

TRAIN SMART

FITNESS & HEALTH

Quarantine Home-Workout Program

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Disclaimer

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge *Train Smart Fitness & Health* from any and all claims or causes of action, known or unknown.

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Overview

At the time of writing this, gyms, workplaces, public spaces have been closed for well over a month due to the outbreak of a new viral strain, COVID-19. We have all been pretty much confined to our homes. This presents a problem, without access to a gym, many of us have lost access to the fitness tools that we're used to having.

Exercise is medicine and does wonders for our immune system and overall health. But without a gym how are we to exercise? Not to worry, I have a solution for you! I've been training at home for years and teaching my clients how to train at home effectively with minimal exercise equipment and basic household items. Now, I'm going to teach you as well.

Goals

1. By the end of this program, you'll be proficient at a variety of exercises, that you can even incorporate into your regular gym workouts
2. You'll be stronger and have more endurance.
3. You'll learn a simple way to progress your workouts.
4. Lastly, you will learn a method of structuring workouts that can be used to make your own.

What You'll Need

- Exercise mat
- Light or Medium Resistance Band
- 2 sturdy chairs or a bench
- Sliders/Towel/Old shirt
- Willingness to push yourself each workout

Program Description

The program is made up of 10 full-body workouts done in a Workout Of The Day format (Monday-Friday). There are a lot of ways to progress your training. In this program we're going to use 2 progression methods:

1. Increasing the Set time of each exercise
2. Increasing the total number of rounds

Using just these 2 progressions, you can turn the 10 workouts into 90 training sessions!

The Exercises are to be done in a circuit-fashion, I've arranged each Workout so that the previous Exercise can have as minimal impact on the next one as possible.

The Exercises are performed AMRAP-style, and you can take brief Rest-Pauses during each Set if it's needed, but keep them at a minimum. You want to push as hard as you can throughout each Set and Round.

The Workouts

To create the full-body workouts, I'm using these 5 categories to select the exercises for each workout:

1. A Squatting or Knee Dominant Movement
2. An Upper-Body pushing movement
3. An Upper-Body pulling movement
4. A Hinging or Hip Dominant Movement
5. Core/Abs

These categories can be expanded upon further, but for simplicity let's leave it at that. You can use this structure to create all sorts of workouts (Bodyweight, Kettlebell, Barbell, Dumbbell, Machine).

Using these 5 categories, here are the 10 workouts:

Workout 1:

Equipment: Exercise mat, sturdy chair/bench/couch

Exercises:

1. Squatting: Bodyweight Squats
2. Push: Push Ups
3. Hinging: Hip Thrusts
4. Pulling: Inverted Row (if you don't have a chair that you can get under, a coffee table works as well or placing a strong beam across the backs or seats of 2 sturdy chairs)
5. Core: Forearm/High Plank

Workout 2:

Equipment: Exercise mat

Exercises:

1. Squatting: Alternating Reverse Lunges
2. Push: Triceps Push Ups
3. Hinging: Glute Bridges
4. Pulling: Back Widows/Reverse Push Up
5. Core: Mountain Climbers

Workout 3:

Equipment: Exercise mat, sturdy chair/bench/couch

Exercises:

1. Squat: Lateral Lunges
2. Push: Wide-Grip Push Ups
3. Hinging: Goodmornings
4. Pulling: YTWI
5. Core: Side Plank
6. Core: Side Plank

Workout 4:

Equipment: Exercise mat, sturdy chair/bench/couch

Exercises: Chair, Mat, Sliders/Towel/Old shirt

1. Squat: Alternating Box Pistols
2. Push: Alternating Staggered Hands Push Ups
3. Hinge: Alternating Single-Leg Deadlifts
4. Pull: Sliding Bodyweight Pullovers
5. Core: Hollow Body Hold

Workout 5:

Equipment: Mat

Exercises:

1. Squat: Diagonal Lunges
2. Push: Hindu Push Ups
3. Hinge: Alternating Single Leg Glute Bridges
4. Core: Alternating Side Planks (forearms or palms)

Workout 6:

Equipment: Exercise mat, Resistance Band

Exercises:

1. Squat: Squat + Reverse Lunge
2. Pull: Band Pull Aparts
3. Push: Push Up to Ankle Touch
4. Hinge: Superman
5. Core: Reverse Crunches

Workout 7:

Equipment: Exercise mat, Sturdy Chair/Bench/Couch, Wall

Exercises:

1. Push: T-Push Ups
2. Core: Pike Pulses
3. Hinge: Alternating Single-Leg Hip Thrusts
4. Squat: Standing to Tall Kneeling
5. Pull: Scap Retraction on wall

Workout 8:

Equipment: Exercise mat, Chair/Bench/Couch

Exercises:

1. Squat: Squat to Lateral Lunge
2. Push: Pike Push Ups (feet on ground or elevated onto a Chair/Bench/Couch)
3. Hinge: Straight Legs Glute Bridges
4. Pull: Reverse Table Pose or Reverse Plank
5. Core: Russian Twists

Workout 9:

Equipment: Exercise mat, Chair/Bench/Couch

1. Push: Side-to-Side Push Ups
2. Hinge: Feet-Elevated Glute Bridges
3. Core: In & Out (with or without hand support)
4. Squat: One-Leg Lunges
5. Squat: One-Leg Lunges
6. Pull: Reverse Snow Angels

Workout 10:

Equipment: Exercise mat, Chair/Bench/Couch

1. Squat: Hindu Squats
2. Push: Dips on Chairs/Benches
3. Isometric Scap Retraction On Chairs/Benches
4. Hinge: Bulgarian Split Squats
5. Hinge: Bulgarian Split Squats
6. Core: Sit-Throughs

To see demos of each of the Workouts please refer to my website:

<https://www.trainsmartfh.com/pages/videos>

The Plan

Pick 5 of the Workouts, you will stick with them until you've maxed out the both the Set time and the total number of rounds. At which point you will swap these for the other 5 and repeat this process.

