



Home Based Training Program

| Date | Body Part | Exercise | Sets | Reps | Rest | Cardio |
|-----------|------------|------------|------|-------|----------|-------------------|
| Monday | Chest | Push-ups | 3 | 15-20 | 1 minute | 40 min brisk walk |
| | Quads | Squats | 3 | 15-20 | 1 minute | |
| | Triceps | Dips | 3 | 15-20 | 1 minute | |
| | Hamstrings | Leg Raises | 3 | 15-20 | 1 minute | |
| | Abs | Crunches | 3 | 15-20 | 1 minute | |
| Tuesday | | | | | | 40 min brisk walk |
| Wednesday | Chest | Push-ups | 3 | 15-20 | 1 minute | 40 min brisk walk |
| | Quads | Squats | 3 | 15-20 | 1 minute | |
| | Triceps | Dips | 3 | 15-20 | 1 minute | |
| | Hamstrings | Leg Raises | 3 | 15-20 | 1 minute | |
| | Abs | Crunches | 3 | 15-20 | 1 minute | |
| Thursday | | | | | | 40 min brisk walk |
| Friday | Chest | Push-ups | 3 | 15-20 | 1 minute | 40 min brisk walk |
| | Quads | Squats | 3 | 15-20 | 1 minute | |
| | Triceps | Dips | 3 | 15-20 | 1 minute | |
| | Hamstrings | Leg Raises | 3 | 15-20 | 1 minute | |
| | Abs | Crunches | 3 | 15-20 | 1 minute | |
| Saturday | | | | | | 40 min brisk walk |
| Sun | REST | | | | | 40 min brisk walk |
| | | | | | | |
| | | | | | | |
| | | | | | | |



Knee Push Up (Modified Push Up)

Start with your knees on the floor and your feet up (facing the mat). Place your hands parallel with your shoulders and a bit wider than shoulder width apart. Without touching the ground extend your arms until your arms come close to locking out. Lower until 4 inches from the ground. Repeat



Bench Dips

Place two benches Parallel to each other. From standing in th middle of them, place your hands on the edge of the back bench and your feet on the front bench. By bending at the elbows, lower yourself as far as you can. To raise your body back up, extend your elbows until you arms are fully extended but your elbows are not locked. To make this exercise more difficult, place weighted plates across your thighs.



Squats

With the barbell on the rack (at shoulder height), approach it with the back of your shoulders having the weight. While keeping your back and head straight, lift the weight off the rack. Then while keeping your feet shoulder length apart, begin to bend your knees. Keeping your back and head straight, never let your knees go past your toes. Once your legs are bent around 90 degrees you can ascend back to the starting position.

Leg Raises



Lie on your back with your right knee bent and your left leg extended. Rest your arms on the floor, palms up, at shoulder level with your hips about 2 inches off the floor (A). Raise your hips to form a straight line from your shoulders to your left foot (B). Hold for 2 counts, then return to start. That's 1 rep. Do 10 to 15 reps on each side. To make it harder, cross your arms over your chest.



Crunches

Crunches are taught many different ways, but there is a consistant element. Start with lying on your back with your knees at a ninety degree angle and your hands by your side or behind your head for support. Now slowly lift your torso using your abdominals while keeping your head and spine straightly aligned. Slowly return to the starting position without releasing tension on your abdominals.