

Train Like Chris Hemsworth: 3-Day Functional Home Workout

Inspired by Chris Hemsworth’s functional training style, this 3-day plan blends strength, mobility, and core conditioning — all adaptable for home workouts with no fancy equipment needed.

Day 1: Push (Chest, Shoulders, Triceps)

Exercise	Sets	Reps
Push-ups (Standard or Elevated)	4	12–15 reps
Pike Shoulder Press	3	10–12 reps
Dips (Chair or Bench)	3	10–12 reps
Wall Walks	3	5 reps
Plank to Push-up	3	10 each side

Day 2: Pull (Back, Biceps, Posterior Chain)

Exercise	Sets	Reps
Towel Rows (over door or pole)	4	10–12 reps
Backpack Deadlifts	3	10 reps
Reverse Snow Angels	3	15 reps
Isometric Towel Curls	3	20s hold
Superman Holds	3	30 seconds

Day 3: Core & Conditioning

Exercise	Sets	Reps
Mountain Climbers	3	30 seconds
V-Ups	3	15 reps
Hollow Body Hold	3	20–30 seconds
Side Plank Reach-Through	3	10 each side
Burpees	3	10 reps

Weekly Schedule

- **Monday** – Push
- **Wednesday** – Pull
- **Friday** – Core & Conditioning

Use Tuesday, Thursday, and weekends for active recovery (yoga, walking, mobility).

Home-Friendly Substitutions

- No bench? Use a sturdy low table or sofa edge.
- No weights? Use a loaded backpack.
- No pull-up bar? Loop a towel over a pole or perform table rows.