



# 4- Week Home Stay Fitness Program

Bodyweight - PART 2



All materials provided are for educational purposes only, and is not to be used for medical advice, diagnosis or treatment. Always consult your physician before beginning any exercise program.

You should be in good general and physical health prior to starting this or any other fitness program.

# HOW TO USE THIS PROGRAM

This program is designed to be completed at home, with just dumbbells! Make any adjustments you need to suit your current fitness levels.

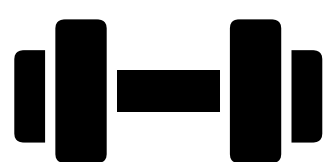
## How to Decrease Difficulty

- Remove any plyometric (jumping) exercises
- Reduce number of repetitions
- Reduce number of sets
- Increase rest time
- Do exercise on incline

## How to Increase Difficulty

- Include all plyometric exercises
- Increase number of repetitions
- Take all included progressions
- Follow program with Dumbbells
- Add extra sets
- *It is not recommended to reduce rest times*

## LEGEND



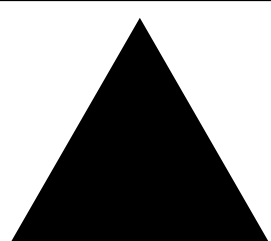
Indicates an exercises that you can add or remove weights depending on fitness level

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Indicates an exercises that you can add or remove the plyometric component depending on fitness level

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Indicates an exercise that you can add or remove incline/decline depending on fitness level (decline = more challenging, incline = less challenging)

# THINGS TO REMEMBER

This program is based on Circuit Style Training. That means you will be performing 3 or more exercises in a row with minimal rest, and taking a longer rest at the end. You will repeat Circuit #1 2x, then Circuit #2 2x and then the whole thing again - Circuit #1 2x, and then Circuit #2 2x. You will complete each circuit 4x by the end of the workout

## **Warming Up**

Warms ups are a necessary evil of effective workouts! Get your blood flowing and warm up your body for 3-5 minutes before beginning. Go for a walk, do some skipping - get your heart rate slightly elevated and get the joints moving!

## **Cooling Down & Stretch**

For best results & to reduce the likelihood of injuries, please stretch out the parts of the body you exercised. Add in another 3-5 minute walk if you can at a slower pace.

## **HIIT Training**

This program has strength circuits and HIIT days. On HIIT days, you want to push yourself as hard as you can, get your heart rate up and really challenge yourself. It is not recommended that you use heavy weights on HIIT days.

## **Bonus Workouts**

Each week has a bonus Ab workout & recommended Cardio Session. You can super charge results by adding in these bonus workouts.

# TRACKING PROGRESS

Tracking progress is one of the most effective ways to stay motivated. When you see something working, you're more likely to stick to it! Here are the best ways to track progress during the 4-week Home Stay program.

## **Measurements**

Measurements are a much better indicator of progress. Muscle is more dense than body fat, so if you lose body fat (even if you don't lose weight!) you will notice a loss in inches. Some good places to measure: chest, waist, arms, hips, thighs. Record the measurements to compare later.

## **Pictures**

Taking photos can help you see the difference a fitness program is making for you! Take a photo from the front and side in what ever clothing you're most comfortable. Remember to take subsequent photos at the same time and same location (so the lighting is the same!)

## **Notes**

Make notes on how you feel. Write out how you feel after each workout and see the progress of your energy, ability and motivation.

# THE PROGRAM

## WEEK #1

# WEEK 1 - DAY 1

## Upper Body

### **Circuit #1**

- ▲ 15 Push Ups
- 15 Tricep Dips
- 15 Supermans with Oblique Crunch
- 24 Up & Down Planks (12 per side)
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

### **Circuit #2**

- 12 3 Way Push Up (Side, Centre, Side) [12 total]
- 24 Reverse Plank Marches (12 per side)
- 12 Bear Crawl Push Ups
- ▲ 30 Plank with Shoulder Taps (15/side)
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

**Repeat the entire thing twice**

# WEEK 1 - DAY 2

## HIIT

- ▲ 15 Squat Jumps
- 100 Jump Ropes
- 40 High Knees (20 per side)
- 30 Jump Lunges (15 per side)
- ▲ 40 Mountain Climbers (20 per side)
- ▲ 12 Jumping Jack Burpees

Repeat 5 times

*Rest 45 - 60 seconds in between rounds*



# WEEK 1 - DAY 3

## Lower Body

### **Circuit #1**

15 Sumo Squat Pulses

30 Reverse Lunges to high knee (15 per side)

15 Frog Pump Bridges

30 Step Ups (15 per side)

Repeat 2 times

*Rest 45 - 60 seconds in between rounds*

### **Circuit #2**

30 Curtsy Lunges

15 Side-to-Side Squats

30 Lateral Lunges (15 per side)

30 Fire Hydrants (15 per side)

Repeat 2 times

*Rest 45 - 60 seconds in between rounds*

**Repeat the entire thing twice**

# WEEK 1 - OPTIONAL BONUS

## Abs & Cardio

### Ab Circuit

40 Alternating Jackknives (20 per side)

20 Cross Body Sit Ups (10 per side)

40 Bicycles (20 per side)

 40 Russian Twists

40 Scissors

Repeat 4 times

Rest 45 - 60 seconds in between rounds

### Cardio

Perform 20 minutes of steady state cardio

- Walk
- Run
- Skipping
- Biking
- Stairs

# WEEK #2

# WEEK 2 - DAY 1

## HIIT

15 Burpees

40 Skaters (20 per side)

20 Plank Jacks

50 Knee Repeaters (25 per side)

15 Broad Jumps

15 Squat Jacks





Repeat 3-5 times

*Rest 45 - 60 seconds in between rounds*


# WEEK 2 - DAY 2

## Full Body

### Circuit #1

-  20 Sumo Squat Pulses
- 15 3-Way Push Ups
-  30 Split Squats (15 per side) with Rear Leg Lift
- 15 Tricep Dips
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

