

# The Ultimate **At-Home Workout** Guide



# The Ultimate **At-Home Workout** Guide

## Welcome

Hi there! I'm so excited to help you get in better shape while exercising at home.



My name is Lydia Di Francesco and I'm a Certified Personal Trainer based in Ottawa, Ontario, Canada. **My goal as a fitness professional is to show you that fitness can be simple, fun, and not too time-consuming!**

The Ultimate At-Home Workout Guide gives you **all the tools you need for effective workouts in your home**. The workout formula I'm sharing with you requires **minimal equipment** and can be done in a small space.

The following pages give you the exact structure to follow as well as exercise descriptions and modifications.

I hope this Guide helps you on your journey to better health and fitness.

If you have any questions, reach out to me at [lydia@fithealthy365.com](mailto:lydia@fithealthy365.com).

To Your Health!

*Coach Lydia*

# The Ultimate **At-Home Workout** Guide

## Workout Basics:

- running/gym shoes
- workout clothes
- resistance band ([this is the set I recommend to all my clients](#))

## Equipment Extras:

(Optional, if you have access to them)

- yoga/exercise mat
- music (I suggest something fast-paced)
- dumbbells

### DISCLAIMER

*These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to taking any advice from this program or if you have any medical condition or injury that contraindicates physical activity. This advice is intended for healthy individuals 18 years and older only. All forms of exercise pose some inherent risks. The author advises all readers to take full responsibility for their safety and know their limits and seek expert guidance for performing all of the exercises contained within this program. The exercises are not intended as a substitute for any exercise routine that may have been prescribed by your physician. Always consult your physician before beginning or making any changes in your diet and/or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. Always do a warm-up prior to strength training and interval training. Lydia Di Francesco and Fit + Healthy 365 will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.*

# The Ultimate **At-Home Workout** Guide

## Workout Overview

**Work hard and smart.** To see results, you need to challenge yourself. Focus completely on what you're doing and choose each exercise at a level that is challenging for you, but not impossible. Remember – it should be difficult, but make sure to maintain perfect form on every rep (*rep = 1 repetition of the exercise*).

You will primarily use big, compound exercises, including squats, deadlifts, single leg exercises, push-ups, rows, presses, and other exercises. These exercises help you build a better, stronger body in the least amount of time.

**Perform three workouts per week.** This could be on non-consecutive days, such as Monday, Wednesday, and Friday or any combination of 3 days. If you are newer to exercise your body might need a rest day in between workout days. Listen to your body.

**Each workout day is made up of 5 components to create a fully balanced workout.**

- *Upper Body Pull*: movements requiring the body to make a pull motion, such as row or biceps curl.
- *Upper Body Push*: movements requiring the body to make a push motion, such as press or push up.
- *Lower Body*: movements done by the lower body, such as squat or lunge.
- *Core 4*: a sequence of 4 core exercises, each done for 30 seconds in a circuit format with no breaks.
- *Cardio Finisher*: a combination of a short burst of work with minimal rest using plyometric exercise (plyometric or "jump training" exercises is where muscles exert maximum force in short intervals of time). These moves help increase your cardiovascular endurance and power.

**Over 40 exercises to choose from, with a variety of levels and modifications.**

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## "Plug and Play" Workout Formula

Use the Exercise Library (starts on page 8) and select which exercise(s) you will do for each category and then follow the reps and sets for that day. Complete all the sets in each category before moving to the next category.

- Upper Body Pull - 1 exercise
- Upper Body Push - 1 exercise
- Lower Body - 1 exercise
- Core 4 - 4 exercises
- Cardio Finisher - 1 exercise

**See a sample workout for a week on page 7!**

# The Ultimate **At-Home Workout** Guide



## Tracking Sheet

DAY 1				DAY 2				DAY 3			
Exercise Type	Sets	Reps	Rest	Exercise Type	Sets	Reps	Rest	Exercise Type	Sets	Reps	Rest
Upper Body Pull _____	3	20	45s	Lower Body _____	3	20	45s	Upper Body Push _____	3	20	45s
Upper Body Push _____	4	15	45s	Upper Body Pull _____	4	15	45s	Lower Body _____	4	15	45s
Lower Body _____	5	10	30s	Upper Body Push _____	5	10	30s	Upper Body Pull _____	5	10	30s
Core 4 1. _____ 2. _____ 3. _____ 4. _____	2			Core 4 1. _____ 2. _____ 3. _____ 4. _____	2			Core 4 1. _____ 2. _____ 3. _____ 4. _____	2		
		30s	--			30s	--			30s	--
		30s	--			30s	--			30s	--
		30s	--			30s	--			30s	--
		30s	45s			30s	45s			30s	45s
Cardio Finisher _____	4	20s	10s	Cardio Finisher _____	4	20s	10s	Cardio Finisher _____	4	20s	10s

