

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 Guide For Beginners

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