



4- Week Home Stay Fitness Program

Dumbbells - 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.

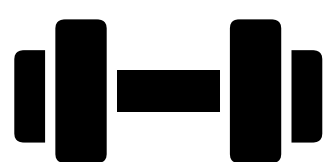
How to Decrease Difficulty

- 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*

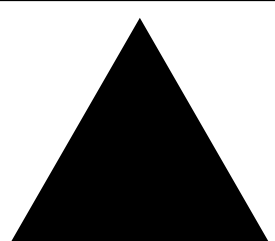
LEGEND



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



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



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 be completing 2 rounds of Circuit #1 followed by 2 rounds of Circuit #2, and then repeating the whole thing again - Circuit #1 X2, Circuit #2 X2 for a total of 4 rounds per circuit.

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 Bicep Hammer Curls

15 Skull Crushers

16 Alternating Shoulder Press (8 per side)

24 Up & Down Planks (12 per side)

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Circuit #2

12 Walkout Push Ups

12 Lateral Raises

12 Bicep Curl and Press

15 Bent Over Rows

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Repeat the entire thing twice

WEEK 1 - DAY 2

HIIT

- ▲ 30 seconds Burpees
- ▲ 30 seconds Mountain Climbers
- 30 seconds Squat Jumps
- 30 seconds Jumping Jacks
- 30 seconds Broad Jumps

Repeat 5 times

Rest 45 - 60 seconds in between rounds

WEEK 1 - DAY 3

Lower Body

Circuit #1

16 Wide/Narrow Goblet Squats (8/8)

30 Reverse Lunges (15 per side) with Oblique Twist

15 Glute Bridges

24 Step Ups (12 per side)

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Circuit #2

24 Lunge to Knee Drive (12 per Side)

15 Sumo Squats

24 Curtsy Lunges (12 per side)

12 DB Deadlifts

Repeat 2 times

Rest 45 - 60 seconds in between rounds


Repeat the entire thing twice

WEEK 1 - OPTIONAL BONUS

Abs & Cardio

Ab Circuit

30 Alternating Jackknives (15 per side)

 15 Sit Ups

30 Bicycles (15 per side)

 30 Russian Twists

 30 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

30 seconds Jumping Jack Burpees

30 seconds Skaters

30 seconds Plank Jacks

30 seconds Knee Repeaters - 3 per side & switch

30 seconds Jump Squat Forward & Fast Feet Back

Repeat 5 times

Rest 45 - 60 seconds in between rounds

WEEK 2 - DAY 2

Full Body

Circuit #1

15 Sumo Squats with pulse

12 Lay-Down Push Ups

24 Split Squats (12 per side)

12 Tricep Dips (legs up to increase difficulty)

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Circuit #2

30 Curtsy Lunges (15 per side)

12 Back Flies

24 Knee Ups (12 per side)

15 Deadlift & Row

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Repeat the entire thing twice

WEEK 2 - DAY 3

HIIT

30 seconds Burpees

30 seconds Jump Ropes

30 seconds Skaters

30 seconds High Knees (25 per side)

30 seconds Mountain Climbers

Repeat 5 times

Rest 45 - 60 seconds in between rounds

WEEK 2 - OPTIONAL BONUS

Abs & Cardio

Ab Circuit

30 Alternating Jackknives (15 per side)

15 V-Sits

30 Bicycles (15 per side)

30 Mountain Climbers (15 per side)

30 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 Chest Press
- 15 Overhead Tricep Extensions
- 15 Bicep Curl and Press
- 24 Up & Down Planks (12 per side)
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

Circuit #2

- 15 Walkout Push Ups
- 15 Lateral Raises
- 15 Halo Circles
- 24 Renegade Rows (12 per side)
- Repeat 2 times
- Rest 45 - 60 seconds in between rounds*

Repeat the entire thing twice

WEEK 3 - DAY 2

HIIT

- ▲ 30 seconds Burpees
- 30 seconds Jump Ropes
- 30 seconds Skaters (15 per side)
- 30 seconds High Knees (15 per side)
- ▲ 30 seconds Mountain Climbers (15 per side)
- 30 seconds Crab Toe Touches

Repeat 5 times

Rest 45 - 60 seconds in between rounds

WEEK 3 - DAY 3

Lower Body

Circuit #1

15 Squats

30 Forward Lunges (15 per side)

30 Single Leg Glute Bridges (15 per side)

24 Step Ups (12 per side)

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Circuit #2

30 Lunge to Knee Drive (15 per Side)

15 Sumo Squats

24 Lateral Lunges (12 per side)

30 Fire hydrants (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

30 Alternating Jackknives (15 per side)

15 Sit Ups

30 Bicycles (15 per side)

 30 Russian Twists

 30 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

30 seconds Jumping Jack Burpees

30 seconds Skaters (20 per side)

30 seconds Plank Jacks

30 seconds Knee Repeaters (15 per side)

30 seconds Jump Squat Forward & Fast Feet Back

Repeat 5 times

Rest 45 - 60 seconds in between rounds

WEEK 4 - DAY 2

Full Body

Circuit #1

20 Sumo Squats

15 Push Ups

30 Split Squats (15 per side) with Rear Leg Lift

30 Up & Down Planks (15 per side)

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Circuit #2

30 Curtsy Lunges

15 Skull Crushers

30 Step Ups (15 per side)

30 Renegade Rows (15 per side)

Repeat 2 times

Rest 45 - 60 seconds in between rounds

Repeat the entire thing twice

WEEK 4 - DAY 3

HIIT

- ▲ 15 Burpees
- 50 Jump Ropes
- 36 Skaters (18 per side)
- 50 High Knees (25 per side)
- ▲ 30 Mountain Climbers
- 30 Crab Toe Touches

Repeat 5 times

Rest 45 - 60 seconds in between rounds