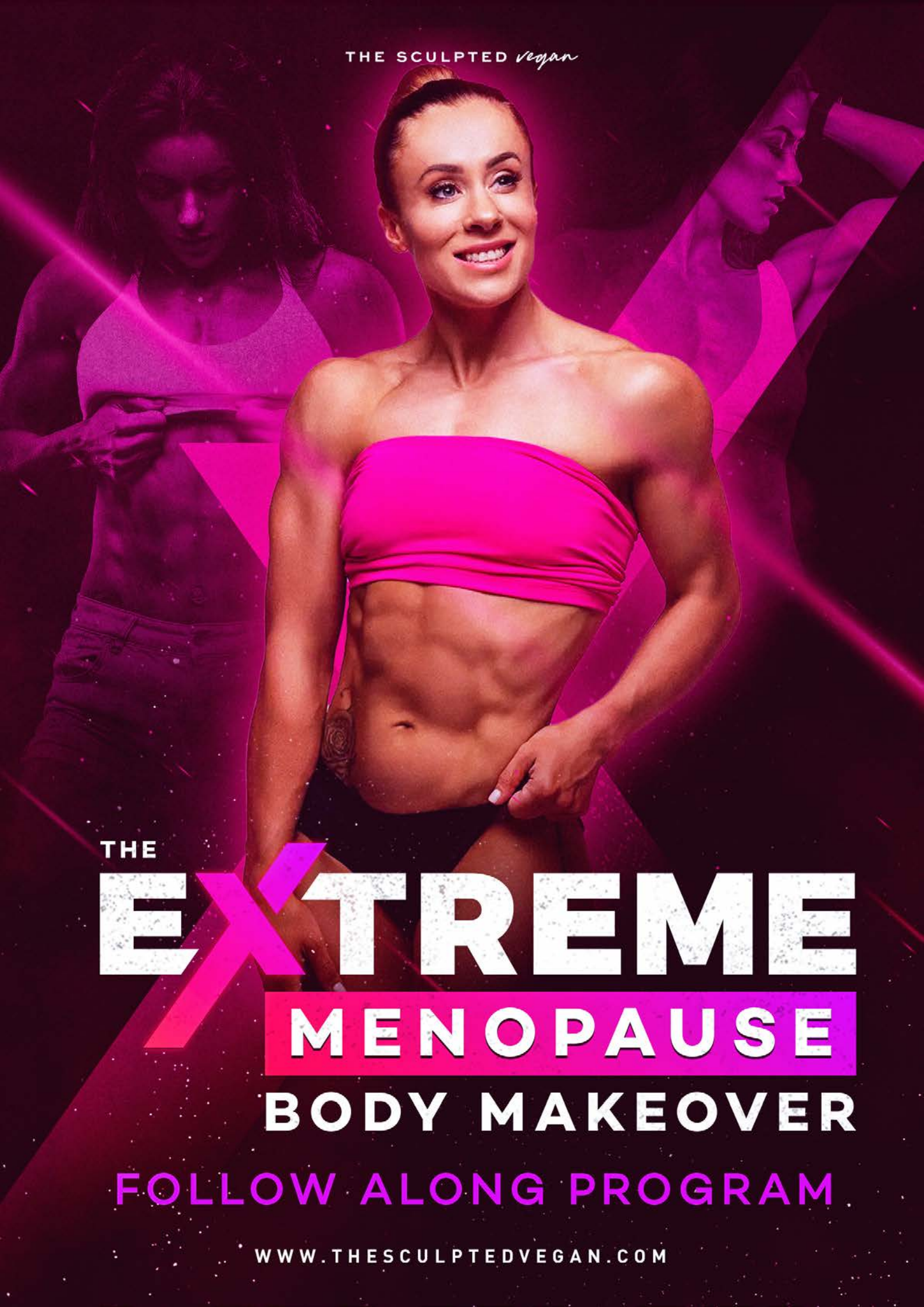

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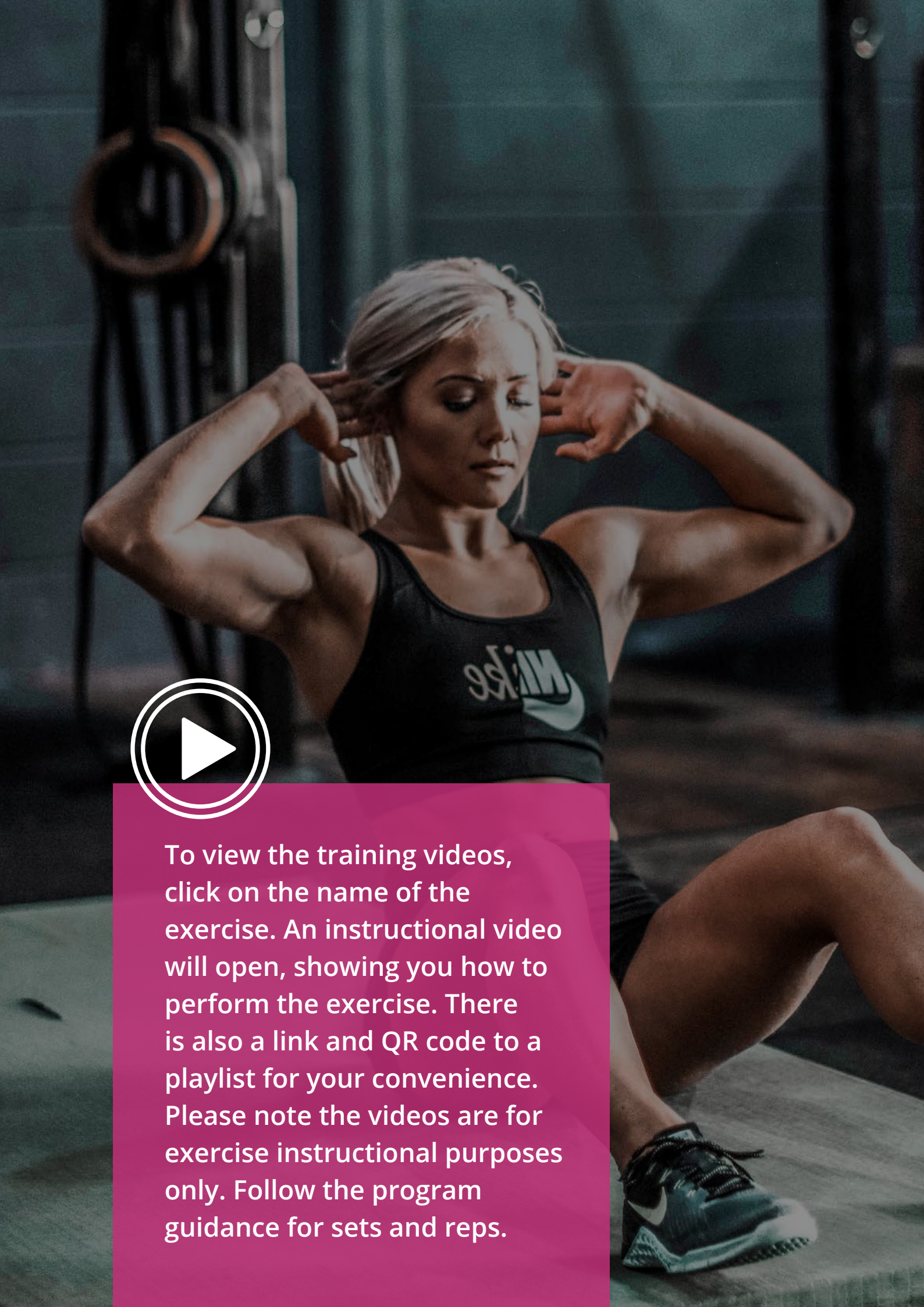
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The health and fitness information presented in this pdf is an educational resource and is not intended as a substitute for medical advice. Consult your doctor or healthcare professional before performing any of the exercises described in this book or any other exercise programme, particularly if you are pregnant, or if you are elderly or have chronic or recurring medical conditions. Do not attempt any of the exercises while under the influence of alcohol or drugs. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert. Neither the author of the information nor the producer nor distributors of such information make any warranty of any kind in regard to the content of the information presented in this book.

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To view the training videos, click on the name of the exercise. An instructional video will open, showing you how to perform the exercise. There is also a link and QR code to a playlist for your convenience. Please note the videos are for exercise instructional purposes only. Follow the program guidance for sets and reps.

HOME PROGRAM - FOLLOW ALONG WORKOUTS

These workouts are suitable for all levels of abilities with shoulder, knee and back injuries taken into consideration with the exercise options.