### Circuit #2

-  20 Jumping Squats
- 15 Supermans with Pull Down
- 30 Knee Ups (15 per side)
- 45 Sec Plank Shoulder Taps
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

**Repeat the entire thing twice**

## WEEK 2 - DAY 3

### HIIT

12 Jumping Jack Burpees

100 Jump Ropes

12 Criss Cross Jump Squats

60 High Knees (30 per side)

40 Mountain Climber Knee Taps (20 per side)

40 Crab Toe Touches

Repeat 5 times

*Rest 45 - 60 seconds in between rounds*

# WEEK 2 - OPTIONAL BONUS

## Abs & Cardio

### **Ab Circuit**

40 Alternating Jackknives (20 per side)

40 Single Leg V-Sits (20 per side)

40 Bicycles (20 per side)

40 Mountain Climbers (20 per side)

40 Scissors

Repeat 4 times

*Rest 45 - 60 seconds in between rounds*

### **Cardio**

Perform 20 minutes of steady state cardio

- Walk
- Run
- Skipping
- Biking
- Stairs

# WEEK #3



# WEEK 3 - DAY 1

## Upper Body

### **Circuit #1**

- ▲ 15 Push Ups with Shoulder Taps
- 15 Tricep Dips
- 20 Supermans with Pull Down Oblique Crunch
- 30 Up & Down Planks (15 per side)
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

### **Circuit #2**

- 15 Jump Back Push Ups
- 40 Downdog Toe Touches (20 per side)
- 40 Crab Toe Touches (20 per side)
- 12 Bear Crawl Push Up
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

**Repeat the entire thing twice**

# WEEK 3 - DAY 2

## HIIT

15 Burpees

40 Skaters (20 per side)

20 Plank Jacks

50 Knee Repeaters (25 per side)

15 Broad Jumps

15 Squat Jacks

Repeat 3-5 times

*Rest 45 - 60 seconds in between rounds*

# WEEK 3 - DAY 3

## Lower Body 🏋️‍♀️

### **Circuit #1**

20 Wide/Narrow Squats (10/10)

30 Reverse Lunges to Knee Drive (15 per side)

15 Sumo Squats

30 Curtsy Lunges (15 per side)

Repeat 2 times

*Rest 45 - 60 seconds in between rounds*

### **Circuit #2**

30 SL Glute Bridges (15 per side)

15 Lean Backs

30 Lateral Lunges (15 per side)

30 Surrenders (15 per side)

Repeat 2 times

*Rest 45 - 60 seconds in between rounds*

**Repeat the entire thing twice**

# WEEK 3 - OPTIONAL BONUS

## Abs & Cardio

### Ab Circuit

40 Alternating Jackknives (20 per side)

15 Plank Jacks

40 Bicycles (20 per side)

 40 Russian Twists

40 Scissors

Repeat 4 times

Rest 45 - 60 seconds in between rounds

### Cardio

Perform 20 minutes of steady state cardio

- Walk
- Run
- Skipping
- Biking
- Stairs

# WEEK #4

# WEEK 4 - DAY 1

## HIIT

15 Burpees

40 Skaters (20 per side)

20 Plank Jacks

50 Knee Repeaters (25 per side)

15 Broad Jumps

15 Squat Jacks

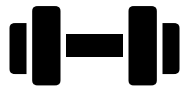
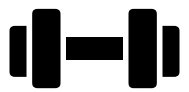
Repeat 3-5 times

*Rest 45 - 60 seconds in between rounds*


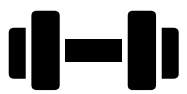
# WEEK 2 - DAY 2

## Full Body

### Circuit #1

-  20 Side-To-Side Squats
- 15 Jump Back Push Ups
-  30 Split Squats with rear leg lift (15 per side)
- 15 Tricep Dips
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

### Circuit #2

-  20 Jumping Squats
- 20 Supermans with Pull Down Oblique Crunch
-  30 Knee Ups (15 per side)
- 45 Sec Plank Shoulder Taps
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

**Repeat the entire thing twice**

# WEEK 4 - DAY 3

## HIIT

15 Jumping Jack Burpees

100 Jump Ropes

15 Criss Cross Jump Squats

60 High Knees (30 per side)

▲ 40 Mountain Climber Knee Taps (20 per side)

40 Crab Toe Touches

Repeat 5 times

*Rest 45 - 60 seconds in between rounds*



# WEEK 4 - OPTIONAL BONUS

## Abs & Cardio

### Ab Circuit

40 Alternating Jackknives (20 per side)

15 Plank Jacks

40 Bicycles (20 per side)



40 Russian Twists

40 Scissors

Repeat 4 times

Rest 45 - 60 seconds in between rounds

### Cardio

Perform 20 minutes of steady state cardio

- Walk
- Run
- Skipping
- Biking
- Stairs