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## sample week

DAY 1				DAY 2				DAY 3			
Exercise Type	Sets	Reps	Rest	Exercise Type	Sets	Reps	Rest	Exercise Type	Sets	Reps	Rest
Upper Body Pull <i>Resistance Band Narrow Row (seated)</i>	3	20	45s	Lower Body <i>Resistance Band Deadlifts</i>	3	20	45s	Upper Body Push <i>Resistance Band Shoulder Press</i>	3	20	45s
Upper Body Push <i>Push ups</i>	4	15	45s	Upper Body Pull <i>Resistance Band Biceps Curls</i>	4	15	45s	Lower Body <i>Curtsy Lunges</i>	4	15	45s
Lower Body <i>Squats</i>	5	10	30s	Upper Body Push <i>Triceps Dips</i>	5	10	30s	Upper Body Pull <i>Resistance Band Wide Row (Standing)</i>	5	10	30s
Core 4 1. <i>Plank</i> 2. <i>Side Crunch R</i> 3. <i>Side Crunch L</i> 4. <i>Leg Lift</i>	2	30s 30s 30s 30s	-- -- -- 45s	Core 4 1. <i>Double Crunch</i> 2. <i>Bicycle Crunch</i> 3. <i>Superman</i> 4. <i>Mountain Climbers</i>	2	30s 30s 30s 30s	-- -- -- 45s	Core 4 1. <i>Crunch</i> 2. <i>Side Plank R</i> 3. <i>Side Plank L</i> 4. <i>Russian Twist</i>	2	30s 30s 30s 30s	-- -- -- --
Cardio Finisher <i>Lateral Jumps</i>	4	20s	10s	Cardio Finisher <i>Jumping Jacks</i>	4	20s	10s	Cardio Finisher <i>High Knees</i>	4	20s	10s

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Upper Body Pull

Resistance Band Narrow Row -  
Seated



**Level:** Beginner

**Instructions:** Sit with knees bent and upper body leaning back slightly. Secure a resistance band around your feet and hold each end, arms extended. Keeping elbows close to body, draw them back by squeezing your back muscles. Straighten arms. Repeat.

Resistance Band Narrow Row -  
Standing



**Level:** Beginner

**Instructions:** Stand, knees slightly bent, with a resistance band under your feet. Tip forward about 45 degrees (from the hip), draw elbows back by squeezing your back muscles. Keep them close to your body. Straighten your arms. Repeat.

Resistance Band Wide Row -  
Seated



**Level:** Beginner

**Instructions:** Sit with your knees bent and upper body leaning back slightly. Secure a resistance band around your feet. Bring elbows away from your body, up to shoulder height. Draw them back by squeezing your back muscles. Straighten your arms. Repeat.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Upper Body Pull

### Resistance Band Wide Row - Standing



**Level:** Intermediate

**Instructions:** Stand, knees slightly bent, with a resistance band under your feet. Tip forward about 45 degrees (from the hip), bring elbows up to shoulder height and draw them back by squeezing your back muscles. Straighten your arms. Repeat.

### Resistance Band Biceps Curls



**Level:** Beginner

**Instructions:** Stand, knees slightly bent, with a resistance band under your feet. Start with your arms straight, palms up, elbows by your side. Squeeze biceps to curl arms up. Lower down slowly until arms are straight. Repeat.

### Resistance Band Biceps Curls - Top Half Only



**Level:** Intermediate

**Instructions:** Stand, knees slightly bent, with a resistance band under your feet. Start with your arms at a 90 degree bend, palms up, elbows by your side. Squeeze biceps to curl arms up. Lower down slowly until arms are back at 90 degrees. Repeat.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Upper Body Pull

### Resistance Band Rear Fly



**Level:** Intermediate

**Instructions:** Stand with a resistance band under your feet tipping forward slightly. Start with arms straight out in front of you, palms down. Open up arms, lifting pinky finger towards the ceiling, while squeezing your upper back. Slowly lower down. Repeat.

