



HOME WORKOUT PROGRAMME

7 workouts that you can
do in your home, with
zero equipment

Contents Page

1. Welcome to our Home Workout Programme
2. Key Information and Understanding
3. Warm Ups
4. Workouts

Disclaimer

We are providing these Home Workout Programmes free of charge. We have designed these workouts to be completed at home and with no equipment. The 60 day Fat Loss Revolution takes no responsibility for any injuries or accidents whilst you are completing these workouts. Please ensure you have been cleared by a doctor before undergoing any form of physical exercise.

Welcome to our Home Workouts



This document will contain everything you need to perform your Week 1 home workouts and understand how to best complete it whilst you're at home.

All the coaches are level 3 personal trainers and have a combined experience of over 25 years in the fitness industry! Gaining knowledge and experience has allowed us to create this workout that will maximise your results.

How it works:

This program has 6 workouts, and one challenge workout that focus on different areas of the body as well as different areas of health and fitness. Each week you will receive 6 new workouts and one challenge, what days and times you choose to do these are completely your choice, but we have given an example of how you could complete them below.

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
Full Body	Abs & Core	Cardio	Upper Body	Lower Body	Challenge / Long Walk	Stretch & Recover

HOME WORKOUT PROGRAMME - WEEK 1

PT500
PERSONAL TRAINING

Key Information

Reps

The amount of times you repeat a specific exercise.

Sets

A set is any number of reps that is stated in the programme. Complete the reps to complete a set.

Simplify

A version of the exercise that is slightly easier but works the same/similar muscles.

Frequency

The amount of times you train over a certain period, usually a week. It can also be the number of times you train a specific body part.

Tempo

The speed at which you perform the exercise. The numbers shown dictate certain parts of the movement. For example: 2-0-1-0, 2 seconds on the lowering phase, 0 second for pause, 1 second for the working phase and 0 seconds pause before repeating the next reps.

Progression

A version of the exercise that is slightly harder, working the same muscles but more challenging.

Intensity

Is how hard you are working. We use the RPE scale to determine your intensity. Rate of Perceived Exertion is a scale 1-10. 1=easy and could be done all day, 10=very difficult and can only be sustained for a very short period/reps.

Key Information

Super-Set

A superset workout is alternating sets of two different exercises with no rest in between.

Circuit

Circuit training is a workout technique involving a series of exercises performed in rotation with minimal rest, often using different pieces of apparatus.

Tri-Set

A tri-set is a combination of three exercises performed consecutively, usually with little to no rest between exercises.

EMOM

'Every Minute On the Minute' EMOM workouts challenge you to complete an exercise for a certain number of reps at the start of every minute. You will then complete a second exercise on the next minute. The faster you complete your reps the more rest you get between exercises.

AMRAP

'As Many Reps As Possible' meaning to do a circuit of exercises as many times as possible within a specific period of time.

For Time

You will be given a set number of reps to do for one, or multiple exercises. You complete them one by one as fast as possible and record your time. Go as fast as you can.

Warm Up

Exercises	Reps
Walk Outs	2 reps
Sprinter Lunges	2 reps each side
Hands to floor then to Ceiling	2 reps
Stationary Lunges	2 reps each side
Broad Jumps	2 reps



Watch the Warm Up

HOME WORKOUT PROGRAMME - WEEK 1



Full Body Workout 1

	Exercise	Reps/ Time	Sets	Rest	Tempo	Simplify	Progression	Technique video
1	Alternating Reverse Lunges	20-24 reps	3	60 secs	1-0-1-0	Split Squat	Increase reps	<u>Watch Video</u>
2	Kneeling Press Up	10-12 reps	3	60 secs	2-0-1-0	Incline Press Up	Press Up	<u>Watch Video</u>
3	Sit Ups	10-12 reps	3	60 secs	2-0-1-0	Anchor Feet	Slow movement down	<u>Watch Video</u>
4	Bodyweight Squats	10-12 reps	3	60 secs	2-0-1-0	Sofa Squats	Slow movement down	<u>Watch Video</u>
5	Rear Delt Circles	10-12 reps	3	60 secs	2-0-1-0	Superman Plank	Add weight to hands	<u>Watch Video</u>
6	High Plank Hold	30-60 secs	3	60 secs	2-0-1-0	Kneeling Plank Hold	Increase time	<u>Watch Video</u>

Abs & Core Workout 1

	Exercise	Reps	Sets	Rest	Tempo	Simplify	Progression	Technique video
1	Lying Leg Raises	10-12 reps	3	60-90 secs	1-0-1-0	Reduce weight	Increase weight	<u>Watch Video</u>
2	Crunches	10-12 reps	3	60-90 secs	2-0-1-0	Reduce weight	Increase weight	<u>Watch Video</u>
3	Russian Twists	20-24 reps	3	60-90 secs	2-0-1-0	Reduce weight	Increase weight	<u>Watch Video</u>
4	Flutter Kicks	20-30 reps	3	60-90 secs	2-0-1-0	Reduce weight	Increase weight	<u>Watch Video</u>
5	Butterfly Sit Ups	10-12 reps	3	60-90 secs	2-0-1-0	Feet on the floor	Increase weight	<u>Watch Video</u>
6	Plank Hold	30-60 secs	3	60-90 secs	2-0-1-0	Feet on the floor	Increase weight	<u>Watch Video</u>

