



LIFT FITNESS AT HOME FULL BODY WORKOUT PACKAGE

LIFT your body

LIFT your energy

LIFT your mind

FULL BODY AT HOME WORKOUT PACKAGE

Thank you for purchasing LIFT's Full body at home workout, if you didn't purchase this workout plan then someone must really love you....or not and want to see you suffer! Either way you are going to have a great time, get sweaty and feel healthy and strong when you're done! We have included some much needed info for you to complete this workout and how often to do it.

WHAT YOU WILL NEED

A set of free weights 5lbs for beginners 8lbs for intermediate and 10lbs+ for advanced

*as you get stronger challenge yourself and feel free to go up in weight as you feel stronger

- A raised platform (IE: Chair/Staircase)
- Towel
- Water bottle

HOW OFTEN DO I DO THIS WORKOUT?

- Beginners 1-2 times a week
- Intermediate 2-3 times a week
- Advanced 3-5 times a week

* As you feel fitter and stronger please feel free to bump yourself up to intermediate or advanced depending on the level you started

Note:

*This workout shows Back/Chest/Arm/Leg Exercises 1 & 2 only being completed 1 time for 10 Reps before moving back onto Cardio & Core. If you would like an extra challenge and/or if time allows, you may complete 2-3 sets of each muscle group.

* The Cardio and Core portion is to be completed for 30 seconds each exercise with 10-12 second rest/transition time.

LETS GET STARTED

CARDIO & CORE:

*30 seconds each exercise with 10-12 second rest/transition time.
Repeat 2x.*

1. DEAD BUG X 30 SECONDS

Tip: Press your back down and tuck the pelvis to engage the core, then reach opposite arm and leg. The back must stay flat so you can feel this in the lower abs only.



2. DIAGONAL MOUNTAIN CLIMBERS X 30 SECONDS

Tip: With your hands directly under your shoulders, bring opposite knee to elbow quickly and work side to side.



BACK EXERCISES

Back Exercises:

*10 Reps each Exercise/Side

1. DUAL ARM ROW X 10 REPS

Tip: The arms begin straight. By pulling through the back of the shoulder, your arms will raise and you want to squeeze the shoulder blades together.



2. BIRD-DOG (EXTRA CHALLENGE: HOLD OPPOSITE ARM/LEG FOR 2-3 SECONDS BEFORE SWITCHING ARM/LEG) X 10 REPS EACH SIDE

Tip: Place your knees under your hips, your hands under your shoulders and then reach opposite arm/leg while keeping the back flat.



***REPEAT CARDIO & CORE ***

CARDIO & CORE:

*30 seconds each exercise with 10-12 second rest/transition time.
Repeat 2x.*

1. DEAD BUG X 30 SECONDS

Tip: Press your back down and tuck the pelvis to engage the core, then reach opposite arm and leg. The back must stay flat so you can feel this in the lower abs only.



2. DIAGONAL MOUNTAIN CLIMBERS X 30 SECONDS

Tip: With your hands directly under your shoulders, bring opposite knee to elbow quickly and work side to side.



CHEST EXERCISE:

*10 Reps each Exercise/Side

1. PUSH-UP (EXTRA CHALLENGE: ON TOES. OR, TRY IT WITH 1 LEG OFF THE GROUND) X10 REPS

Tip: Start in Plank position- keep your bum tucked and your core tight as you lower yourself to the ground. Your hands should be in line with your chest.

BEGINNER (ON WALL):



INTERMEDIATE (ON KNEES):



ADVANCED (ON TOES):



2. ONE ARM CHEST PRESS IN HIP BRIDGE X 10 REPS

Tip: Press through your heels and lift your bum up to starting position- with 1 arm up, lower the elbow towards the ground and keep the dumbbell in line with your chest.



***REPEAT CARDIO & CORE ***

CARDIO & CORE:

*30 seconds each exercise with 10-12 second rest/transition time.
Repeat 2x.*

1. DEAD BUG X 30 SECONDS

Tip: Press your back down and tuck the pelvis to engage the core, then reach opposite arm and leg. The back must stay flat so you can feel this in the lower abs only.



2. DIAGONAL MOUNTAIN CLIMBERS X 30 SECONDS

Tip: With your hands directly under your shoulders, bring opposite knee to elbow quickly and work side to side.



ARM EXERCISES

*10 Reps each Exercise/Combo

1. TRICEPS KICKBACK X 10 REPS

Tip: Bring your upper arms to your side and imagine your elbows are glued there- they should not move from this position. Extend your arm straight and feel the back of your arms work.



2. BICEPS CURL TO SHOULDER PRESS X 10 REPS

Tip: Again, your elbows should remain at your side as you curl the dumbbells up towards your shoulders. Then, press the dumbbells overhead.



*****REPEAT CARDIO & CORE *****

CARDIO & CORE:

*30 seconds each exercise with 10-12 second rest/transition time.
Repeat 2x.*

1. DEAD BUG X 30 SECONDS

Tip: Press your back down and tuck the pelvis to engage the core, then reach opposite arm and leg. The back must stay flat so you can feel this in the lower abs only.



2. DIAGONAL MOUNTAIN CLIMBERS X 30 SECONDS

Tip: With your hands directly under your shoulders, bring opposite knee to elbow quickly and work side to side.



LEG EXERCISE

*10 Reps each Exercise/Side

1. BULGARIAN SPLIT SQUAT X 10 REPS

Tip: With 1 foot raised on a platform behind you, stand with 1 leg in front of the other. Your knee stays over your ankle as you lower your hips towards the ground.



2. HIP BRIDGE (EXTRA CHALLENGE: DO EXERCISE UNTIL MAX REPS COMPLETED. OR, TRY A SINGLE LEG HIP BRIDGE FOR 10 REPS). X 10 REPS

Tip: Lift through your bum by pressing through your heels. Feet should stay flat as well as the back.



CHALLENGE (SINGLE LEG HIP BRIDGE)



*****REPEAT CARDIO & CORE *****

CARDIO & CORE:

*30 seconds each exercise with 10-12 second rest/transition time.
Repeat 2x.*

1. DEAD BUG X 30 SECONDS

Tip: Press your back down and tuck the pelvis to engage the core, then reach opposite arm and leg. The back must stay flat so you can feel this in the lower abs only.



2. DIAGONAL MOUNTAIN CLIMBERS X 30 SECONDS

Tip: With your hands directly under your shoulders, bring opposite knee to elbow quickly and work side to side.



CONGRATULATIONS!

Way to go you have completed the LIFT full body workout!!!! We hope you are sweating and smiling and ready to do it again in a day or two! Woohoo we are proud of you!