### Resistance Band Upright Row



**Level:** Intermediate

**Instructions:** Stand with feet on band. Lift your hands up, keeping them close to your body and letting your elbows come out to the side. Stop when your hands are at chest height. Lower slowly to the start position and repeat. Keep your shoulders down and abs engaged.

### Resistance Band Front Raise



**Level:** Advanced

**Instructions:** Stand with feet on band. Start with arms down in front of you, shoulder distance apart, palms down. Keeping elbows straight, lift arms up to shoulder height. Lower down slowly and repeat. Keep your shoulders down and abs engaged.

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## Exercise Library - Upper Body Push

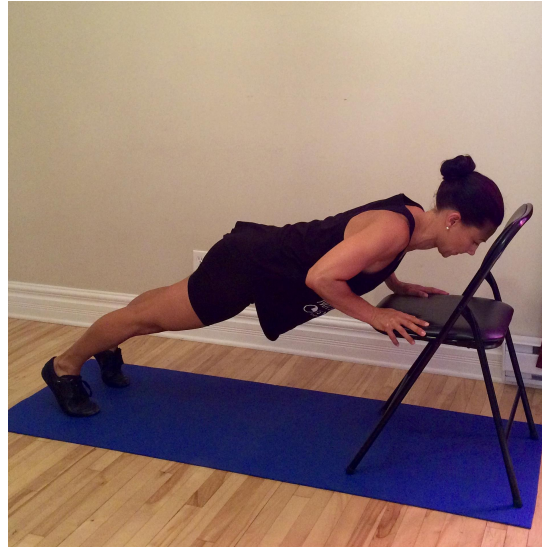
Push-ups - Wall



**Level:** Beginner

**Instructions:** Place hands shoulder distance apart on a wall. Move your feet back until you are 15-45 degrees away from wall. Bending elbows, lower your chest towards the wall. Keep back flat with core and glutes engaged. Push up to the starting position. Repeat.

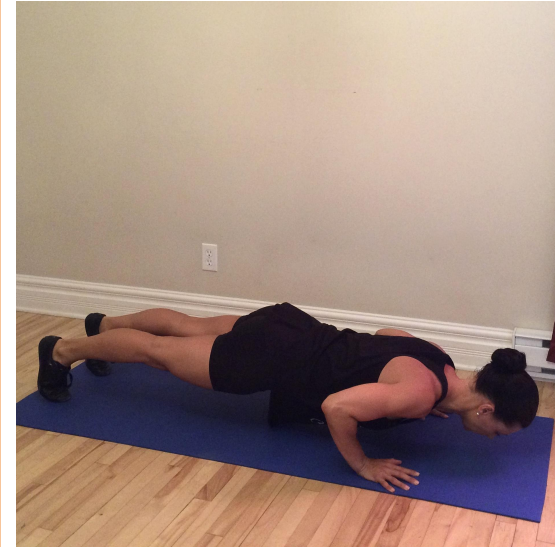
Push-ups - Incline, hands on bench/chair



**Level:** Intermediate

**Instructions:** Place hands shoulder distance apart on a bench or chair. Shoulders above wrists, body in a solid plank position and feet hip distance apart. Keep back flat, core and glutes engaged. Bending elbows, lower chest towards the bench/chair. Push up and repeat.

Push-ups - Floor



**Level:** Advanced

**Instructions:** Place hands on the ground shoulder distance apart. Shoulders above wrists, body in a solid plank position and feet hip distance apart. Keep back flat, core and glutes engaged. Bending elbows, lower chest towards the ground. Push up and repeat.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Upper Body Push

Push-ups - Decline, feet up on bench/chair



**Level:** Advanced

**Instructions:** Place hands on the ground shoulder width, feet on a chair/bench. Keep shoulders above wrists, body in solid plank position. Keep back flat with core and glutes engaged. Bending elbows, lower chest towards the ground. Push up and repeat.

Tricep Dips - Knees at 90 degrees



**Level:** Beginner

**Instructions:** Place hands shoulder width on a secure bench or chair. Slide bum off the front of the bench with knees at 90 degree bend. Bending elbows, lower body until elbows are about 90 degrees. Then push down to straighten elbows, squeezing triceps at top.

Tricep Dips - Legs straight out



**Level:** Intermediate

**Instructions:** Place hands shoulder width on a secure bench/chair. Slide bum off the front of the bench with legs extended. Bending elbows, lower body until elbows are at about a 90 degree angle. Then push down to straighten elbows, squeezing triceps at top.

