

FITNESS PLAN

HOME WORKOUT – WEEK 1



LIFTING WEIGHTS

When choosing weights, you always want to challenge yourself. Keep a workout journal to track the amount of weight you lift from week to week. The goal is to increase the amount of weight you lift, while maintaining proper form. Try increasing your weight each week. This program is not a circuit style. Perform 3 sets of each exercise before moving to the next exercise. Rest 30 seconds between sets unless otherwise indicated.

>> CLICK ON THE EXERCISE TO VIEW AN INSTRUCTIONAL VIDEO OF THE MOVEMENT.

HOME PLAN – WEEK 1 PERFORM 3 SETS OF 10 / AB EXERCISES 3 SETS OF 15

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching, 5 min cardio

1. Lunge pass through
2. Stationary lunges
3. Squat holding dumbbell in front of body or at sides
4. Hip thrust (aka bridge)
5. Glute kickback (with resistance band)
6. Calf raises with bands

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Upright row
2. Side lateral raise
3. Back flyes with bands (rear delts)
4. Front dumbbell raise
5. Air bike
6. Side bridge
7. Plank

CARDIO: 10 minute run outside, 15 minute speed walk

WEDNESDAY: CARDIO ONLY

CARDIO: 10 minute run outside, 15 minute speed walk

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Bent over row (barbell) *(you may also use dumbbells)*
2. Seated good morning
3. Seated resistance band row on floor
4. Bicep curls with dumbbells
5. Hammer curls
6. Resistance band curls

CARDIO: 10 minute run outside, 15 minute speed walk

FRIDAY: GLUTES & ABS

WARM-UP: 5 min stretching, 5 min cardio

1. Band steps
2. Bench sprint
3. Scissors jump
4. Standing glute kickback (use ankle weights or a resistance band)
5. Hip thrust (aka bridge)
6. Exercise ball in
7. Scissor kick (aka scissors)
8. Seated leg tucks

SATURDAY: CHEAT MEAL & SPEND TIME WITH FRIENDS AND FAMILY.

SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Alternating floor press
2. Pushups
3. Dips
4. Tricep dumbbell kickback
5. Skull crusher

CARDIO: 30 minutes of HIIT or steady state: elliptical or walking uphill. If you are home and don't have many options, you can always jump rope between sets. I typically aim for 50-100 rotations. Jumping jacks are great, too.

FITNESS PLAN

HOME WORKOUT – WEEK 2



HOME PLAN – WEEK 2 PERFORM 3 SETS OF 12 / AB EXERCISES 3 SETS OF 15

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching, 5 min cardio

1. Bench step-ups
2. Box squat
3. Bulgarian split squat
4. Hip thrust (aka bridge)
5. Glute kickback (with resistance band)
6. Calf raises with bands
7. Fire hydrants

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Arnold press
2. Side lateral raise
3. Back flyes with bands (rear delts)
4. Shoulder press (barbell)
5. Crunches
6. Side bridge
7. Plank twist

CARDIO: 15 minute run outside, 20 minute speed walk

WEDNESDAY: CARDIO ONLY

CARDIO: 15 minute run outside, 20 minute speed walk

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Alternating kettlebell row
2. Wide grip lat pulldown with resistance band
3. Seated resistance band row on floor
4. Lying dumbbell curl
5. Cross body hammer curl
6. Resistance band curls

CARDIO: 15 minute run outside, 20 minute speed walk

FRIDAY: GLUTES & ABS

WARM-UP: 5 min stretching, 5 min cardio

1. Mountain climbers
2. Lunge pass through
3. Side squats
4. Stability ball wall squats
5. Hip thrust (aka bridge) *(hold a dumbbell on each thigh)*
6. Exercise ball in
7. Leg lowers
8. Russian twist

SATURDAY: CHEAT MEAL & SPEND TIME WITH FRIENDS AND FAMILY.

SUNDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching, 5 min cardio

1. Dumbbell bench press
2. Pushups
3. Dips
4. Body Up
5. Close grip push-up
6. Resistance band pulldown

CARDIO: 15 minute run outside, 20 minute speed walk

FITNESS PLAN

HOME WORKOUT – WEEK 3



SUPERSETS are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**, and so forth.

