



HOME WORKOUT

GUIDE

Body Weight Edition

@ATOMICIRL

INTRODUCTION

THE BORING BIT...

HEY!

Welcome to the ultimate home workout guide!

This guide is perfect for both beginners who are looking to exercise within the comfort of their own home and also those who are more advanced in fitness and want to kick it up a notch.

Throughout the guide, you will see some workout notes / modifications included that will help you understand specific exercises better and increase the intensity of your workout.

Before you begin, here are a few pre-training questions that you will need to consider:

Do you have any injuries or anything that may hinder you?

It is advised that you should speak to your doctor to ensure they are happy for you to continue.

Are you wearing the correct clothing and shoes?

It is important to ensure that your training attire and footwear is suitable and will not cause injury.

Have you warmed up prior to conducting these workouts?

Please ensure that you are fully warmed up before partaking in any of the workouts.

GET WITH THE LINGO...

You can expect to see some of this terminology pop up throughout this guide:

| | |
|--------------------|---------------------------------------------|
| AMRAP | Perform as many rounds as possible. |
| TABATA | 8 sets – 20secs work, 10secs rest. |
| EMOM | Every minute, on the minute. |
| SUPER-SET | Exercise immediately followed by another. |
| LADDER | Reps tailored down as round progresses. |
| ACCUMULATOR | One exercise, add another, and another etc. |

WORKOUTS 01-02

21-15-9

WORKOUT VARIATION: Ladder

INSTRUCTIONS:

Begin with 21 reps of each exercise, followed by 15 reps of each exercise, and finish with 9 reps of each exercise.

| EXERCISE | REPS | NOTES |
|---------------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Squat Thrusts | 21-15-9 | Rest for 60-90 seconds upon completing each round. Feel free to use a light weight for appropriate exercises and aim to maintain proper form throughout. |
| Squats | 21-15-9 | |
| Hand-Release Press-Ups | 21-15-9 | |
| Sit-Ups | 21-15-9 | |
| Tricep Dips (Chair/Bench) | 21-15-9 | |
| Burpees | 21-15-9 | |
| Glute Bridge | 21-15-9 | |
| Mountain Climbers | 21-15-9 | |

FULL BODY BURN

WORKOUT VARIATION: Circuit

INSTRUCTIONS:

A whole-body workout designed to challenge various muscle groups.

| EXERCISE | REPS | NOTES |
|-------------|---------|-------------------------------------------------------------------------------------|
| Split Squat | 30s E/L | Complete 30secs on each leg. Increase difficulty with an appropriate weight. |
| Walkouts | 10 | Engage your core, finish in a press-up position, and return to standing position. |
| V-Sits | 10 | Ensure shoulders tap the floor after each rep and aim for mid-foot with each reach. |
| Press-Ups | 10 | Assist with knees if required or increase difficulty by narrowing hand-stance. |
| Plank | 60s | Engage core and glutes and aim to keep the body straight. |

WORKOUTS 03-04

BEAT THE CLOCK

WORKOUT VARIATION: AMRAP

INSTRUCTIONS:

Set your timer, and work for as much of the allotted time as possible.

| EXERCISE | REPS | NOTES |
|-------------------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Burpees | 10 | Complete as many rounds as possible within the 15min allotted window. Take rest as and when required but ensure a level of intensity. If rest is required, aim to keep this under control, and until the final exercise of the round is complete. |
| Plank Press | 10 | |
| Alternate Lunge | 10 E/L | |
| Side Heel Touches | 20 | |
| Squat Hold | 30s | |

NO REST FOR THE WICKED

WORKOUT VARIATION: Super-Sets

INSTRUCTIONS:

One exercise, straight into the other. Keep that intensity high.

| EXERCISE | REPS | NOTES |
|-------------------------|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1A – Tricep Dips | 30s | Complete Exercise 1A, followed immediately by Exercise 1B, and then rest for 30 seconds. Move on to Exercise 2A, and so on... Complete for 5 rounds. |
| 1B – Crunches | 30s | |
| 2A – Squats | 30s | |
| 2B – Lying Leg Raises | 30s | |
| 3A – Renegade Row | 30s | |
| 3B – Flutter Kicks | 30s | |
| 4A – Glute Bridge Hold | 30s | |
| 4B – Plank Shoulder Tap | 30s | |

