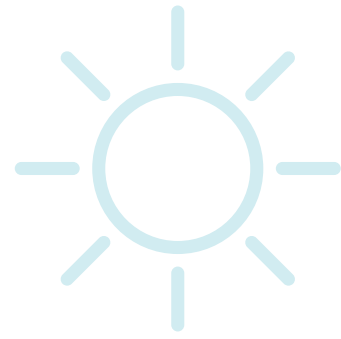
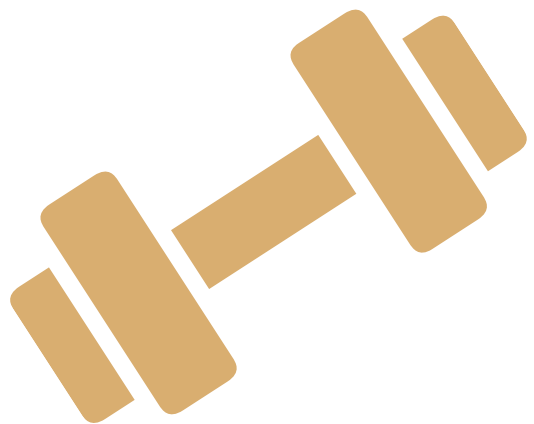


two week, at home, workout guide.



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the layout

TWO WEEKS.

A GUIDE THAT CAN BE DONE ANYWHERE

This guide is here to support your fitness goals whenever you want to workout at home, a gym, a beach, you name it. All exercises can be performed without weight (modified), with a set of dumbbells or finding any object you can hold (think, heavy books, a watermelon, a wine bottle... let's get creative!)

Additionally, any exercise with a platform, can be performed by using a step, chair, bench, table, etc. Get creative here as well!

SCHEDULE

Monday: Full Body

Tuesday: Lower Body

Wednesday: Upper Body

Thursday: Rest

Friday: HIIT

Saturday: Cardio

Sunday: Cardio or Rest

MONDAY: FULL BODY

BODYWEIGHT OR LIGHTWEIGHT

WARM-UP

5 min of walking/jogging/running
5 min of stretching full body

CIRCUIT 1 X 4

10 Squat + Squat Pulse
10 Push-Ups
20 Russian Twists (total)
10 Jump Squats
30 Sec Plank

CIRCUIT 2 X 4

10 Side Lunges (per side)
10 Jump Lunges (per side)
15 Tricep Dips
40 Shoulder Taps (total)
10 Narrow Squats
30 Sec 6-inch hold

10 MIN AMRAP (AS MANY REPS AS POSSIBLE)

10 Burpees
10 Sit-ups
10 Jumping Jacks
20 Alternating Plank Toe Taps (total)
10 Squat Jumps
10 Straight Leg Sit-ups

COOL DOWN

5 min of walking/jogging/running
5 min of stretching full body
HYDRATE! HYDRATE! HYDRATE!

TUESDAY: LOWER BODY

GRAB WEIGHTS OR ANY OBJECT!

WARM-UP

5 min of walking/jogging/running
5 min of band activation and stretching

CIRCUIT 1 X 4

10 Squat to Romanian Deadlifts
10 Bulgarian Split Squats (per leg)
8 Side Lunge to Reverse Lunge (per leg)
10 Sumo Squat + 3 Squat Pulses
10 Hip Thrusts
10 Glute Bridge with 3 second hold at top
30 Toe Taps

TIPS!

- if you do not have weights, find random objects such as books, box, bottle of wine
- for a platform: use a bench, stair step, chair, couch, etc.

BURNOUT: HOLDING WEIGHT/USING BANDS

50 Walking Lunges (total)
40 Lateral Side Steps (total)
30 Toe Taps
20 Jump Squats
10 Squat Pulses
Max Wall-Sit (record the time!)

COOL DOWN

5 min of walking/jogging/running
5 min of stretching full body
Make sure to get a hearty post-workout snack or meal!

WEDNESDAY: UPPER BODY

MODERATE OR HEAVY WEIGHT

WARM-UP

5 min of walking/jogging/running
5 min of band activation and stretching

CIRCUIT 1 X 3

10 Bicep Curl to Overhead Press
10 Front Raises
10 Bent Over Rows
10 Push-Ups
10 Shoulder Taps (each side)

CIRCUIT 2 X 3

10 Chest Press
10 Bicep Curls
10 Tricep Dips
10 Upright Rows
10 Burpees with Push-Up

TABATA CORE CIRCUIT: 20 SEC ON/10 OFF REPEAT 6 TIMES

Sit-Ups
Russian Twists
Lying Leg Lifts
Flutter Kicks
Scissor Kicks

TIPS!

- hold weight in your hands to advance the moves
- make sure to keep core tight, focusing on the movement not speed

COOL DOWN

5 min of walking/jogging/running
5 min of stretching full body
HYDRATE! HYDRATE! HYDRATE!