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## Exercise Library - Upper Body Push

### Tricep Dips - Feet on bench/chair



**Level:** Advanced

**Instructions:** Position your hands shoulder-width apart on a secure bench/chair. Slide your bum off the front of the bench with legs on a low bench/chair. Bending elbows, lower body until elbows are at about a 90 degree angle. Then push down to straighten your elbows, squeezing triceps at top.

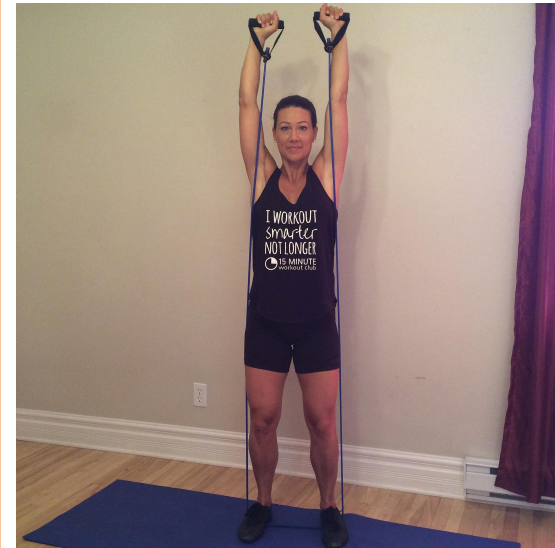
### Bodyweight Shoulder Press



**Level:** Beginner

**Instructions:** Stand with your feet slightly wider than hips. Bend down and bring hands to the floor making an upside-down "V". Tuck your chin in and bend your elbows to bring your head toward the floor. Push up until arms are straight. Repeat.

### Resistance Band Shoulder Press



**Level:** Intermediate

**Instructions:** Stand with feet on band. Start thumbs facing in, hands at ear height. Press straight up, making sure to not lock the elbows. Slowly lower back down to start. Repeat. Keep the shoulders down when performing the exercise.

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## Exercise Library - Lower Body

### Squats - Top Half



**Level:** Beginner

**Instructions:** Place your feet slightly wider than hips. Push hips back and down like you are sitting on a chair. Squat down slightly (45 degree bend in knees). Keep your knees behind the toes with weight in the heels. As you return to standing, squeeze your glutes. Repeat.

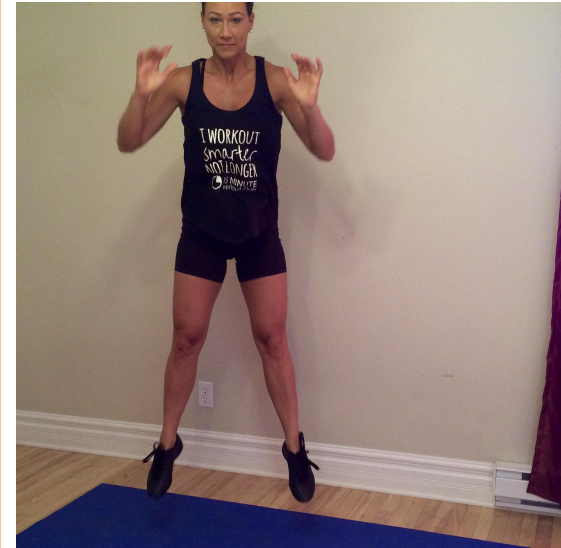
### Squats - Full Range



**Level:** Intermediate

**Instructions:** Place your feet slightly wider than hips. Push hips back and down like you are sitting on a chair. Squat down until your bum at at knee height. Keep your knees behind the toes with weight in the heels. As you return to standing, squeeze your glutes. Repeat.

### Squats - Jumping



**Level:** Advanced

**Instructions:** Place your feet slightly wider than hips. Push hips back and down like you are sitting on a chair. At the bottom of the move, explode and jump up. As you land, absorb the impact by landing immediately in the squat position. Repeat.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Lower Body

### Lunges - Static



**Level:** Beginner

**Instructions:** Place right leg forward and left leg back, feet hip distance apart. Keeping upper body upright, bend knees to lower (lunge) down. Keep front knee over ankle and back knee below hip. Straighten legs. Repeat with the same leg until reps are finished then switch.