WORKOUTS 05-06

WORK-UP-REST-DOWN

WORKOUT VARIATION: Circuit

INSTRUCTIONS:

After each full round, working time will increase, while the rest period will decrease.

| EXERCISE | REPS | NOTES |
|--------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rear-Foot Elevated Split Squat | 40s-45s-50s | Complete each exercise in the specified order. During Round 1, work for 40 seconds, and rest for 20 seconds before your next exercise. During Round 2, work for 45 seconds, and rest for 15 seconds before your next exercise. During Round 3, work for 50 seconds, and rest for 10 seconds before your next exercise. Rest for 60-90 seconds after each round. |
| 6-inch Hold | 40s-45s-50s | |
| Press-Ups | 40s-45s-50s | |
| Hip Thrusts | 40s-45s-50s | |
| Side Plank | 40s-45s-50s | |
| Star Jumps | 40s-45s-50s | |
| Pulse Squat | 40s-45s-50s | |
| Sit-Ups | 40s-45s-50s | |

10 x 10 x 10 = TOUGH

WORKOUT VARIATION: Circuit

INSTRUCTIONS:

10 exercises, 10 reps, 10 sets, 10 rounds. 1000 reps in total.

| EXERCISE | REPS | NOTES |
|-------------------|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Jump Squat | 10 | Complete 10 reps of each exercise in the specified order. Once you've completed the final exercise, start another round. Work for 10 rounds, meaning you'll have amassed 1000 reps. If you need a rest, take it after you've finished the final exercise of the round. |
| Crunches | 10 | |
| Frog Pump | 10 | |
| Mountain Climbers | 10 | |
| Press-Ups | 10 | |
| V-Sits | 10 | |
| Star Jumps | 10 | |
| Alternate Lunge | 10 | |
| Renegade Row | 10 | |
| Burpees | 10 | |

WORKOUTS 07-08

EVERY MINUTE MATTERS

WORKOUT VARIATION: EMOM

INSTRUCTIONS:

Every minute, on the minute. Complete the specified exercises, for the specified number of minutes.

| EXERCISE | REPS | NOTES |
|--------------------|-------|-----------------------------------------------------------------------------------------------------------------------------------|
| Walkouts | 3 | 10 minutes on the clock. Complete the round within the minute and use the remainder of the 60 seconds as rest. Complete 10 times. |
| Pulse Squats | 6 | |
| Plank Shoulder Tap | 9 | |
| Press-Ups | 4 | 10 minutes on the clock. Complete the round within the minute and use the remainder of the 60 seconds as rest. Complete 10 times. |
| Mountain Climbers | 8 | |
| Star Jumps | 12 | |
| Glute Bridge | 5 | 10 minutes on the clock. Complete the round within the minute and use the remainder of the 60 seconds as rest. Complete 10 times. |
| Squats | 5 | |
| Alternate Lunge | 5 E/L | |

DJ KHALED

WORKOUT VARIATION: Accumulator

INSTRUCTIONS:

Start with one exercise, add another, then another, then another. You get the gist!

| EXERCISE | REPS | NOTES |
|----------------------------|------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 - Wall-Sit | 20s | Work for 20 seconds, rest for 10 seconds. Add an exercise on each round. For example; Ex 1 – Rest Ex 1 – Rest – Ex 2 – Rest Ex 1 – Rest – Ex 2 – Rest – Ex 3 – Rest etc. |
| 2 – Hand-Release Press-Ups | 20s | |
| 3 – Plank Press | 20s | |
| 4 – Glute Bridge Hold | 20s | |
| 5 – Slow Mountain Climbers | 20s | |
| 6 - Side Heel Touches | 20s | |
| 7 - Burpees | 20s | |
| 8 - Squats | 20s | |

REMEMBER...

**The only bad workout is the
one that didn't happen.**

