



## **HOME WORKOUT (NO EQUIPMENT)**

THIS WORKOUT IS DESIGNED TO BE DONE AT HOME WITH NO EQUIPMENT. IF YOU HAVE EQUIPMENT, I SUGGEST THAT YOU USE THEM!

### **EXERCISES**

EXERCISE IMAGES ARE THERE TO DETAIL HOW TO EXECUTE THEM CORRECTLY, WITH CORROSPONDING NOTES.

### **SETS**

A GROUP OF REPETITIONS TO BE PERFORMED.

### **REPS**

A SINGLE EXECUTION OF AN EXERCISE

### **HOW OFTEN SHOULD I WORKOUT?**

HOW EVER MUCH YOU'D LIKE! WITH THIS WORKOUT SPLIT I'D SUGGEST 2 UPPER AND 2 LOWER WORKOUTS PER WEEK.

### **WHAT IF I'M STILL SORE FROM THE LAST SESSION?**

REST OR WORKOUT THE MUSCLES WHICH AREN'T SORE.

# HOME WORKOUT (NO EQUIPMENT)

## UPPER WORKOUT

| EXAMPLE | EXERCISE & NOTES | SETS | REPS |
|---------|------------------|------|------|
|---------|------------------|------|------|

**Leaning Press Up**

Timestamp-3:05 | RES:1:2:0 | Mins

Slightly harder than kneeling press ups. Lean forward while kneeling, engaging core to keep a straight posture when pressing.

**LEANING PRESS UP**

CAN DO KNEELING OR STRAIGHT PRESS UPS

**4**

**8-20**

**Wall Shoulder Press**

Timestamp-3:24 | RES:1:1:2 | Mins

Angle hands facing inwards, so your elbows flare outwards each rep. Standing further away from the wall increases difficulty.

**WALL SHOULDER PRESS**

ELBOWS FACING OUTWARDS

**4**

**8-12**

**Wall Tricep Extension**

Timestamp-3:30 | RES:1:1:2 | Mins

Angle hands facing up with elbows facing down. Engage triceps to press your body away from the wall. Standing further away increases difficulty.

**WALL TRICEP EXTENSION**

ELBOWS FACING DOWN

**4**

**8-12**

**Rotating Toe Touches**

Timestamp-3:57 | RES:1:1:2 | Mins

Use your abs and core to rotate your body. Remain in a fixed position throughout. Reset to an upright position each touch.

**ROTATING TOE TOUCHES**

**4**

**8-15**

**Sit Ups**

Timestamp-4:15 | RES:1:2:0 | Mins

Arms by your side reduces difficulty, arms on chest or behind head increases. Let shoulders touch the floor each rep. Slow reps to reduce momentum.

**SIT UPS**

**4**

**8-15**

**Plank**

Timestamp-4:50 | RES:1:2:0 | Mins

Remain straight throughout. Do not let your hips dip too low.





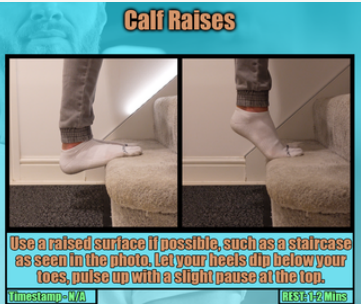
**PLANK**

**1**

**1 MIN**

# HOME WORKOUT (NO EQUIPMENT)

## LOWER WORKOUT

| EXAMPLE   | EXERCISE & NOTES  | SETS            | REPS                |
|---|---|-----------------|---------------------|
|    | <p><b>BODYWEIGHT SQUAT</b></p> <p>CAN USE A WEIGHT IF POSSIBLE</p>    | <p><b>4</b></p> | <p><b>8-15</b></p>  |
|    | <p><b>SIDE LUNGE</b></p>  | <p><b>3</b></p> | <p><b>8-15</b></p>  |
|  | <p><b>GLUTE DRIVE</b></p>   | <p><b>4</b></p> | <p><b>8-15</b></p>  |
|  | <p><b>ROMANIAN DEADLIFTS</b></p> <p>CAN USE WEIGHTS IF NEED BE</p>    | <p><b>4</b></p> | <p><b>10-15</b></p> |
|  | <p><b>CALF RAISES</b></p> <p>CAN USE STAIRCASE FOR EASY EXECUTION</p> | <p><b>4</b></p> | <p><b>12-20</b></p> |