

HOME WORKOUT PLAN

NO
EQUIPMENT
REQUIRED

PLEASE READ BEFORE YOU BEGIN ...

DISCLAIMER

This workout guide is not, nor is intended to be, a substitute for professional medical diagnosis, advice, care or treatment.

If you are in any doubt whatsoever or have any pre-existing injuries, ailments or poor health please do not begin the guide or follow the information within without the prior approval of a doctor.

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PRODUCT DISCLOSURE

By following this guide and implementing any content within, you consent to all the associated risks of physical exercise.

Health is Wealth PT accepts no liability for any injury, loss or damage resulting (directly or indirectly) from physical exercise and / or exertion.

You must always train in a safe and controlled Environment.

Always ensure your technique is correct and train within your own capabilities.

Should you suffer from any medical conditions, injuries, allergies or be in any doubt whatsoever, you must seek expert medical/professional advice immediately.

Please DO NOT proceed until you have been given approval to do so.





DECLAN

HEAD COACH - FOUNDER

INTRODUCTION

My name is Declan Maunsell and I am a level 3 Qualified Personal Trainer and Nutrition Coach who has been fascinated by all things Fitness and Nutrition for over 10 Years now.

PROFESSIONAL SKILLS

- Level 2 Gym Instructor
- Level 3 Personal Trainer
- LDNM Muscle Nutrition Course Graduate

CONTACT INFORMATION

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GYM ASSOCIATIONS

- PT at Muscleworks Gym, Orpington

This is a full body workout that requires absolutely no equipment just some space to complete the exercises listed in the plan.

It has been designed for those who are short on time, are new to the gym or who just want something to fill in the gaps between gym days or days they cannot make it to the gym.

It can be done anywhere provided you have sufficient space.

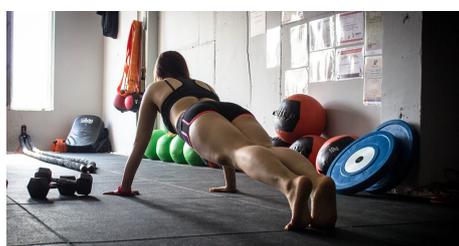
The exercises are laid out in a circuit style order so that you are working different muscle groups each exercise.

The aim is to be able to complete the 10x exercises with 12 reps per exercise for the complete set with good form.

If you are a beginner you could aim for 4-6 reps for each exercise at first (or whatever you can manage) with up to a 30 second break in between exercises and then each time you workout add in as many reps as you can per exercise as you progress and look to reduce the rest break in between.

I would suggest tracking your workouts in a workout diary / workbook that you have. This will help to record your reps per exercise to ensure you are in a position to improve week by week.

So if you're ready, lets begin ...



WORKOUT NOTES:

For the warm up just gentle jogging on the spot would suffice. The aim is to raise the heart rate, get blood pumping and lubricate the joints ready for exercise.

The stretches / Priming moves are designed prepare the body for exercise

Aim to complete as many reps as you can per exercise but aim for a maximum of 12 reps. Note how many reps you complete per Exercise

Aim for minimal rest between each exercise but up to 30 seconds. 2-3 minutes rest between sets, opt for Active rest if you want to keep heart rate elevated.

This workout is designed to be progressive so tracking progress will help ensure this over time.

Complete up to 2-3 sets of the 10 exercises per session and try to improve on reps and / or your form each time.

For the cool down you can adopt similar to the warm up just with much less exertion. The aim is to reduce the heart rate gradually but also to aid Venus return.

INTENSITY

The intensity of the workout can be increased or decreased dependent on your abilities. You can simplify each movement or intensify them accordingly, or alternatively you can reduce or extend the rest periods between sets. Adjusting the Tempo is also a method of altering intensity.

RPE

RPE stands for Rate of Perceived Exertion and I like to think of this as a scale of effort between 1-10 with 1 being extremely easy and 10 being almost impossible. If we look at the warmup, this should be approx a 5/6 out of 10 whereas the workout wants to be around 7/8 out of 10 with the last rep closer to a 9/10 effort.