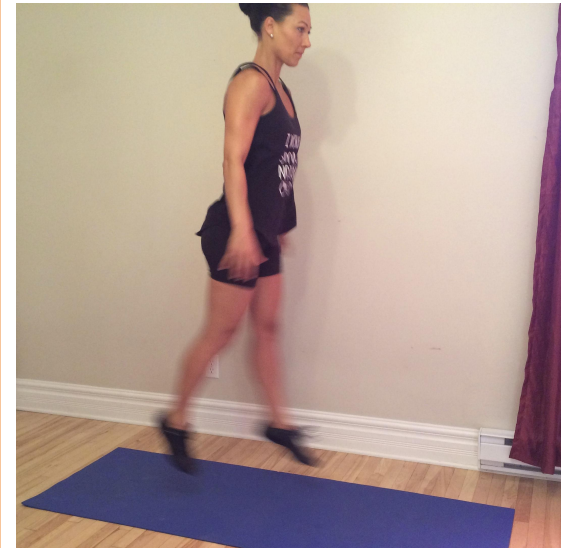
### Lunges - Stepping forward



**Level:** Intermediate

**Instructions:** Place your feet hip distance apart. Step forward and lunge down (front knee over ankle and back knee below hip) while keeping upper body upright. Step back in and bring the other leg forward, lunging down. Continue alternating legs.

### Lunges - Jumping



**Level:** Advanced

**Instructions:** Place feet hip width apart. Step forward and lunge down (front knee over ankle and back knee below hip) while staying upright. At the bottom of the lunge jump, switching legs, landing back in lunge position with the other foot forward. Continue jumping and switching legs.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Lower Body

### Lateral Lunges



**Level:** Intermediate

**Instructions:** Place your feet hip distance apart. Step to the side with your right foot, bending the right knee and keeping the left leg straight. Come back to center. Repeat going to the left (left knee bent, right leg straight). Come back to center. Continue alternating sides.

### Curtsy Lunges



**Level:** Intermediate

**Instructions:** Start with feet hip distance apart. Step your left foot behind your right, into a curtsy position. Come back to center then step your right foot behind your left. Continue alternating sides.

### Resistance Band Lateral Walk



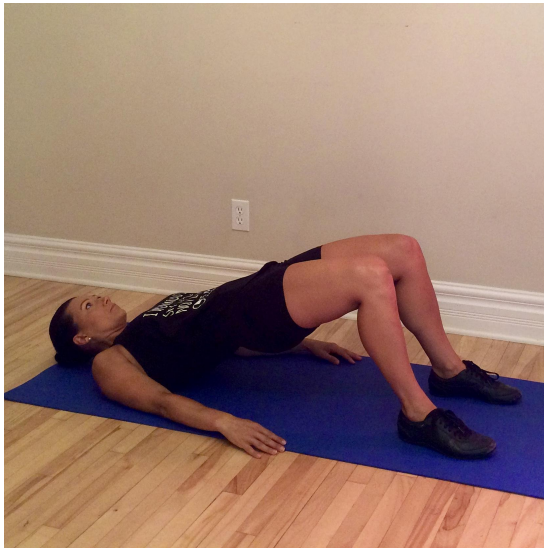
**Level:** Beginner

**Instructions:** Stand with your feet on a resistance band hip distance apart. Slightly bend knees into a high squat position. While maintaining the squat, step to the left with your left foot then follow with your right foot, keep them hip distance apart. Repeat a few times left then go towards the right.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Lower Body

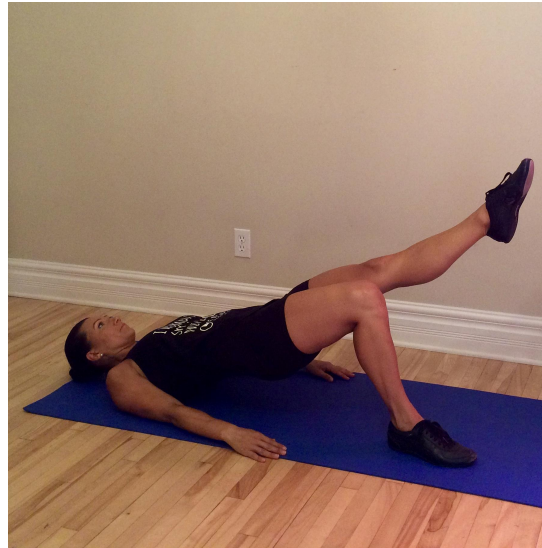
### Hip Raise - Two Legs



**Level:** Beginner

**Instructions:** Lie on your back with your feet firmly planted on the floor. Keep core engaged while raising up hips, making a straight line from knee to shoulder. Lift hips as high as you can, squeeze glutes at the top and then lower down. Repeat.

