

**NO GYM?
NO PROBLEM!**



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**WORKOUT
FROM HOME
WITH THIS
HANDY
GUIDE**

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BEFORE WE BEGIN, LET ME JUST GIVE YOU SOME REALLY SIMPLE EXAMPLES OF EVERYDAY ITEMS THAT YOU CAN USE TO PERFORM THE MOVEMENTS IN THIS GUIDE!

- YOUR OWN BODYWEIGHT IS THE PRIMARY TOOL THAT YOU HAVE AT YOUR DISPOSAL!
- TIN/CANS OF FOOD (BAKED BEANS, CHOPPED TOMATOES, SOUP ETC ETC)
- BOTTLED WATER – WHETHER THAT IS PRE-BOTTLED OR VIA A REFILLABLE BOTTLE, YOU HAVE A LOT OF RANGE WITHIN THE BOTTLE TO ADD RESISTANCE
- BOOKS & SUITCASES ARE ALSO GREAT
- CHAIRS, OR OTHER LEDGES (KITCHEN WORKTOPS, SOFAS, DINING TABLES, BEDS, FOR EXAMPLE) WHICH YOU CAN EITHER LEAN ON, OR USE TO PICK UP/PRESS, RAISE YOUR FEET ONTO
- TOWELS – YOU CAN TIE TOWELS ONTO CERTAIN ITEMS OR WRAP ITEMS WITHIN TOWELS TO INCREASE THE 'WEIGHT'
- SHOPPING BAGS – THOSE BAGS FOR LIFE ARE NOT JUST FOR YOUR GROCERIES!
- RESISTANCE BANDS ARE A VERY CHEAP, PORTABLE & FUNCTIONAL TOOL TO HAVE IN YOUR TOOLBOX!
- A BROOMSTICK CAN BE A GREAT WAY OF REPLICATING A BARBELL

OF COURSE, IF YOU HAVE THE RESOURCES AVAILABLE YOU MIGHT ALSO BE ABLE TO ADD THE FOLLOWING TO THAT TOOLKIT

- BARBELL (STRAIGHT, EZ)
- DUMBBELLS
- KETTLEBELLS
- WEIGHT PLATES
- A WEIGHT BENCH
- A MULTI-GYM
- OR EVEN A FULL-ON HOME GYM SETUP (LUCKY YOU!)

AS WELL AS THE ABOVE YOU MAY BE ABLE TO ADD IN A PIECE OF CARDIO EQUIPMENT, TOO

- TREADMILL
- BIKE
- CROSS-TRAINER
- ROWER

REGARDLESS OF HOW MUCH OR HOW LITTLE EQUIPMENT YOU HAVE AVAILABLE, ALL OF THE BELOW ARE SUITABLE FOR ALL SETUPS – YOU JUST NEED TO PICK THE APPROPRIATE TOOL FROM THE ABOVE-MENTIONED LIST TO DO THE JOB!

BEFORE BEGINNING EACH SESSION ENSURE THAT YOU HAVE WARMED UP SUFFICIENTLY

FOR UPPER & LOWER BODY SESSIONS I WOULD PERFORM A FEW LIGHT SETS OF THE FIRST EXERCISE FOR EACH MUSCLE GROUP BEING WORKED

IF YOU ALSO WANTED TO PERFORM SOME 'CARDIO', AND YOU DON'T HAVE ACCESS TO A PIECE OF CARDIO EQUIPMENT, YOU CAN DO SOME LIGHT JOGGING ON THE SPOT, SOME JUMPING JACKS, AND EVEN A FEW BURPEES JUST TO GET THE WHOLE BODY MOVING, GET THE BLOOD FLOWING & GET YOURSELF IN THE MOOD TO TRAIN!