FREQUENCY

The Frequency of the workout plan is solely dependent on the individual. If this is used to compliment a structured gym or training routine then this can be used as required however if this is your primary workout programme I would suggest starting with 2 - 3 per week and see how you get on.

WARM UP & STRETCHES

ACTIVITY	DURATION	KEY POINTS
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Jogging on the Spot	5-10 mins	Try to work up to a 5 / 10 effort level and get the body warm, heart rate elevated, joints lubricated and CNS firing
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ACTIVITY	AMOUNT	KEY POINTS
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Shoulder / Arm Rotations	20	10 x rotations forward and 10 x rotations backwards = 20 x rotations per arm
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Chest Hug / Flies	10	1 x Hug and 1 x Fly = 1 x Repetition (rep)
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Hip Twists	20	Each turn to the side = 1 x Repetition (rep)
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Kneeling Stretch	6	Hold for 10 x seconds on each Repetition (rep)
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Toe Touches	3	Hold for 10 x seconds on each Repetition (rep)
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ARE YOU READY TO
WORKOUT???

WORKOUT

ACTIVITY	REPS	RPE	REST	KEY POINTS
Push Ups	>12	7-8	>30S	Hands shoulder width apart inline with your nipples. Aim to bend your arms to 90* to your torso, These can be done kneeling if required. Predominantly works the chest and arms
Squats	>12	7-8	>30S	Feet shoulder with apart. Bend at the knees and try to maintain a neutral spine. Engage your core for stability and look straight ahead. Predominantly works front of legs
Spider Mans	>12	7-8	>30S	As per Push up position, try to bring the knee up as far as you can to the elbow whilst remaining in a stable position. Predominantly works core.
Static Lunges	>12	7-8	>30S	Feet hip with apart and approx 3 x this front to back. Bend the front knee and lower body. Engage your core for stability and look straight ahead. Predominantly works front of legs
Pike Push Ups	>12	7-8	>30S	As per Push up position however lift your hips into an upside down 'V' position and lower your chest to the floor whilst keeping core engaged. Predominantly works the shoulders and arms
Donkey Kicks	>12	7-8	>30S	On all fours, knees hip width with apart. Drive your leg back and upwards and squeeze and hold at the top. Engage your core for stability and look straight down. Predominantly works back of legs and bum
Diamond Push Ups	>12	7-8	>30S	As per push up position but hands under middle of chest with thumbs touching and inline with your nipples. Aim to bend your arms to 90* to your torso, These can be done kneeling if required. Predominantly works the chest and arms
Back Raise / Extensions	>12	7-8	>30S	Lay flat on fflow with feet and hands touching the ground. Raise upper chest and head from the mat and hold for 2 seconds before lowering back down. Predominantly works lower back
Glute Bridges	>12	7-8	>30S	Lay on your back with feet flat on the floor as close to your bum as you can. Drive hips to the ceiling and hold at the top of movement. Keep Shoulders and hands on floor. Predominantly works backs of legs and bum.
Plank	-	-	>30S	As per push up position but resting upper body on elbows. Elbows directly below shoulders and squeeze the core to support the body in this position. Make sure to regulate breathing. Predominantly works core

THANK YOU FOR CHOOSING TO FOLLOW MY PLAN....

If you liked the content in this plan then please head over and follow me on my socials its healthiswealth_pt on Facebook, Instagram and Youtube.

For all your training and nutrition needs head over to my Website at www.hiwpt.co.uk

I also have a Fitness app where you can log your workouts, nutrition and progress all in 1 simple and easy to use place. If this sounds like something you would be interested in I would happy to provide you some more information.

If you have any feedback in regards to this program or if you have any questions surrounding it please don't hesitate to get in touch either via the socials or at info@hiwpt.co.uk.

Thanks again for choosing Health is Wealth Personal Trainer and I really do wish you all the best on your fitness journey.

Declan Maunsell

Head Coach / Founder



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