Lower Body Workout 1

	Exercise	Reps	Sets	Rest	Tempo	Simplify	Progression	Technique video
1	Split Squats	10-12 reps each leg	3	60-90 secs	1-0-1-0	Reduce height	Add weight	<u>Watch Video</u>
2	Hamstring Walkouts	10-12 reps	3	60-90 secs	2-0-1-0	Reduce weight	Increase weight	<u>Watch Video</u>
3	Reverse Lunges	10-12 reps each leg	3	60-90 secs	2-0-1-0	Reduce weight	Increase weight	<u>Watch Video</u>
4	Glute Bridge	12-15 reps	3	60-90 secs	2-0-1-0	Reduce reps	Hip Thrusts	<u>Watch Video</u>
5	Air Squat	12-15 reps	3	60-90 secs	2-0-1-0	Knee Plank	Hollow hold	<u>Watch Video</u>
6	Frog Pumps	15-20 reps	3	60-90 secs	2-0-1-0	Knee Plank	Hollow hold	<u>Watch Video</u>

Upper Body Workout 1

	Exercise	Reps	Sets	Rest	Tempo	Simplify	Progression	Technique video
1	Kneeling Press Up	10-12 reps	3	60 secs	1-0-1-0	Incline Press Up	Press Up	<u>Watch Video</u>
2	Rear Delt Circles	10-12 reps	3	60 secs	2-0-1-0	Increase Reps	Decrease Reps	<u>Watch Video</u>
3	T-Plank Rotations	10-12 reps each side	3	60 secs	2-0-1-0	High Plank Hold	Increase reps	<u>Watch Video</u>
4	Superman Holds	10-12 reps	3	60 secs	1-5-1-1	Reduce pause at the top	Increase Reps	<u>Watch Video</u>
5	Incline Press Up	30-60 secs	3	60 secs	2-0-1-0	Plank Hold	Kneeling Press Up	<u>Watch Video</u>
6	Shoulder Taps	20-30 reps	3	60 secs	2-0-1-0	Knee Plank	Hip Taps	<u>Watch Video</u>

Cardio Workout 1

	Exercise	Time	Rounds	Rest	Tempo	Simplify	Progression	Technique video
1	Star Jumps	30 secs work on each exercise 15 secs rest between each exercise	3-4 rounds	1 min rest after each full round	AMRAP	Reduce Speed	Power Jacks	Watch Video
2	Frog Jumps				AMRAP	Stance Jacks	Squat Jumps	Watch Video
3	Mountain Climbers				AMRAP	Reduce speed	Squat Thrusts	Watch Video
4	Squat Jumps				AMRAP	Squats	Lunge Jumps	Watch Video
5	High Knees				AMRAP	Jogging on the spot	Tuck Jumps	Watch Video

Cardio Challenge 1

'Countdown' - For Time

10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1
reps of Press Ups

20 - 18 - 16 - 14 - 12 - 10 - 8 - 6 - 4 - 2
reps of Sit Ups

30 - 27 - 24 - 21 - 18 - 15 - 12 - 9 - 6 - 3
reps of Squats

Complete as follows: 10 press ups, into 20 sit ups, into 30 squats - *then* - 9 press ups, 18 sit ups, 27 squats - *then* - 8 press ups, 16 sit ups, 24 squats etc until all three exercises are at zero.

Stretch & Recovery Routine 1

	Exercise	Hold Time	Sets	Rest	Tempo	Simplify	Progression	Technique video
1	Cobra Pose	30-60 secs	You may go through this routine as many times as you want to. 1-2 rounds will be best.	15-30 secs	N/A	No simplified exercises, just hold the stretch as far as you feel you can	No progressive exercises, just hold the stretch as far as you feel you can	<u>Watch Video</u>
2	Dragon Pose	30-60 secs each side		15-30 secs	N/A			<u>Watch Video</u>
3	Pigeon Stretch	30-60 secs each side		15-30 secs	N/A			<u>Watch Video</u>
4	Child's Pose	30-60 secs		15-30 secs	N/A			<u>Watch Video</u>
5	Cat Cow	30-60 secs		15-30 secs	N/A			<u>Watch Video</u>
6	Kneeling Hamstring Stretch	30-60 secs each side		15-30 secs	N/A			<u>Watch Video</u>

Thank you for completing our Home Workouts



We hope you enjoyed the sessions and challenges provided in our Home Workout Programme - Week 1

We have created more workouts, stretch sessions and challenges in our Home Workout Programme - Week 2. Head over to our website to download it as a PDF and keep active and fit whilst in the comfort of your own home, visit our website..

[Visit Our Website](#)

Heard about our Private Training Group?

We have a Private Training Group of like-minded people looking to improve not only their health and fitness, but also nutritional knowledge alongside coaches advice and group support. We provided progressive and exciting workouts through our training app where you can log your workouts to ensure you're always making progress.

Follow the link below to sign up and get ready to join TeamPT500

[Join Our Online Training Group](#)

HOME WORKOUT PROGRAMME - WEEK 1

PT500
PERSONAL TRAINING