

The
New Image
Personal Training
Home Workout
Guide

The Ultimate Weight Loss Plan
Exercise Manual

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Home Workout

The exercises in this manual are suggested exercises for a starting point. Intermediate exercisers would need to add more resistance and variety to effectively make progress.

All the exercises in this manual can be performed using body weight alone, dumbbells, barbells, weighted bottles, fit tubes, benches, steps and fit balls. The suggested workout makes the most out of limited equipment and space, making it ideal for a home environment.

Try to complete this routine twice a week. Leaving between 24 and 48 hours rest between workouts.

If you perform cardio on the same day it should be done on completion of the weight routine.

This is a periodised programme which means that throughout the lifetime of the programme (four to six weeks) the level of intensity/difficulty should be progressively increased to peak on the sixth week. After this point a completely different type of routine should be followed and the intensity lowered to a slightly higher base point than week one.

As with all exercise this routine will give good results if followed consistently, a stop start approach with no progression will not give any training induced adaptations and your progress will be slow if at all.

The workout level is such that towards the end of the six weeks you should feel uncomfortable when completing each set. This level of discomfort should be purely within the muscle due to lactate build up and fatigue and NOT in the joints which will feel like a sharp shooting pain.

Always perform all the exercises strictly and don't forsake good technique for completing the desired number of repetitions.

By week six you should reach failure on each set at around 20 – 25 reps.

In between each exercise you should take rests of no longer than 60 seconds. If you feel sickly or dizzy at any time during the workout you should allow longer to recover and never push yourself so hard that you feel unwell. Any such symptoms should not last any longer than 1 – 2 hours after a workout, if the recovery time is longer than this, slow down your progression.

WEEK 1 - Aim to perform one set of 25 repetitions for each exercise

WEEK 2 - Increase to two sets of 25 repetitions

WEEK 3 – Increase to three sets of 25 repetitions

WEEKS 4 – 6 – Continue to perform three sets of 25 repetitions. Each week increase the resistance and intensity until week 6. By week 6 the intensity of each exercise should be to failure/ unable to complete the desired rep range.

After week 6 the routine should be changed completely.

The Exercises

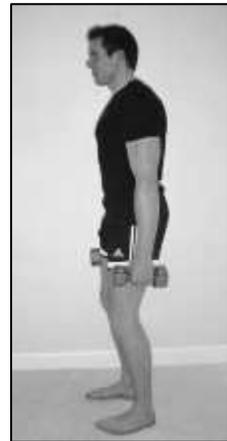
Calf Raise



This exercise is best performed on a step for maximum contraction of the calf muscles. Supporting yourself on a wall or banister etc for balance extend your heels over the edge of your platform, lower your heels down below the level of the balls of your feet. Then raise up as high on to your toes as possible. You can either perform this with both legs together or using a dumbbell and with one leg at a time. Whichever leg you work hold the dumbbell in the hand of that side. Perform for the desired reps. Change resistance by holding weights, increasing reps or working each side individually



The Lunge



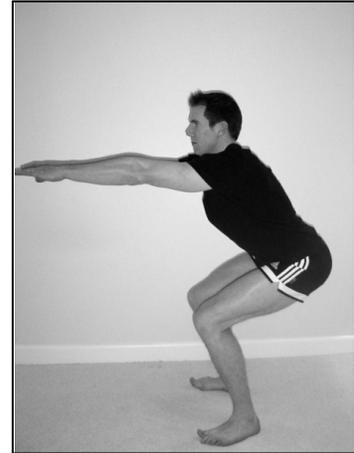
Begin by standing straight with knees slightly bent, holding a weight or just your arms at your sides. Whilst maintaining the natural arch in your back start to step forwards with one leg. Lunge all the way down until your back knee is about 1 inch from the floor and front knee does not travel forwards in advance of the toes. From this position push off the leading leg and return to the standing position. Repeat with the other leg always returning to the start position.

Perform for the desired repetitions. Change resistance by holding weights, increasing reps or stepping from or to a step or platform

The Squat



Begin by standing straight with knees slightly bent, holding a weight or just your arms at your sides. Whilst maintaining the natural arch in your back, bend from the hips and knees until your thighs are nearly parallel to the floor. Slowly stand back up to the starting position. If this movement is difficult begin by holding on to the back of a chair or use a Swiss ball against a wall. Perform for the desired reps. Change resistance by holding weights, increasing reps or slowing down the movement.



Lateral Raise



Begin by standing straight with knees slightly bent, holding a weight at your sides. Bend your elbows slightly and maintain throughout the exercise. Whilst maintaining the natural arch in your back slowly raise both arms out to the sides until level with shoulders. Tilt your arms at the top of the movement and then lower to the starting position. Perform for the desired reps. Change resistance by using heavier weights or increasing repetitions.



Single Arm Row



With feet shoulder width apart, knees bent and back flat, balancing your weight equally on both knees and the supporting arm which may be supported on a bench, chair etc. Hold a weight in one hand with that arm fully extended down. Using the strength of the upper back and arm pull the weight up to chest level and then return to the starting position. Perform for the desired reps on both sides. Change resistance by increasing weight or increasing reps.



Bicep Curl



Begin by standing straight with knees slightly bent, holding a weight at your sides. Bend from your elbows keeping them tucked in to your sides. Curl the weight up towards the shoulders at the same time supinating your wrists (turning them upwards) so that palms are facing you at the top of the movement. Slowly lower back down to the starting position and repeat. Perform for the desired repetitions. Change resistance by using heavier weights, a barbell, sitting down or increasing repetitions.



Tricep Extensions



This exercise can be performed either standing or sitting. Ensure that your back is kept straight and avoid any twisting or bending. Holding a dumbbell in one hand with the arm extended above the head and supported by the other hand. Slowly lower the weight down behind the head. Straighten the arm and repeat for desired repetitions then change arms. Increase weight to progress.



All the above exercises can be done using weighted milk bottles or heavy tin cans, but if you want to speed up your progress much faster, then you can use a range of dumbbells.

You can pick up a very good range here: - www.jagoholmes.com/gym_equipment.html

Back Extensions



Lying face down on the floor with fingers behind the ears. Slowly raise your head and shoulders off the floor keeping your head in a neutral position without straining your neck upwards. Squeeze your lower back muscles and then lower.

Abdominal Curl



Lying on your back with your feet flat on the floor about hip width apart and knees bent. With your elbows bent and fingers behind your ears. Pull your stomach in and slowly raise your head and shoulders up towards the ceiling. You should feel the stomach muscles contracting. Slowly lower and repeat for the desired repetitions.

Both above exercises can be done on a folded towel placed on a carpet, but for a more comfortable workout you can use a training mat, which can be bought from here: -

www.jagoholmes.com/mats.html

Press Ups - There are 3 basic positions starting with easiest as follows

Box Press Ups



Get in to position on your hands and knees with your hands placed shoulder width apart. Keep your back in its natural position with stomach muscles pulled in tightly. Your knees should be bent to no more than 90 degrees. Lower yourself down slowly until you feel a stretch across your chest. Straighten your arms to the start position and repeat.

3/4 Press Up



Get in to position on your hands and knees with your hands placed shoulder width apart. Keep your back in its natural position with stomach muscles pulled in tightly. Your knees should be much straighter than in the box press up. Lower yourself down slowly until you feel a stretch across your chest. Straighten your arms to the start position and repeat.

Full Press Up



Get in to position on your hands and feet with your hands placed shoulder width apart. Keep your back in its natural position with stomach muscles pulled in tightly. Your legs should be straight. Lower yourself down slowly until you feel a stretch across your chest. Straighten your arms to the start position and repeat.