### Hip Raise - Single Leg



**Level:** Intermediate

**Instructions:** Lie on your back with one foot firmly planted on the floor. Lift other leg up keeping it straight. Keep core engaged while raising up hips, making a straight line from knee to shoulder. Lift hips as high as you can, squeeze glutes at the top and then lower down. Repeat. Do the same on other side.

### Resistance Band Deadlift



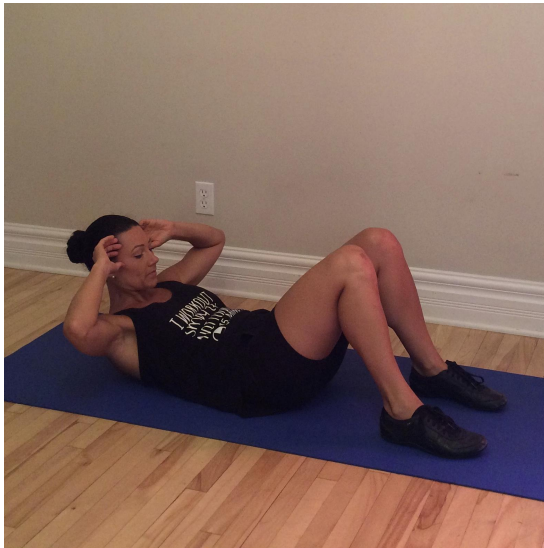
**Level:** Advanced

**Instructions:** Stand on resistance band. With shoulders down and back straight, tip forward from the hip to grab band close to feet. Stand up straight, squeezing glutes at the top of the movement. Arms straight the whole time. Repeat.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Core

### Crunch



**Level:** Beginner

**Instructions:** Lie on back with knees bent, feet on the floor, and hands behind head. Press lower back into the mat and tighten abs as you lift head, shoulders, and upper back off the floor. Lower down. Repeat. Squeeze ab muscles to lift upper body, instead of thinking about lifting shoulders up.

### Bicycle Crunch



**Level:** Intermediate

**Instructions:** Lie on back, hands behind head. Tighten abs as you move right shoulder and left knee toward each other while straightening right leg. Draw right knee back up, immediately move left shoulder and right knee toward each other while straightening left leg. Alternate.

### Double Crunch



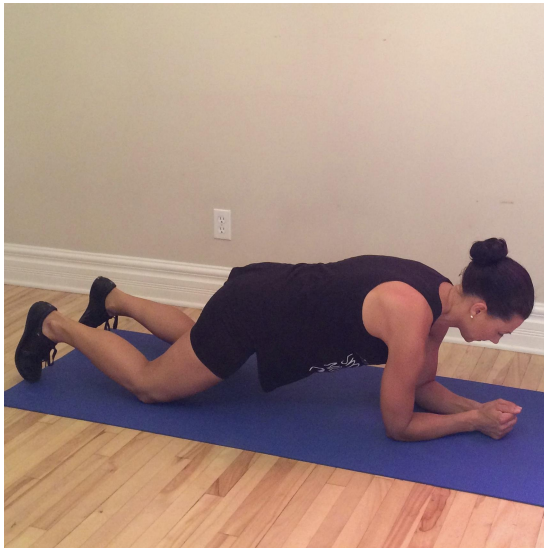
**Level:** Advanced

**Instructions:** Lie on your back with legs extended out and hands behind head. Press your lower back into the mat and tighten your abs as you lift your head, shoulders, and upper back off the floor while tucking your knees in. Lower upper body and extend legs. Repeat.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Core

Plank - Knees



**Level:** Beginner

**Instructions:** With knees on the ground place forearms down, elbows under shoulders. Hold this position and focus on contracting the abdominal muscles and glutes. Avoid letting the hips drift up or down as the abdominal muscles fatigue.

Plank - Toes



**Level:** Intermediate

**Instructions:** On your toes place forearms down, elbows under shoulders, back flat. Hold this position and focus on contracting the abdominal muscles and glutes. Avoid letting the hips drift up or down as the abdominal muscles fatigue.

Mountain Climbers



**Level:** Advanced

**Instructions:** Assume a push-up position with shoulders over wrists and body in a straight line from head to ankles. Keeping back down, raise right knee toward left elbow. Return to the starting position and repeat with left knee moving towards right elbow. Repeat in continuous motion.

