

YOUR GUIDE TO TRAINING AT HOME DURING THIS DIFFICULT TIME



Within this guide, you will find exercises that require dumbbells and barbells. If this equipment isn't available to you, use alternatives such as canned food or bags of flour. You could also fill a rucksack with items and wear that throughout the routines.

If desired, you can purchase more bank balance friendly equipment such as resistance bands, a kettlebell, several light dumbbells and a workout mat. In order to get the most out of your workouts, you do not need an all singing, all dancing gym setup.

This guide can also be used in the future, as life returns to normal.

1. First small step

Just consider it a simple daily action that helps you keep your head in the game, fitness levels up, or just stay sane during this turbulent time.

Remember: Do the best you can, with what you have and where we are, but be kind to yourself.

With that being said, if your local gym is (understandably) inaccessible to you, here's a go-to workout you can do from the comfort of your own home.

5 movements, 10 reps each, resting 1-2 minutes in-between circuits, repeat for 2-7 circuits.

- Bear crawl
- Reverse lunge
- Push up
- Squat
- Single arm row

No equipment? No problem.

- Opt for lunges without weights
- Substitute a band for the dumbbell rows
- If no dumbbells, get creative with cans of beans or bags of flour for weights

2. Exercising the way Mother Nature intended

When it comes to exercising at home, during your 'working from home' period, the primary thing that you want to be focusing on if you are already more than just a beginner is short but highly intense bouts of activity. This form of exercise is referred to as high intensity interval training and can be done in both a strength training or a cardio set-up.

With strength training, it refers to using shorter rest periods between your exercises, while keeping the exercises themselves full body in nature, maximising the total amount of muscle fibre recruitment you get to keep them at that higher intensity level.

With cardio training, it means doing short bursts of cardio exercise and then coupling those with active rest periods where you recover afterwards.

Both of these forms of exercise provide significant advantages.

Advantages of HIIT (high intensity interval training):

- Increased metabolic rate for up to 48 hours post-workout
- Increased muscle strength & power capacity
- Enhanced utilisation of fat as a fuel source at rest
- Improved muscle glycogen storage capacity and cardiovascular functioning
- Increased insulin sensitivity
- Stronger bones
- Decreased resting heart rate and stress levels
- Lower cholesterol
- Improved performance in other activities and sleep quality
- Enhanced speed

3. Making exercise functional

What does this mean?

Functional exercise is exercise that is best going to transfer over to 'real life'. You will improve how well you can carry out a wide variety of other activities, thus you get stronger 'transfer over' benefits.

Functional exercises are ideal for improving your day to day functioning and simply enhancing your quality of life.

To illustrate 'functional' exercise, compare and contrast a squat versus a leg extension. Both of these are going to be working the quad muscles, however the squat will mimic a movement pattern that you will take in everyday life.

Cross training, is a workout approach that has been developed over the years that essentially takes this exact approach. It combines a number of functional exercises together in one workout, utilising a wide variety of exercises that will challenge you from a strength, cardiovascular, and flexibility point of view, while utilising short rest bouts to mimic the HIIT effect.

4. Designing your workout programme

When putting together a workout programme, there are a few factors that will be important to take into account.

- Exercise selection
- Reps & sets
- Rest
- Frequency

Exercise selection

One of the most important factors will be that you choose movements that are functional in nature and work as many muscle groups as possible all at once. This will provide you with a better metabolic boost, meaning you'll burn fat faster and you'll also see increased muscle gains as well. These exercises, while they can be called 'functional movements' as noted above, can also be listed as compound movements as well.

Here are the main ones to focus on:

- Chest press
- Push up
- Incline press
- Decline press
- Shoulder press
- Bentover rows
- Horizontal rows
- Pull ups
- Pull downs
- Pullovers
- Squats
- Lunges
- Step ups
- Deadlifts
- Leg press

Reps & sets

Select how many reps and sets you will perform of each exercise.

Reps refer to how many times you complete the exercise total before you take a break to rest and recover.

Sets refers to how many times you will do the exercise total before moving to the next movement.

Complete a rep range that is challenging given your chosen weight.

Aim for 2-5 sets per exercise per workout. Aim for 15-25 total sets per workout. The better recovery rates you have, the more total sets you can perform.

Rest

As noted, your rest periods should be kept short in these workouts, but still sufficiently long enough that you can recover between them. Not taking sufficient rest can lead to poor form, leaving you open to injury. Rest periods should be kept between 30-90 seconds in length, however you may perform multiple exercises in a row before resting. This is referred to as a superset (two exercises) or circuit training (multiple exercises).

Frequency

Try to work each muscle group in the body with every workout, hitting the muscle groups three times per week if you can, with one day off between them.

This means you would use a Monday, Wednesday, Friday or you could use a Tuesday, Thursday, or Saturday. It is important that you have the full 48 hours of rest time in between for optimal recovery.

These are main concepts that go into building you a complete workout program. Enabling you to put together an effective workout.

YOUR SAMPLE WORKOUTS

Below are some sample workouts to follow. Since these are full body workouts, you can mix and match them as you prefer on a day to day basis. Change them up regularly to keep your body stimulated and challenged. Doing the same workout over and over will lead to a progress plateau.

Workout A

If you have equipment available, perform all the exercises as indicated, taking no rest time between supersets.

Exercise (supersets)	Reps	Sets	Rest
1. Squats/chest press	8	3	60 secs
2. Deadlifts/bent over rows	8	3	60 secs
3. Shoulder press/lunges	10	3	45 secs
4. Bicep curls/tricep extension	12	2	30 secs
5. Lateral raises/front raise	12	2	30 secs



Workout B

Perform the following circuit, taking as little rest between exercises as possible. Once all exercises are completed, rest for 30-60 seconds and then move on to complete the circuit 1-3 more times through.

- Bodyweight squats - 20 reps
- Push-ups - 10 reps
- Lying leg raises - 20 reps
- Bicycle crunches - 20 reps
- Front lunges - 10 reps/side
- Shoulder Press (with whatever weight you have available) - reps to failure
- Plank hold (30-60 seconds)



Workout C

Where equipment allows, perform as many reps as you can do for the following exercises in a one minute time period. If you need to stop and rest, do so, but start back as soon as possible. Once the minute is up, rest briefly to catch your breath before moving to the next exercise. Once all exercises are completed, pause for 2 minutes. Repeat circuit 1-3 more times through.

- Barbell squats
- Push ups
- Step ups
- V sit ups
- Bentover rows
- Incline bench press
- Standing calf raises
- Bicep curls
- Tricep extensions

Workout D

Perform all exercises as indicated

Exercise	Reps	Sets	Rest
1. Squats	10	4	90 secs
2. Chest press	10	4	90 secs
3. Deadlifts	10	4	60 secs
4. Bentover rows	10	3	60 secs
5. Shoulder press	12	3	60 secs

Workout E

Alternate between the strength and cardio exercises below, performing each one for a one minute time period. If you need to stop and rest briefly while doing the strength exercise, do so and carry on as soon as possible once again.

Once all sets are completed, rest for 3-4 minutes and then repeat for up to 5 rounds.

Set 1: Squats & skipping

Set 2: Chest press & running knee highs

Set 3: Lunges & burpees

Set 4: Bentover row & mountain climbers