Click on the title to view the workout

CLICK HERE for a YouTube Playlist of this workout

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WORKOUT	Chest, Triceps & Abs	Legs	Back & Abs	Shoulders & Biceps	Glutes, Hams & Abs
EQUIPMENT NEEDED	**Dumbbells & Sturdy Chair**	**Dumbbells & Glute Bands**	**Dumbbells**	**Dumbbells**	**Dumbbells**

CLICK HERE
to view a playlist of **THESE EXERCISES** *or* **SCAN ME**

FOLLOW ALONG

NOTES:

- The workout must be completed in a 7 day period. Take rest days whenever is convenient. I like to go straight through Monday to Friday and rest from strength training on a Saturday and Sunday.

- It is recommended that you have a range of dumbbells and this will be demonstrated in these workouts. The more load you can add to your exercises, the better your results.

- You could use long-looped resistance bands as an alternative to dumbbells. If you are using resistance bands, use the most challenging band you can. The more metabolic stress you create, the more your muscles will grow!

- There will be beginner, intermediate, and advanced options for each exercise. Shoulder, knee and back injuries have also been taken into consideration with the exercise options.

- When you feel the burn, keep training through the pain, and do NOT stop.

- Over the upcoming weeks, aim to progress through the movements and increase your load as best as possible.



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