

Functional 8 Week Home Workout Plan

Disclaimer

You should always consult with a medical professional before beginning any exercise program. Furthermore, these free programs are not intended to diagnose, treat, or cure any condition or disease. Utilising the information within this program is at the sole choice and risk of the reader. If you engage in these exercise programs, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the author from any and all claims or causes of action, known or unknown, arising out of the contents of these programs. The author advises you to take full responsibility for your safety and to know your limits. Before practising the skills described in the workout section, the author recommends to consult with a personal trainer in person, to properly assess and advise correct form to prevent potential injuries occurring.

This plan is for anyone who wants to lose some weight and tone up with some functional exercises. A couple exercises in here would benefit having dumbbells for, if you don't have any, try to replace with an object you can safely lift for some resistance.

Take some progress pictures before you start! Let's see how much of a positive change you can make.

Week 1

FULL BODY #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Squats	3	8-12	3	Optionally hold a weight. Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Standing Knee-To-Elbows	3	10-14	2	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Lying Heel Taps	2	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.

Week 2

FULL BODY #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Squats	3	8-12	3	Optionally hold a weight. Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Standing Knee-To-Elbows	3	10-14	2	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Lying Heel Taps	2	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.

Week 3

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Wall Shoulder Press / Dumbbell Shoulder Press	3	10-12	3	Wall Shoulder Press: Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back. Slow movement.
Dumbbell Alternating Bicep Curls	3	10-12	2	Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Sit Ups	3	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Wall Tricep Extension	2	10-12	2	Lean into a solid wall with hands at shoulder height, elbows facing the floor. Press away by engaging your triceps. Can also be kneeling.
Lying Heel Taps	3	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 4

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Wall Shoulder Press / Dumbbell Shoulder Press	3	10-12	3	Wall Shoulder Press: Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back. Slow movement.
Dumbbell Alternating Bicep Curls	3	10-12	2	Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Sit Ups	3	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Wall Tricep Extension	2	10-12	2	Lean into a solid wall with hands at shoulder height, elbows facing the floor. Press away by engaging your triceps. Can be kneeling.
Lying Heel Taps	3	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

You're doing great! It's now time to up the intensity, give it your all in these final few weeks and up the reps where you can!

I hope you're ready for the challenge!

Week 5

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Wall Shoulder Press / Dumbbell Shoulder Press	3	10-12	3	Wall Shoulder Press: Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back. Slow movement.
Dumbbell Alternating Bicep Curls	3	10-12	2	Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Sit Ups	3	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Wall Tricep Extension	2	10-12	2	Lean into a solid wall with hands at shoulder height, elbows facing the floor. Press away by engaging your triceps. Can be kneeling.
Lying Heel Taps	3	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 6

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Wall Shoulder Press / Dumbbell Shoulder Press	3	10-12	3	Wall Shoulder Press: Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back. Slow movement.
Dumbbell Alternating Bicep Curls	3	10-12	2	Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Sit Ups	3	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Wall Tricep Extension	2	10-12	2	Lean into a solid wall with hands at shoulder height, elbows facing the floor. Press away by engaging your triceps. Can be kneeling.
Lying Heel Taps	3	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 7

UPPER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Wall Shoulder Press / Dumbbell Shoulder Press	3	10-12	3	Wall Shoulder Press: Lean into a solid wall with hands placed at head height, elbows flared outwards, press by engaging shoulder and triceps.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back. Slow movement.
Dumbbell Alternating Bicep Curls	3	10-12	2	Standard bicep curl going from neutral hand position to a supinated position at the top of the curl.
Sit Ups	3	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

LOWER #1

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Squats	3	8-12	3	Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Calf Raises	3	10-14	2	Can use bodyweight on flat surface or bottom step of a staircase is great for allowing your heel to drop lower than your toes.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

FULL BODY #3

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Standing Knee-To-Elbows	3	10-14	3	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Wall Tricep Extension	2	10-12	2	Lean into a solid wall with hands at shoulder height, elbows facing the floor. Press away by engaging your triceps. Can be kneeling.
Lying Heel Taps	3	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.
Plank	2	20SEC	2-3	Remain in a straight body position, don't let hips dip too low.

Week 8**FULL BODY #1**

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Kneeling Press Ups	3	8-15	3	Arms little wider than shoulder width, elbows flared out slightly.
Squats	3	8-12	3	Optionally hold a weight. Keep back straight and engage core. Push through your heels without allowing them to lift off the floor.
Standing Knee-To-Elbows	3	10-14	2	Hands on side of your head with elbows out, touch left elbow to right knee then visa versa, engage core throughout.
Reverse Plank March	2	8-12	3	Hands down by side and rise up to a reverse plank position engaging your core, hamstrings and glutes, slowly lift one leg up at a time.
Sit Ups	2	8-15	2	Legs at 90 degrees. Arm position will dictate the difficulty, arms at side will be easiest where as arms behind head is more advanced.

FULL BODY #2

EXERCISE	SETS	REPS	REST (MIN)	KEY POINTS
Sumo Squats	3	8-12	3	Similar to normal squats although a much wider stance, push through your heels.
Walking Lunges	3	8-10	3	Keep your weight on your front foot as you stride, pushing through your heel and not letting your front knee to pass over your toes.
Rotating Toe Touches	3	8-10	3	Feet wide with arms out like a star. Twist your body touching the opposite hand to foot while pushing the other hand back.
Glute Bridge	3	8-12	2-3	Lay flat with legs bent, raise up by engaging your glutes and lower back until fully straight. Squeeze glutes each rep.
Lying Heel Taps	2	8-15	2	Lie on back with knees 90 degrees bent. Slightly lift shoulders up and with straight arms tap left hand to left foot, then right hand to right foot.

CARDIO

EXERCISE	STEPS	KEY POINTS
Walking	10,000	Go for a long walk, somewhere new! For this day you should aim for 10,000 steps minimum.

Congratulations on completing the workout plan!
I hope you've taken some progress pictures, tag me on socials and let me see your progress! #fitmanmode

<https://linktr.ee/ryannetteship>