FRIDAY: HIIT

WARM-UP

5 min of walking/jogging/running
5 min of stretching full body

4 ROUNDS WITH THE FOLLOWING TIMES:

ROUND 1: 40 SECONDS ON/20 SECONDS OFF

ROUND 2: 45 SECONDS ON/15 SECONDS OFF

ROUND 3: 60 SECONDS ON/30 SECONDS OFF

ROUND 4: 20 SECONDS ON/10 SECONDS OFF

1. Jumping Jacks
2. Squat + 3 Squat Pulses
3. 1 Push-Up + 4 Mountain Climbers
4. 10 High Knees + 10 Butt Kicks
5. Plank through weight pull-through **any object or weight works**
6. 4 Jump Lunges + 1 Jump Squat
7. Shoulder Taps
8. Bicycle Crunches
9. Lateral Jump + 10 Fast Feet Steps
10. Burpees

COOL DOWN

5 min of walking/jogging/running
5 min of stretching full body

OTHER DAYS

THURSDAY: REST

While this is a rest day, I suggest getting in 15 minutes of stretching to relieve any tension from the muscles that have been worked throughout the week or relieve any stress from sitting at work/your desk all day

SATURDAY: CARDIO

I like to use today as an opportunity to get outdoors for a bike ride, run, jog or walk. Feel free to make this an indoor treadmill workout or do barre, pilates or yoga this day as well!

SUNDAY: CARDIO OR REST

This day is interchangeable - feel free to make this a second rest day, do a second cardio day, or any other movement that feels good for you! I like to think of Sunday as a day that I do whichever workout my body seemed to want more of after a full week. Think to yourself - what will fulfill me most? Is it another run, or another leg day?

MONDAY: FULL BODY

BODYWEIGHT OR LIGHTWEIGHT

WARM-UP

5 min of walking/jogging/running

5 min of stretching full body

IN BETWEEN EACH ROUND: 30 SECONDS OF JUMPING JACKS OR JUMP ROPE

CIRCUIT 1 X 2

10 Squats

10 Sumo Squats

10 Narrow Squats

10 Squat Jumps

10 Squat Pulses

CIRCUIT 2 X 2

10 Push-Ups

20 Shoulder Taps (total)

10 Tricep Dips

10 Alternating Plank Toe Taps

10 Mountain Climbers

CIRCUIT 3 X 2

10 Squats

10 Push-Ups

10 Narrow Squats

10 Tricep Dips

10 Squat Pulses

CIRCUIT 3 X 2

10 Sumo Squats

20 Shoulder Taps

10 Squat Jumps

10 Alternating Plank Toe Taps

10 Mountain Climbers

COOL DOWN

5 min of walking/jogging/running

5 min of stretching full body

HYDRATE! HYDRATE! HYDRATE!

TUESDAY: LOWER BODY

GRAB WEIGHTS OR ANY OBJECT!

WARM-UP

5 min of walking/jogging/running
5 min of band activation and stretching

TRISSET #1 X 4

20 Squats
10 Single-Leg RDLs (per side)
50 Toe Taps

TRISSET #2 X 4

10 Bulgarian Split Squats (per side)
15 Hip Thrusts with 2 second pause at top
15 Sumo Squat Pulses

TRISSET #3 X 4

10 Reverse Lunges with Front Knee Drive (per side)
10 Side Lunge Pulses (per side)
10 Box Jumps

BURNOUT: MAX WALL SIT (BEAT LAST TIME!)

COOL DOWN

5 min of walking/jogging/running
5 min of stretching full body
Make sure to get a hearty post-workout snack or meal!

WEDNESDAY: UPPER BODY

BODYWEIGHT OR LIGHTWEIGHT

WARM-UP

5 min of walking/jogging/running
5 min of band activation and stretching

SUPERSET #1 X 2

15 Bicep Curls
30 Shoulder Taps (total)

SUPERSET #2 X 2

10 Push-Up + Prone Row
10 Front Raises

SUPERSET #3 X 2

12 Shoulder Presses
20 Alternating Plank Hip Dips

SUPERSET #4 X 2

10 Delt Flies
40 Mountain Climbers

**AFTER EACH SUPERSET IS PERFORMED TWICE, REPEAT
EACH SET ONE MORE TIME!**

CORE BURNOUT X 3 (END WITH MAX PLANK)

20 Lying Leg Lifts
15 Sec. Flutter Kicks
15 Sec. Scissor Kicks
15 Sec. In/Out Pulses
15 Sec. 6-inch Hold
15 Sec. Rest

COOL DOWN

5 min of walking/jogging/running
5 min of stretching full body

FRIDAY: HIIT

WARM-UP

5 min of walking/jogging/running
5 min of stretching full body

4 ROUNDS WITH THE FOLLOWING TIMES:

ROUND 1: 40 SEC ON/20 SEC OFF

ROUND 2: 45 SEC ON/15 SEC OFF

ROUND 3: 45 SEC ON/15 SEC OFF

ROUND 4: 40 SEC ON/20 SEC OFF

1. Burpees (let's get that heart rate going!!)
2. Jump Squat + Reverse Lunge (repeat each side)
3. V-Ups
4. 1/4 Squat + Hip Twist
5. Russian Twists
6. Skater Jumps
7. Push-Up + 2 In/Out Hops
8. Lying Leg Lifts with Butt Raise
9. 3 Side Shuffles + Squat Jump
10. Mountain Climbers

COOL DOWN

5 min of walking/jogging/running
5 min of stretching full body

OTHER DAYS

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