UPPER BODY 1

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ Standing Lateral Raises - 4 sets of 15 reps



You could perform these with tins/bottles/towels/shopping bags/bands

➔ Upright Rows - 3 sets of 20 reps



You could perform these with tins/bottles/towels/shopping bags/bands/barbell/broomstick

➔ Seated or Standing Shoulder Press - 3 sets of 12-15 reps



You could perform these standing or seated with tins/bottles/towels/shopping bags/bands

➔ Rear Delt Flyes - 4 sets of 20 reps



These could be performed standing or seated bent over or laying face-down on a bench

➔ Single Arm Overhead Triceps Extension - 3 sets of 10-12 reps each arm



You could perform these standing or seated with tins/bottles/towels/shopping bags

➔ Standing Bicep Curls - 3 sets of 10-12 reps



You could perform these standing with alternating arms with tins/bottles/towels/shopping bags, or dual armed with a barbell/broomstick, or single/dual arm with bands

➔ Lying Leg Raises - 4 sets of 12 reps



Really controlling & contracting the abs & not just swinging your legs

➔ Russian Twists - 4 sets of 15 reps each side



You can raise your feet slightly and/or hold some weight to make these harder

LOWER BODY 1

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ Lunges- 4 sets of 20 reps



You could perform these with tins/bottles/towels/shopping bags

➔ Squats - 4 sets of 15-20 reps



You could perform these with tins/bottles/towels/shopping bags/bands

➔ Stiff Legged Deadlifts - 3 sets of 12-15 reps



You could perform these with tins/bottles/towels/shopping bags/barbell/broomstick

➔ Single Leg Glute/Hamstring Bridges - 3 sets of 15 reps each side



You will likely just need bodyweight here but you can make it harder by adding some weight or bands

➔ Plank - 3 sets of as long as you can hold



Make sure that you are contracting your abs throughout

UPPER BODY 2

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ Chest Flyes - 4 sets of 20 reps



These can be performed either laying flat on the floor, or by laying on a platform (chair, bench, table, e.g.), using tins/bottles/towels/shopping bags/bands

➔ Chest Press - 4 sets of 12 reps



These can be performed either laying flat on the floor, or by laying on a platform (chair, bench, table, e.g.)

➔ Press ups - 3 sets of as many as you can do!



If you are unable to perform a full press-up, use a ledge (a kitchen worktop, for example) and don't perform on your knees (that changes the angle & typically puts pressure on the shoulder unnecessarily)

➔ Bent Over Rows - 4 sets of 15 reps



You could perform these with tins/bottles/towels/shopping bags/bands/barbell/broomstick

If you have access to bands, the following can also be done

➔ Banded Rows - 3 sets of 15-20 reps



Attach a band to a securely fixed object, get into a squatted position, and perform either single or dual arm to contract & squeeze through your lats, holding every rep for a 2 second count

➔ High Banded Lat Pulldowns - 3 sets of 15-20 reps



As above, but attach the band to an object that is high up such that you can perform single or dual arm lat pulldowns, again, holding the contraction for 2 seconds on each rep

LOWER BODY 2

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ Bodyweight Squats - 3 sets of 30-50 reps



Perform as many as you can aiming for between 30-50 on each set! If it is too easy with your bodyweight, grab some weight

➔ Lunges (Walking or alternating from standstill) - 4 sets of 10 reps



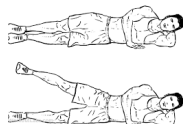
You could perform these with tins/bottles/towels/shopping bags

➔ Single Leg Kneeling Glute Kickbacks - 3 sets of 12-15 reps each leg



Kneel on the floor on both knees and hands, then 'kick' one leg back using your glutes & squeezing the contracted position hard at the top for 2 seconds on every rep

➔ Side Lying Abductor Raises - 3 sets of 10 reps each leg



Laying on your side, raise the uppermost leg until you feel the abductor contract, then slowly lower

➔ Side Lying Adductor Raises - 3 sets of 10 reps each leg



Laying on your side & leaning up on your elbow or hand, raise the lower of your legs until you feel the adductor contract, then slowly lower

If you have access to bands, the following can also be done

➔ Lying Banded Hamstring Curls - 3 sets of 12-15 reps



Attach the band to a secure, fixed object close to the floor. Lay on your front with the band around your ankles (single or dual legged) and squeeze your hamstrings to bring your foot towards your bum

UPPER BODY 3

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ Standing Lateral Raises - 4 sets of 15 reps



You could perform these with tins/bottles/towels/shopping bags/bands

➔ Seated or Standing Shoulder Press - 3 sets of 20 reps



You could perform these with tins/bottles/towels/shopping bags/bands/barbell/broomstick

➔ Upright Rows - 3 sets of 12 reps then perform 2 dropsets at the end



You could perform these with tins/bottles/towels/shopping bags/bands/barbell/broomstick

