

# Muscle-Building Workouts- HOME

*Focus: Lose body fat, build and expose muscle*

- Workouts are split into 'beginner' and 'advanced'.
- They are further categorized into lower body, upper body, and mixed lower and upper body workouts.
- The goal is to do a workout at least 2 times per week, with at least 1 rest day between workouts.
- Practicing progressive overload is essential. Make sure you are improving each time you repeat a workout. This means increase reps and sets and/or potentially reducing rest periods. Keeping a training journal for this purpose is recommended.
- Click an exercise to view a video demonstration of it.
- Consult your physician before beginning this program as you would with any exercise. If you choose not to obtain the consent of your physician and/or work with your physician throughout the course of coaching with myself, you are agreeing to accept full responsibility for your actions.
- Turn on some music that gets you pumped up and start!

## Home Workout – Lower Body – Beginner

Exercise	Reps/time	Set 1	Set 2	Set 3
<a href="#">Bodyweight squats</a>	3 x 10 reps			
<a href="#">Double leg glute bridges</a>	3 x 10 reps			
<a href="#">Run in place</a>	3 x 30 sec			
<a href="#">Reverse alternate lunges</a>	3 x 5 reps each side			
<a href="#">Single leg kickbacks</a>	3 x 5 reps each side			

*REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.*

## Home Workout – Upper Body – Beginner

Exercise	Reps/time	Set 1	Set 2	Set 3
<a href="#">Reverse crunches</a>	3 x 10 reps			
<a href="#">Pushups (on knees)</a>	3 x 10 reps			
<a href="#">Lying bicycles</a>	3 x 30 sec			
<a href="#">Sit ups</a>	3 x 10 reps			
<a href="#">Plank (on knees)</a>	3 x 30 sec			

*REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.*

## Home Workout – Mixed Lower & Upper Body – Beginner

Exercise	Reps/time	Set 1	Set 2	Set 3
<a href="#">Bodyweight squats</a>	3 x 10 reps			
<a href="#">Side lunges</a>	3 x 5 reps each side			
<a href="#">Run in place</a>	3 x 30 sec			
<a href="#">Full sit up</a>	3 x 5 reps			
<a href="#">Single leg kickbacks</a>	3 x 5 reps each side			

*REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.*

## Home Workout – Lower Body – Advanced

Exercise	Reps/time	Set 1	Set 2	Set 3
<a href="#">Bodyweight squat jumps</a>	3 x 15 reps			
<a href="#">Single leg reach hops</a>	3 x 10 reps each side			
<a href="#">Run in place (high knees)</a>	3 x 60 sec			
<a href="#">Reverse alternate lunges</a>	3 x 10 reps each side			
<a href="#">Single leg glute bridges</a>	3 x 10 reps each side			

*REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.*

## Home Workout – Upper Body – Advanced

Exercise	Reps/time	Set 1	Set 2	Set 3
<a href="#">Close grip push ups</a>	3 x 10 reps			
<a href="#">Reverse crunches</a>	3 x 15 reps			
<a href="#">Mountain climbers</a>	3 x 30 sec			
<a href="#">Sit ups</a>	3 x 10 reps			
<a href="#">Lateral plank walks</a>	3 x 5 reps each side			

*REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.*

## Home Workout – Mixed Lower & Upper Body – Advanced

Exercise	Reps/time	Set 1	Set 2	Set 3
<a href="#">Lying flutter kicks</a>	3 x 30 sec			
<a href="#">Close grip pushups</a>	3 x 10 reps			
<a href="#">Squat jacks</a>	3 x 30 sec			
<a href="#">Elbow to hand planks</a>	3 x 10 reps each side			
<a href="#">Side lunges</a>	3 x 10 reps each side			

*REST: Rest for 3 minutes after each full set, and take 30 second rest in between exercises if needed.*