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## Exercise Library - Core

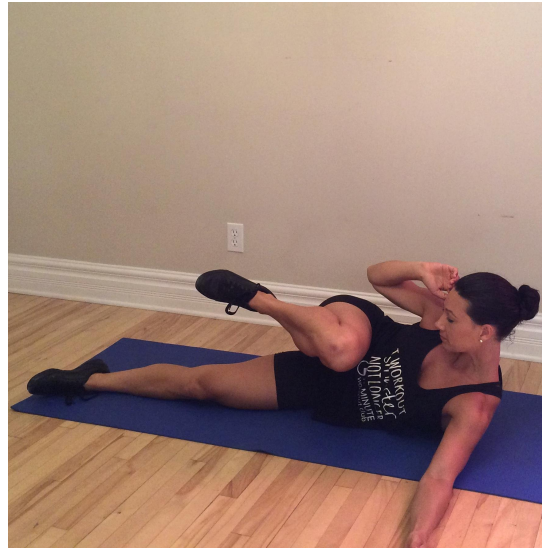
### Side Plank



**Level:** Advanced

**Instructions:** Start by lying on your side with forearm on the floor (elbow under shoulder) and feet on top of each other. Lift your body off the ground supporting your weight with your forearm and your feet. Keep your hips up and be careful not to let your upper body roll forward.

### Oblique Crunch



**Level:** Intermediate

**Instructions:** Lie on your right side with right leg straight and left leg bent. Contract your oblique muscles and lift up your left side while tucking left leg toward chest. Lower down. Repeat in a continuous motion then switch sides.

### Leg Lift



**Level:** Intermediate

**Instructions:** Lie on back. Lift your legs off the ground and bring them up towards the ceiling. Keep your core engaged (tight) and lower legs down. Make sure your back stays on the mat and doesn't arch. Repeat.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Cardio Finisher

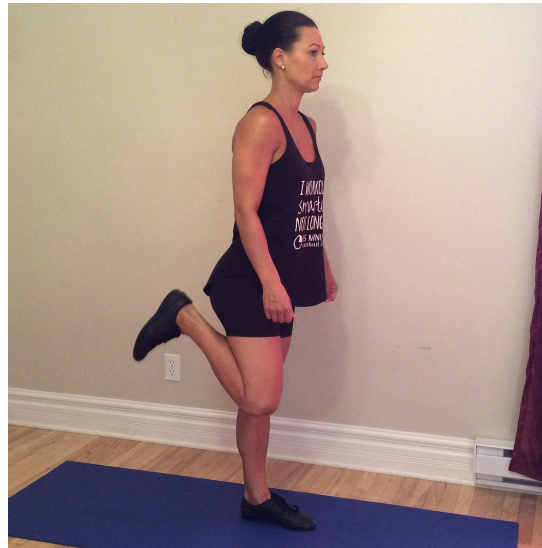
**March on Spot**



**Level:** Beginner

**Instructions:** Lift one knee to hip height while swinging up opposite arm. Switch legs in a continuous motion.

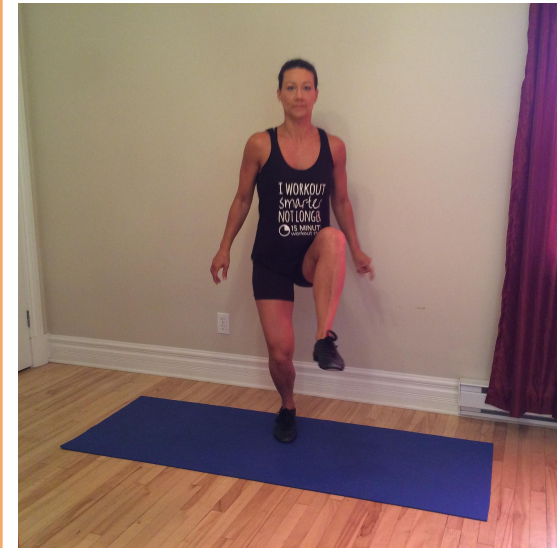
**Butt Kick**



**Level:** Intermediate

**Instructions:** Run on the spot with your heels reaching your bum.

**High Knees**



**Level:** Advanced

**Instructions:** Run on the spot bring knees up to hip height or as close as possible. Keep your back straight and core engaged.

