

# A BEGINNER'S GUIDE TO AT HOME WORKOUTS

Perfect at home, on the road, or in your dorm!

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## STEP 1: IDENTIFY YOUR GOALS

Do you want to build strength, get some indoor cardio or both? This question will help you pick the right variety of exercises.

## STEP 2: DECIDE THE LENGTH OF TIME

Are you short on time and need 20 minutes of intense HIIT or do you want a longer 60 minute session? Thinking about this will help you pick your intervals

## STEP 3: THINK ABOUT YOUR SPACE

Do you have room for plank jacks or do you need more condensed crunches? Thinking about the space you're in will help you know what's possible!

## STEP 4: PLAN IT!

Now that you know the format of your workout use the list of exercises at the right to design your plan!

## 20 MINUTE HIIT

0:00 – 2:00 medium intensity  
2:00 – 3:00 high intensity  
3:00 – 5:00 medium intensity  
5:00 – 7:00 high intensity  
7:00 – 9:00 medium intensity  
9:00 – 10:00 high intensity

REPEAT ONCE

*In a HIIT workout you should be doing 50-60% effort on medium and 70-90% effort on high!*

## EQUIPMENT FREE EXERCISES

USE YOUR BODY WEIGHT FOR RESISTANCE!

### PURE CARDO IDEAS

- ★ Jog in place
- ★ High knees
- ★ Figure skaters
- ★ Mountain climbers
- ★ Jump Rope
- ★ Jumping Jacks

### ABS & CORE IDEAS

- ★ Reverse crunches
- ★ Straight leg crunches
- ★ Side crunches
- ★ Butterfly twists
- ★ Russian twists
- ★ Scissor crunches
- ★ Flutter kicks
- ★ Spiderman planks
- ★ Plank crunches
- ★ Bicycle crunches
- ★ Thread the needle
- ★ 6 inches hold

### UPPER BODY IDEAS

- ★ Push ups
- ★ Triceps dips
- ★ Planks
- ★ Elbow planks
- ★ Chaturanga
- ★ Side planks
- ★ Up & down planks
- ★ Walk out push ups
- ★ Plank jacks
- ★ Burpees

### LOWER BODY IDEAS

- ★ Squats
- ★ Lunges
- ★ Pendulum lunges
- ★ Side to side lunges
- ★ Bridges
- ★ 1-leg bridges
- ★ Leg lifts
- ★ Wall sit

## SAMPLE SCHEDULES!

A FEW WAYS TO TIME YOUR WORKOUTS

### 30 MINUTE BEGINNER LEVEL

0:00 – 5:00 medium intensity  
5:00 – 6:00 high intensity  
6:00 – 8:00 medium intensity  
8:00 – 9:00 high intensity  
9:00 – 14:00 medium intensity  
14:00 – 15:00 rest

REPEAT ONCE

### 45 MINUTE INTERMEDIATE

0:00 – 5:00 medium intensity  
5:00 – 6:00 high intensity  
6:00 – 8:00 medium intensity  
8:00 – 9:00 high intensity  
9:00 – 11:00 medium intensity  
11:00 – 12:00 high intensity  
12:00 – 14:00 medium intensity  
14:00 – 15:00 rest

REPEAT TWICE

# Beginner Friendly Home Workout Tips

**Wolfgang Guggemos**



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