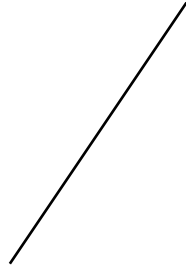




15 AT
HOME
WORK
OUTS/

CONGRATULATIONS!

You've made the decision to prioritize your health and fitness!



Starting a workout program is one of the best things you can do for yourself. You'll improve cardiovascular health, build strength, find new confidence and have more energy.

This guide is designed to help you build some momentum. On the following pages, you'll find many easy ways to increase your daily activity, as well as a general warm-up. Then you'll find some simple but effective workouts you can do with little or no equipment. We've included variations of the workouts so you can make adjustments as you get fitter.

If you have any health concerns that might prevent you from exercising safely, make sure you consult a medical professional before becoming active.

Before you jump into our workouts, here are two tips that will help you find success:

1. Celebrate your Bright Spots.

Find something positive to focus on every day. Just by working out, you're winning. And you can find all sorts of wins inside those workouts. Maybe you moved a little faster or did a few more reps. No matter what, find a Bright Spot each day. We recommend you write it down in a workout log book so you can look back on all your successes.

2. Do something physical every day.

You don't have to work out every single day, but commit to regular activity. Set that time aside for yourself and do a general physical activity or a specific workout. If you do, you'll start building incredible momentum as your healthy habits take hold.

Once you've got a bit of momentum, you're going to want new challenges. "What's next?" you'll ask. We have the answer!

These workouts will help you get started with fitness, but you'll get even better results when a coach creates a customized plan that will help you accomplish your goals. We specialize in creating these plans. We'll meet with you for free, find out what you want to accomplish and then recommend the perfect plan.

You can make an appointment to see us anytime!

Now, on to the workouts!

Super Simple Starter Stuff!

If you're very new to fitness, you can build momentum just by adding some activity to your daily life.

If you haven't been active before, start slowly with some of the ideas below. The most important thing: Do something every day to build consistency!

If you already do workouts, you can use the stuff below to add a bit more fitness to your day and make even faster progress toward your goals.

- Walk the dog for an extra 10 minutes.
- Climb your stairs 5 or 10 times in a row, or just go up and down twice every time you use the stairs.
- Pick up a box or bucket and carry it with you every time you move about the house.
- Stretch for 15 minutes (this is a good one for people at all levels of fitness).
- Go for a short jog or ride your bike for a while.
- Park a little further from the door and walk.
- Grab a friend, head to a mall and walk a few laps.
- Use a phone app and see how many steps you took yesterday, then try to beat that number!

General Warm-Up for Any Workout

Warming up is an important part of working out. It tells your body “we’re about to do something” and prepares it for a little effort.

The goal of warm-up is to raise your heart rate, warm your muscles and joints, and increase range of motion—“loosening up.” In general, start slowly and add modest amounts of intensity as you work through a warm-up. If you start breathing heavier, break a sweat or need to remove a layer of clothing, you’re doing the right thing.

Remember: The warm-up doesn’t need to be the workout. Think of this as “boiling the water” before you start cooking. If you’re just starting a program, adjust the routine below to your level. Feel free to skip anything you can’t do or make substitutions.

You shouldn’t feel any pain, either. Your muscles might burn just a little, and you might breathe more heavily. That’s normal. But avoid sharp, stabbing joint pain and so on. Many people have dings and dents and some flexibility issues, but you can work around them to find pain-free movements that are suited for your body. If you’ve got an issue and want to find a way around it, we can help!

For the movements below and in the workouts, you can find lots of examples by searching the internet. If you want personalized instruction, you know where to find us. We’d love to teach you how to move properly!

Here’s a general warm-up:

Walk/jog/bike/row/skip for 3-5 minutes

25-50 feet – walk, pulling each knee toward your chest

25-50 feet – walk, pulling each heel toward your butt

25-50 feet – bend over with each step and swing hands past heels

25-50 feet – lunges (hold bottom position, reach hands overhead to stretch)

25-50 feet – walking high kicks

25-50 feet – walking with big arm circles forward

25-50 feet – walking with big arm circles backward

25-50 feet – crawl on hands and feet

25-50 feet – jogging high knees

25-50 feet – jogging heels-to-butt

25-50 feet – jumps

At slightly increased intensity, do 1-3 rounds of:

20 jumping jacks, 10 alternating lunges, 5 push-ups.