# The Ultimate **At-Home Workout** Guide

## Exercise Library - Cardio Finisher

### Jumping Jacks



**Level:** Beginner

**Instructions:** Start with your arms by your side. Jump your legs out and swing your arms up until they are above your head. Jump your legs back in and swing your arms back down. Repeat in a continuous motion

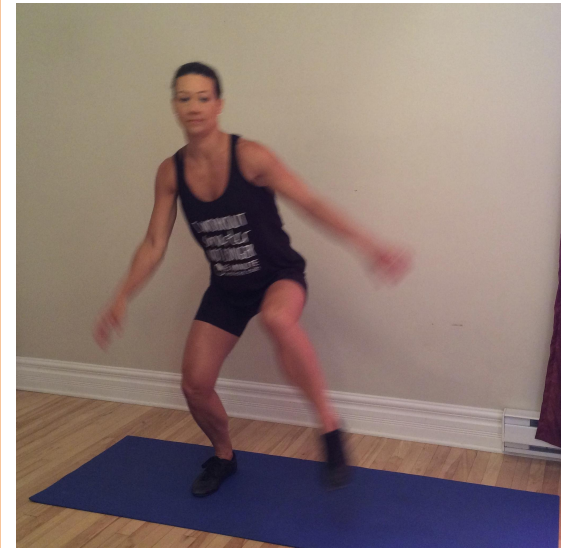
### Burpee



**Level:** Advanced

**Instructions:** Begin in a standing position. Drop into a squat position with your hands on the ground. Kick your feet back into a plank position, while keeping your arms extended. Immediately return your feet to the squat position. Jump up from the squat position.

### Lateral Jumps



**Level:** Intermediate

**Instructions:** Start with your feet hip distance apart. Jump to the side and land on your left foot. Jump back and land on your right foot. Repeat in a continuous motion.

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## Exercise Library - Cardio Finisher

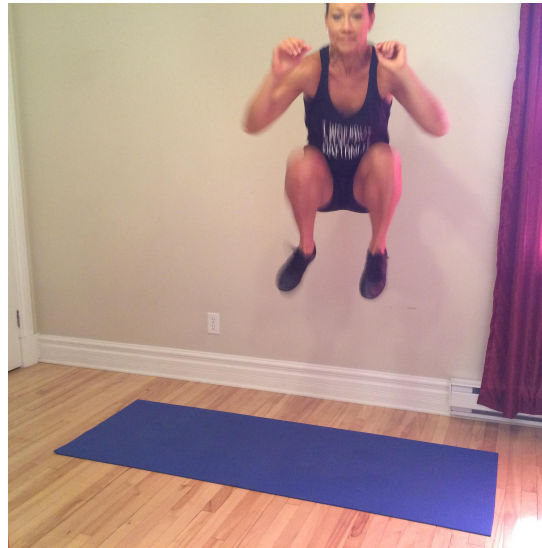
### Skater Lunges



**Level:** Intermediate

**Instructions:** Stand feet shoulder width apart and back straight. Jump to the right with a slight bend in your knees. In the same motion, reach down and toward the outside of your right foot with your left hand. Perform this same movement on the opposite side. Repeat.

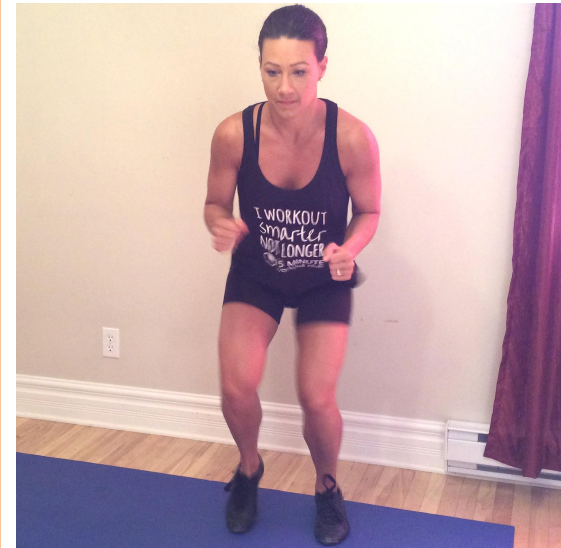
### Tuck Jump



**Level:** Advanced

**Instructions:** Jump up in the air while simultaneously tucking your knees up into your chest. As soon as you land jump up again. Repeat.

### Quick Feet



**Level:** Beginner

**Instructions:** With quick, small steps hop from one foot to the next. Repeat.