HOME PLAN – WEEK 3 3 SETS OF 15 / AB EXERCISES 3 SETS OF 20

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Lunge hops
2. Stationary lunges

SUPERSET 2:

3. Kettlebell one leg deadlift
4. Sumo squat holding weight

SUPERSET 3:

5. Mountain climbers
6. Seated calf raise with dumbbell

SUPERSET 4:

7. Glute kickback (with resistance band)
8. Squat pulse holding dumbbells

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Dumbbell raise
2. Arnold press

SUPERSET 2:

3. Lateral raise with bands
4. Seated military press

SUPERSET 3:

5. One arm rear delt raise
6. Scissor kick (aka scissors)

SUPERSET 4:

7. Russian twist
8. Elbow to knee

CARDIO: 20 minute run outside,
15 minute speed walk

WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Alternating floor press
2. Incline dumbbell press

SUPERSET 2:

3. Body Up
4. Seated overhead tricep press

SUPERSET 3:

5. Reverse grip triceps pushdown
6. Close grip dumbbell press

CARDIO: 20 minute run outside,
15 minute speed walk

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. One arm dumbbell row (aka lawnmowers)
2. Bent arm barbell pullover

SUPERSET 2:

3. Bicep curls with barbell
4. Hammer curls

SUPERSET 3:

5. Resistance band curls
6. Dumbbell deadlift

CARDIO: 20 minute run outside,
15 minute speed walk

FITNESS PLAN

HOME WORKOUT – WEEK 3



SUPERSETS are two exercises to be performed back to back without rest. For example, do **SUPERSET #1** back to back and rest 30 seconds before moving into the second rotation of it. Once you have completed three sets of **SUPERSET #1**, move on to **SUPERSET #2**, and so forth.

HOME PLAN – WEEK 3 3 SETS OF 15 / AB EXERCISES 3 SETS OF 20

FRIDAY: CARDIO & GLUTES

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Glute squeeze on stability ball
2. Bulgarian split squat

SUPERSET 2:

3. Lunge pass through
4. Jump squats

SUPERSET 3:

5. Hamstring Curls with Dumbbell
6. Sumo squat holding weight

SUPERSET 4:

7. Standing glute kickback (use ankle weights or a resistance band)
8. Stability ball hamstring curl

CARDIO: 30 minutes of HIIT or steady state: elliptical or walking uphill. If you are home and don't have many options, you can always jump rope between super sets. I typically aim for 50–100 rotations. Jumping jacks are great, too.

SATURDAY: REST DAY

SUNDAY: CARDIO: 20 minute run outside, 15 minute speed walk

FITNESS PLAN

HOME WORKOUT – WEEK 4



HOME PLAN – WEEK 4 3 SETS OF 15 / AB EXERCISES 3 SETS OF 25

MONDAY: GLUTES & LEGS

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Dumbbell walking lunge
2. Goblet squat

SUPERSET 2:

3. Kettlebell one leg deadlift
4. Hip thrust (aka bridge)

SUPERSET 3:

5. Side squats
6. Seated calf raise with dumbbell

SUPERSET 4:

7. Glute kickback (with resistance band)
8. Curtsy lunge

TUESDAY: SHOULDERS, ABS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Back flyes with bands (rear delts)
2. Arnold press

SUPERSET 2:

3. Upright row
4. Front dumbbell raise

SUPERSET 3:

5. Bent over dumbbell rear delt raise with head on bench
6. Scissor kick (aka scissors)

SUPERSET 4:

7. Squirms
8. Side bridge

CARDIO: 30 minute run outside,
10 minute speed walk

WEDNESDAY: CHEST, TRICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Pushups
2. Incline dumbbell press

SUPERSET 2:

3. Dips
4. Tricep dumbbell kickback

SUPERSET 3:

5. Triceps overhead press with dumbbell
6. Close grip dumbbell press

CARDIO: 30 minute run outside,
10 minute speed walk

THURSDAY: BACK, BICEPS & CARDIO

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Seated good morning
2. Bent over row (barbell)

SUPERSET 2:

3. Bicep curls with dumbbells
4. Hammer curls

SUPERSET 3:

5. Resistance band curls
6. One arm dumbbell row (aka lawnmowers)

CARDIO: 30 minute run outside,
10 minute speed walk

FITNESS PLAN

HOME WORKOUT – WEEK 4



HOME PLAN – WEEK 4 3 SETS OF 15 / AB EXERCISES 3 SETS OF 25

FRIDAY: CARDIO & GLUTES

WARM-UP: 5 min stretching,
5 min cardio

SUPERSET 1:

1. Barbell squat
2. Bulgarian split squat

SUPERSET 2:

3. Lunge pass through
4. Glute squeeze on stability ball

SUPERSET 3:

5. Mountain climbers
6. Sumo squat holding weight

SUPERSET 4:

7. Standing glute kickback (use ankle weights or a resistance band)
8. Scissors jump

CARDIO: 40 minute run outside, 10
minute walk to cool down

SATURDAY: REST DAY

SUNDAY: CARDIO: 40 minute run
outside, 10 minute walk to cool down