Now you should be ready to work out! If not, repeat the movements above until you are.

For each workout on the next pages, we’ve created three variations. Pick the one that matches your level of fitness. And if you want us to tailor a workout for you, book an appointment to see us!

Workout 1 [level 1 - 3]

Level 1

10 minutes of:

5 squats

Walk, run or jog 200 meters

5 burpees

Level 2

10 minutes of:

10 squats

Run or jog 200 meters

10 burpees

Level 3

10 minutes of:

10 squats holding dumbbell or other object of 20-50 lb.

Sprint 200 meters

10 burpees with a tuck jump

TIP

Instead of pushing your knees forward when you squat, think about pushing your hips back and down.

Workout 2 [level 1 - 3]

Level 1

6 rounds of:
30-second plank hold (knees or toes)
6 lunges (total, 3 per leg)
6 sit-ups

Level 2

8 rounds of:
30-second plank hold (knees or toes)
8 lunges (total, 4 per leg)
8 sit-ups

Level 3

8 rounds of:
5 push-ups plus 30-second plank hold
8 lunges holding dumbbell or other object of 10-20 lb. (total, 4 per leg)
8 sit-ups

TIP

In a plank, keep your shoulders, hips and knees in the same line. Squeeze your butt to prevent “sagging” at the hips.

Workout 3 [level 1 - 3]

Level 1

4 sets, 20 seconds on/10 seconds off: Squats

Rest 1 minute

4 sets, 20 seconds on/10 seconds off: Push-ups

Rest 1 minute

4 sets, 20 seconds on/10 seconds off: Lunges

Rest 1 minute

4 sets, 20 seconds on/10 seconds off: Sit-ups

Level 2

6 sets, 20 seconds on/10 seconds off: Squats

Rest 1 minute

6 sets, 20 seconds on/10 seconds off: Push-ups

Rest 1 minute

6 sets, 20 seconds on/10 seconds off: Lunges

Rest 1 minute

6 sets, 20 seconds on/10 seconds off: Sit-ups

Level 3

8 sets, 20 seconds on/10 seconds off: Squats

Rest 1 minute

8 sets, 20 seconds on/10 seconds off: Push-ups

Rest 1 minute

8 sets, 20 seconds on/10 seconds off: Lunges

Rest 1 minute

8 sets, 20 seconds on/10 seconds off: Sit-ups

Workout 4 [level 1 - 3]

Level 1

5 rounds of:

30-second plank or 5 push-ups

6 step-ups onto a low step of about 7.5 inches (total, 3 per leg)

10 jumping jacks

6 step-ups onto a low step of about 7.5 inches (total, 3 per leg)

Level 2

5 rounds of:

8 push-ups

8 step-ups onto a low step of about 7.5 inches (total, 4 per leg)

15 jumping jacks

8 step-ups onto a low step of about 7.5 inches (total, 4 per leg)

Level 3

5 rounds of:

10 push-ups

10 step-ups while holding a household object of 10-20 lb. (total, 5 per leg)

20 jumping jacks

10 step-ups while holding a household object of 10-20 lb. (total, 5 per leg)

TIP

In a step-up, keep your chest upright and make the front leg do the work. Avoid pushing off the back leg.

Workout 5 [level 1 - 3]

Level 1

Walk, jog or run 400 m

5 rounds of:

30-second plank or 5 push-ups

6 lateral lunges (total, 3 per leg)

Walk, jog or run 400 m

Level 2

Jog or run 600 m

5 rounds of:

8 push-ups

8 lateral lunges (total, 4 per leg)

Jog or run 600 m

Level 3

Run 800 m

5 rounds of:

10 push-ups

10 lateral lunges holding dumbbell or other object of 10-20 lb. (total, 5 per leg)

Jog or run 800 m

What's Next?

These workouts are just a starting point!

You'll make faster progress with a plan that's tailored to your goals and current level. A great coach can motivate you and ensure you're doing everything properly.

We'd love to meet with you and hear about what you want to accomplish, then make a **plan for success**.

Contact us to book a **FREE INTRO!**