEEP

7–9 hours. The single most powerful recovery tool you have, and the only one that's free. Protect it before any supplement.

REST DAYS

A full day between sessions. Walk, stretch, live. Doing nothing is part of the plan, not a break from it.

STEPS

7,000–9,000 a day. Training at home makes it easy to move too little — get out and walk daily.

TWO THINGS TO UNLEARN

Light weights are not a compromise. A dumbbell taken close to failure with clean form builds muscle as well as a barbell. Effort is the currency, not the size of the plate.

Soreness is not the scoreboard. It tells you a movement was new, not that a session was good. Chase progress in your log, not in how sore you feel.



09

THE WEEK LOG

Print this page. Tick each session as you finish it — three a week, eight weeks. The page filling in is the progress.

WEEK	DAY A	DAY B	DAY C	WEIGHT / NOTES
01 • Groove				
02				
03				
04 • Load				
05				
06				
07 • Push				
08 • Test				



09

THE LIFT LOG

One row per lift. Write the dumbbell weight and the reps you hit. When the top of the range comes easily across all sets, add weight — or add a 4-second lowering — and watch it climb.

LIFT	WK 1	WK 2	WK 4	WK 6	WK 8
Goblet Squat					
DB Romanian Deadlift					
DB Bench / Floor Press					
DB Shoulder Press					
One-arm DB Row					
DB Split Squat					

BODYWEIGHT · OPTIONAL

WK 1	WK 4	WK 8

NOTES TO SELF



10

QUESTIONS, ANSWERED

WHAT DUMBBELLS SHOULD I BUY?

One pair of adjustable dumbbells with a range you can grow into — light enough for presses, heavy enough for squats and rows in a few months. It's the only purchase the program needs.

MY DUMBBELLS ARE TOO LIGHT NOW. WHAT DO I DO?

Use tempo and reps: slow the lowering to 4 seconds, pause at the bottom, and push the rep count up. A light weight made hard is still a hard set.

NO BENCH — IS THAT A PROBLEM?

No. A sturdy chair or the floor covers every pressing movement. The floor press is a genuinely great, shoulder-friendly lift.

HOW LONG IS EACH SESSION?

About 35–45 minutes including warm-up. Short, focused, and entirely doable before work or after the kids are down.

WILL I REALLY BUILD MUSCLE AT HOME?

Yes. Muscle responds to progressive tension and effort, not to the building you train in. Eat your protein, push the lifts, and the body changes.

CAN WOMEN RUN THIS PROGRAM?

Yes — without changes. The movements and progression are identical; only the loads differ. It builds strong, capable bodies regardless.

WHAT COMES AFTER WEEK 8?

Run it again heavier, or move to **Foundations of Form / Hypertrophy Method** if you get access to a full gym.



NO COMMUTE. NO CROWD. NO EXCUSES.

A real body was never about the building you trained in. It was always the plan, the protein, and the patience to show up — three times a week, in the corner of a room you already own.

NEXT PROGRAM

FOUNDATIONS OF FORM

The barbell version, when you get to a gym.

EVERY MORNING

THE EDGE

One letter before noon. One principle, one practice.

PAIR THE PLATE

THE INDIAN PLATE

The free, India-first nutrition foundation.

vysnfitness.com