You will start at 30sec per Exercise (Set Time) and 3 Rounds per Exercise. You will progress this to 60sec Sets and 5 Rounds.

I'll give you 2 options for progressing, you can either prioritize the Set time or the Number of Rounds:

Prioritizing Set Time: You'll be trying to max out the Set Time first, before increasing the Number of Rounds and then re-building your Set Times

Week 1: 30sec Sets and 3 Rounds

Week 2: 45sec Sets and 3 Rounds

Week 3: 60sec Sets and 3 Rounds

Week 4: 30sec Sets and 4 Rounds

Week 5: 45sec Sets and 4 Rounds

Week 6: 60sec Sets and 4 Rounds

Week 7: 30sec Sets and 5 Rounds

Week 8: 45sec Sets and 5 Rounds

Week 9: 60sec Sets and 5 Rounds

Prioritizing Number of Rounds: You'll be trying to max out the total Number of Rounds first, before increasing the Set Time and then re-building your Number of Rounds.

Week 1: 30sec Sets and 3 Rounds

Week 2: 30sec Sets and 4 Rounds

Week 3: 30sec Sets and 5 Rounds

Week 4: 45sec Sets and 3 Rounds

Week 5: 45sec Sets and 4 Rounds

Week 6: 45sec Sets and 5 Rounds



Week 7: 60sec Sets and 3 Rounds

Week 8: 60sec Sets and 4 Rounds

Week 9: 60sec Sets and 5 Rounds

Simple, right?

Now, swap out for the other 5 Workouts and start again at Week 1.

Guidelines & Troubleshooting

All plans look good on paper but in practice we run into all sorts of hurdles. Even the best of us will have trouble performing continuous Push Ups or Squats with good form for 60sec and 5 Rounds. So let's plan for that:

-If you can complete 30sec Sets for each Exercise then you can move onto 45sec or add a Round

-If you can complete 45sec Sets with 1 Rest-Pause (let's say 1-2 Rest-Pauses in Rounds 3-5 to account for fatigue from the previous Sets) then move onto 60sec Sets or add a Round

What if I'm not ready to increase Set Time or Number of Rounds for a particular Workout?

Stick with the same Time & Rounds for another week for that specific Workout. If you can continue progressing with the other Workouts.

Do I Need to Progress at the same rate for all Workouts?

No. You don't need to progress at the same rate for all Workouts. You might get to Week 9 and be at 60sec Sets & 5 Rounds for 4 of the 5 Workouts but still at Week 7 for the 5th, in that case still swap out those 4, for 4 of the other Workouts and keep working on that one lagging one until you're ready to swap it as well.

What if I'm just having trouble progressing one specific exercise?

Give it two attempts. If after 2 weeks you're ready to progress in the other exercises, but this one is still giving you trouble, still continue with your plan (increasing Set Time or Number of Rounds). For that troublesome Exercise, take more Rest-Pauses to account for the increased difficulty.

Can I swap out an Exercise that isn't appropriate/not challenging for me?

Yes, if a particular Exercise isn't appropriate for you or you can't reasonably perform that Exercise with this progression plan, then swap it out for a similar Exercise that will help you build up to it. Or conversely if an Exercise isn't enough of a challenge for you, then feel free to swap it out for a similar Exercise that is.

Training Lingo

Set: is composed of the total number of Reps or the length of time that the Exercise must be completed for.

Round: is the sum of all Sets that must be completed before resting.

Rest-Pause: Perform as many continuous quality Reps as possible, take a brief rest, then continue the Set.

AMRAP: Perform as many Reps as possible.


Alternative Exercises

This isn't an exhaustive list of all of the alternative exercises, this is just to give you an idea of some of the modifications that can be made.

1. **Squatting/Knee Dominant:** Box Squat (variable height), Forward Lunges, Sumo-Stance Squat, Narrow Stance Squat
2. **Upper-Body Pushing:** Wall Push Ups, Incline Push Ups, Knee Push Ups, Staggered Hands Knee Push Ups, Decline Push Ups (variable height)
3. **Upper-Body Pulling:** Refer to The Workouts as there are Pulling Exercises for a variety of levels.
4. **Hinging/Hip Dominant:** Refer to The Workouts as there are Hinging/Hip Dominant Exercises for a variety of levels.
5. **Core/Abs:** Knees and Elbows Front/Side Plank, Knees and Palms Front/Side Plank, Leg Raises, Bicycle Crunches

Where Do I Go From Here?

Going through this program probably helped you uncover some weaknesses, that's a good thing. Maybe you have trouble with unilateral exercises (Lunges, Single-Leg Deadlift) or exercises that require a lot of full-body mobility (Push Ups to Ankle Touches). Use what you learned here to guide your next steps. You could pick an exercise from each category that



you had trouble with and make a program out of that. Alternatively you could take the exercises you enjoyed and incorporate those into your own program.

I suggest making a few workouts (3-5) and in each workout have a mix of exercises that you're good at and enjoy along with those that you have some room for improvement in.

If you require more guidance on where to go next please reach out to me, I offer Online, Virtual, and In-Person Training (Mississauga and the Greater Toronto Area):

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