

At-Home Workout Plan

Instructions:

Please remember to use this plan as a guideline, not an order. **Do only what YOU can do!** Use weights that push yourself but do not strain yourself. When you start to feel comfortable with a weight, try increasing it slightly. For every exercise you should shoot for 4 x 8-10 (4 sets of 8-10 reps). If something is extremely challenging for you, modify the exercise, modify the weights, and/or modify the number of sets/reps. Again, **do what you and your body feel comfortable with.** Each day you will be lifting weights, shoot for 15-20 minutes of cardio warm up. I will list out a cardio circuit that I do each day but please do whatever you'd like, (ex: running, jogging, kickboxing). I have created each day to take roughly one hour of your time, which includes the time for cardio. If you are a speed demon and finish early, feel free to do some moves over.

As you will see, I have listed out one week's workouts. This is because my workouts, and many other people's workouts, do not change. The whole point of working out and transforming your body is consistency!!! If there are specific exercises that you enjoy that are not listed here, please incorporate them into your workout. You can always add to what you're doing, but try to use these exercises as your minimum. For the workouts that are commonplace, I will not be explaining them (i.e., crunches). I assume everyone knows how to do those exercises but feel free to look it up online if you need a refresher. For the ones that might be new to you or something you've never done before, I will be posting an explanation under each exercise. On the total body and core days, there will not be reps and sets; instead, you are to treat it as a 5-minute circuit per exercise. This means I want you to do the exercise for a full 30 seconds, followed by a 10-15 second break, for a total of 5 minutes. I understand if you do not have dumbbells to use at home. If that is the case, I ask that you use gallons of water for weights. Take an empty milk container and fill it with dirt for all I care. Just find something that you can easily hold on to and lift.

Also, please feel free to switch around your days to work within your specific schedule. As you'll see, I have not listed the days out Sunday-Saturday, but instead 1-7. This is so you can figure out what works for you. Included in the week's plans is a cardio/rest day. If you feel like you want to workout on that given days, please stick to about an hour of cardio. That means anything that gets your heart rate up! If your body needs an extra day to recuperate, listen to it and use that day for a rest day. There is also one day listed strictly as rest! It's there for a reason. Your lifestyle change is meant to be maintainable. Working out seven days of week contradicts that. So just relax! You worked hard and you deserve the day off.

Lastly, make sure to properly stretch every day you workout. The last thing you want is to pull a muscle. I hope you guys enjoy these workouts! Please keep me updated on your progress (start taking those "before" pictures and getting your starting measurements logged) and if you have any questions, feel free to email me.