➔ Rear Delt Flyes - 3 sets of 15 reps



These could be performed standing bent over or laying face-down on a bench, for example

➔ Tricep Dips - 3 sets of 12 reps



You can use a chair/table/ledge to place your hands on, and then either with your feet on the floor, or elevated on another platform, perform the reps – to make it harder still, add some weight to your lap

➔ Standing Alternating Bicep Curls - 3 sets of 12 reps



You could perform these with tins/bottles/towels/shopping bags/ bands

➔ Feet Elevated Crunches - 4 sets of 12 reps



Really controlling & contracting the abs & not just swinging your legs

➔ Alternating Heel Taps - 4 sets of 15-20 reps each side



Lay on your back, feet flat on the floor with a bend in the knee, arms by your sides – keeping your back on the floor, touch either heel with your fingertips

LOWER BODY 3

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ Rear Foot Elevated Lunges - 4 sets of 10 reps each side



With your rear foot elevated onto a chair or other platform, perform all lunges on one side and then swap legs

➔ Goblet Squats - 4 sets of 15-20 reps



Holding a weight of any description in front of you, perform a squat

➔ Reverse Hip Thrusts - 3 sets of 20 reps



With feet elevated onto a platform, really squeeze the glutes hard at the top of every

➔ Wall Sits - 3 sets of as long as you can hold



Lean with your back flat against a wall and bend down such that your quads are parallel with the floor (c90 degree bend at the knee) – you can make these harder by adding weight to your thighs

➔ V-Sits - 3 sets of 12 reps or as many as you can do



Lay on your back, with arms and legs outstretched, slightly off the floor and aim to touch your toes with your finger tips while keeping arms and legs straight

➔ Russian Twists - 4 sets of 15 reps each side



You can raise your feet slightly and/or hold some weight to make these harder

UPPER BODY 4

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ One Arm Rows - 4 sets of 12 reps each side



You could perform these standing or seated with tins/bottles/towels/shopping bags/bands. Either performed bent over, or with one knee resting on something (chair, for example)

➔ SUPERSET WITH - Floor Press - 4 sets of 12 reps



You could perform these with tins/bottles/towels/shopping bags/bands/barbell/broomstick

➔ Bent Over Dual Arm Rows - 4 sets of 15 reps



You could perform these with tins/bottles/towels/shopping bags/bands/barbell/broomstick

➔ SUPERSET WITH - Press Ups - 4 sets of as many as you can do!



If you are unable to perform a full press-up, use a ledge (a kitchen worktop, for example) and don't perform on your knees (that changes the angle & typically puts pressure on the shoulder unnecessarily)

➔ Lying Triceps Extensions - 3 sets of 15 reps



Lay on your back on the floor or on a bench/platform – with a weight/band in each hand, keep your elbow pointing towards the ceiling and bend at the elbow to bring the weight towards your shoulder until the tricep stretches, then raise and contract at the top!
If using bands, take the final set to complete failure by repping out as many as you can!

➔ SUPERSET WITH - Seated Bicep Curls - 3 sets of 15 reps



Add resistance with tins/bottles/towels/shopping bags/bands
If using bands, take the final set to complete failure by repping out as many as you can!

LOWER BODY 4

SEE IF YOU CAN PYRAMID UP YOUR 'RESISTANCE' WITH EACH SET

YOU MIGHT BEGIN WITH JUST YOUR OWN BODYWEIGHT, THEN CHOOSE SOME BAKED BEAN TINS, THEN A LITRE BOTTLE OF WATER OR SOME BANDS

➔ Lunges - 4 sets of 20 reps



You could perform these with tins/bottles/towels/shopping bags/bands

Perform the next 4 movements as a GIANT SET - one exercise straight after the other!!!!

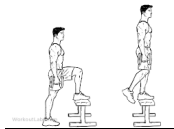
Each set should be 15 reps and you can add weight, where required

➔ Plié Squats



Wider stance, with toes pointing outwards to target the glutes, hamstrings, adductors

➔ Step Ups



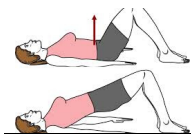
Use a step, chair or other platform

➔ Straight Legged Deadlifts



Focus on feeling the hamstrings stretch at the bottom and then really squeeze the glutes at the top

➔ Hip Thrusts



Lying on your back, really squeeze the glutes hard on every single rep!
Take the final set to total failure!
