



# AT HOME WORKOUTS

Included are ;  
Six at home  
workouts that  
require no  
equipment

**FITWITHKRYSTAL**

# WEEK 1 & Day 1

## Full Body Workout

### Notes:

- . beginner option to do 40 secs work and 20 sec rest and advanced 50 secs work 10 sec rest

### Workout Plan:

- . using the timer complete one exercise after the other for a total of 5 rounds (take extra rest of need be)

<b>EXERCISE</b>	<b>WORK</b>	<b>REST</b>
<b>Squat Pulses</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Wide Push Ups (wall or ground)</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Static Lunges (20 sec each side)</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Superman</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Tricep Dips (floor/bench/ table)</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Crunches or Sit Ups</b>	<b>45 secs</b>	<b>45 secs</b>

# WEEK 1 & Day 2

## Full Body Workout

### Notes:

- . beginner option to do 40 secs work and 20 sec rest and advanced 50 secs work 10 sec rest

### Workout Plan:

- . using the timer complete one exercise after the other for a total of 5 rounds (take extra rest of need be)

<b>EXERCISE</b>	<b>WORK</b>	<b>REST</b>
<b>Squat Hold</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Close Hand Push Ups (wall or ground)</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Glute Bridges (hold)</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Superman with Lateral Pullback</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Good Mornings</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Lying Toe Taps or Leg Raises</b>	<b>45 secs</b>	<b>45 secs</b>

# WEEK 1 & Day 3

## Full Body HIIT Workout

### Notes:

- . beginner option to do 40 secs work and 20 sec rest and advanced 50 secs work 10 sec rest

### Workout Plan:

- . using the timer complete one exercise after the other for a total of 5 rounds (take extra rest of need be)

<b>EXERCISE</b>	<b>WORK</b>	<b>REST</b>
<b>Inch Worms</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Squat Jumps</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Mountain Climbers (floor or bench)</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Fast High Knees</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Fast Skaters</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Ankle Taps</b>	<b>45 secs</b>	<b>45 secs</b>

# WEEK 2 & Day 1

## Full Body Workout

### Notes:

- . beginner option to do 40 secs work and 20 sec rest and advanced 50 secs work 10 sec rest

### Workout Plan:

- . using the timer complete one exercise after the other for a total of 5 rounds (take extra rest of need be)

<b>EXERCISE</b>	<b>WORK</b>	<b>REST</b>
<b>Wall Sit</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Curtsey Lunge</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Incline Plank Rotation</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Bird/Dog</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Lying Hand to Toe Touch</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Russian Twists</b>	<b>45 secs</b>	<b>45 secs</b>

# WEEK 2 & Day 2

## Full Body Workout

### Notes:

- . beginner option to do 40 secs work and 20 sec rest and advanced 50 secs work 10 sec rest

### Workout Plan:

- . using the timer complete one exercise after the other for a total of 5 rounds (take extra rest of need be)

<b>EXERCISE</b>	<b>WORK</b>	<b>REST</b>
<b>Full Range Squats</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Glute Bridges</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Standing Back Fly (3 sec pause at top)</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Tricep Push Ups</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Lying Hand to Toe Touch</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Russian Twists</b>	<b>45 secs</b>	<b>45 secs</b>

# WEEK 2 & Day 3

## Full Body HIIT Workout

### Notes:

- . beginner option to do 40 secs work and 20 sec rest and advanced 50 secs work 10 sec rest

### Workout Plan:

- . using the timer complete one exercise after the other for a total of 5 rounds (take extra rest of need be)

<b>EXERCISE</b>	<b>WORK</b>	<b>REST</b>
<b>Floor to Sky Jumps/Taps</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Star Jumps or Taps</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Fast Butt Kicks</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Jog on the spot</b>	<b>45 secs</b>	<b>15 secs</b>
<b>Side to Side Shuffle</b>	<b>45 secs</b>	<b>45 secs</b>
<b>Ankle Taps</b>	<b>45 secs</b>	<b>45 secs</b>

# Exercise TIPS

**. Before commencing any type of training or movement seek professional advice**

**Find a type of movement you enjoy because you will stick to it rather than doing something you don't enjoy**

**. If you are a beginner to training start basic using body weight exercises and lots of rest to ease you into it**

**. Remember if an exercise doesn't feel right or you feel pain (please stop) and reach out because we can modify any exercises to suit you**

**. Any movement is better than none. So if you only have 15 minutes to train do what you can or can opt for a walk outdoors**

**. Your body may be sore if you have eased back into it, remember to take extra rest, utilize stretching and listen to your body**

