

At Home Body Transformation

Duration : 4 Week(s) - 期間
 Workout Per Week : 4 workouts - 頻度/週
 Equipment Needed : Light Equipment - 設備
 Category : Fat Loss - カテゴリー

Lose fat and build muscle with Non-Gym environment.

Full Workout Calender / ワークアウトスケジュール

Day	Duration	Theme	Target	Note
1	Rest			
2	60 Min	All Components	Legs, Back, Chest	
3	Rest			
4	30 Min	Endurance	Active Rest, Cardio	
5	40 Min	All Components	Legs, Back, Chest	
6	Rest			
7	60 Min	Strength		With Tudor's
8	Rest			
9	60 Min	All Components	Legs, Back, Chest	
10	Rest			
11	30 Min	Endurance	Active Rest, Cardio	
12	40 Min	All Components	Legs, Back, Chest	
13	Rest			
14	60 Min	Strength		With Tudor's
15	Rest			
16	60 Min	All Components	Legs, Back, Chest	
17	Rest			
18	30 Min	Endurance	Active Rest, Cardio	
19	40 Min	All Components	Legs, Back, Chest	
20	Rest			
21	60 Min	Strength		With Tudor's
22	Rest			
23	60 Min	All Components	Legs, Back, Chest	
24	Rest			
25	30 Min	Endurance	Active Rest, Cardio	
26	40 Min	All Components	Legs, Back, Chest	
27	Rest			
28	60 Min	Strength		With Tudor's

Training Record / レコード記入欄

Upon your convenience, use the record below to track your performance / 必要に応じてパフォーマンスの記録をとっていきましょう。

	W1	W2	W3	W4
Target / Date				
Shoulders (cm)				
Waist (cm)				
Hips (cm)				
Thighs (cm)				
Weight (kg)				
Diet (kcal)				
Protein (g)				

Day 1 - Day 7

Reps: Repetitions, RM : Rep Max, XXkg/YYkg : Completing one set with XXkg then another with YYkg.
Reps : 回数を表します。RMは最大努力での回数を表します。XXkg/YYkg : セットが進むごとに重さを変えます。



Compound Set/Super Set/Circuit Set : Complete All Coloured Exercises Before Rest.








Quick Tip →







To maximise the effects, perform the exercises in full ROM (Range of Motion). Use 3 counts in the downward phase in Squat, Push up, and Lunge.

Day 1			
Rest, .			
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 2			
60 Min, All Components, Legs, Back, Chest			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Jump Squat	20 Reps Squat as Warmup	10 Reps	
Squat		16 Reps	
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension		20 Reps	
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets
Interval Cardio		20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min
Day 3			
Rest, .			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 4			
30 Min, Endurance, Active Rest, Cardio			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Interval Cardio	10 Min, Fitness Walk @ 5.5-7km/h	20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min
Day 5			
40 Min, All Components, Legs, Back, Chest			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Jump Squat	20 Reps Squat as Warmup	10 Reps	
Squat		16 Reps	
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension		20 Reps	
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets
Day 6			
Rest, .			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 7			
60 Min, Strength,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min	50 Min	
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT









References:







RM Calculator   
   









Push Up   
   

The Shoulder Joint Routine  
   

Simplified Clean & Press  
<https://www.youtube.com/watch?v=ukDylVbucxM>
   

Day 8 - Day 14

Quick Tip →

The mirroring workout but you may increase the intensity in focusing on more strict form. Brace core to balance when performing the exercises and in doing Jump Squat, try to jump higher in your maximum effort.

Day 8			
Rest, ,			
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 9			
60 Min, All Components, Legs, Back, Chest			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Jump Squat	20 Reps Squat as Warmup	10 Reps	
Squat		16 Reps	
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension		20 Reps	
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets
Interval Cardio		20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min
Day 10			
Rest, ,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 11			
30 Min, Endurance, Active Rest, Cardio			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Interval Cardio	10 Min, Fitness Walk @ 5.5-7km/h	20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min
Day 12			
40 Min, All Components, Legs, Back, Chest			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Jump Squat	20 Reps Squat as Warmup	10 Reps	
Squat		16 Reps	
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension		20 Reps	
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets
Day 13			
Rest, ,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 14			
60 Min, Strength,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min	50 Min	
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT

References:

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Day 15 - Day 20

Quick Tip →

The exact programme continues. Limit the rest to 30 Sec if you find the exercises not challenging enough. If you finish the workout early, perform burpies until the rest of time.

Day 15				
Rest, ,				
Exercises	Warm Up		Training Set	Bonus Sets & Note
Stretch			10 Min	

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Day 16				
60 Min, All Components, Legs, Back, Chest				
Exercises	Warm Up		Training Set	Compound/Super Sets & Note
Jump Squat	20 Reqs Squat as Warmup		10 Reqs	
Squat			16 Reqs	
Alt. Reverse Lunge			20 Reqs Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension			20 Reqs	
Push up			20 Reqs	Use knees on the floor if you cannot perform 10 Reqs, 6 Sets
Interval Cardio			20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min

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Day 17				
Rest, ,				
Exercises	Warm Up		Training Set	Compound/Super Sets & Note
Stretch			10 Min	

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Day 18				
30 Min, Endurance, Active Rest, Cardio				
Exercises	Warm Up		Training Set	Compound/Super Sets & Note
Interval Cardio	10 Min, Fitness Walk @ 5.5-7km/h		20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min

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Day 19				
40 Min, All Components, Legs, Back, Chest				
Exercises	Warm Up		Training Set	Compound/Super Sets & Note
Jump Squat	20 Reqs Squat as Warmup		10 Reqs	
Squat			16 Reqs	
Alt. Reverse Lunge			20 Reqs Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension			20 Reqs	
Push up			20 Reqs	Use knees on the floor if you cannot perform 10 Reqs, 6 Sets
(Full Burpies)			20 Reqs, with 30-60 Sec intervals until time is up	Additional Workout

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Day 20				
Rest, ,				
Exercises	Warm Up		Training Set	Compound/Super Sets & Note
Stretch			10 Min	

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Day 21				
60 Min, Strength,				
Exercises	Warm Up		Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min		50 Min	
(Any Cardio)	3 Min		30 Min	Cardio if you are skipping the PT

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Day 22 - Day 28

Quick Tip →

By the end of the week 4 check if you feel of any improvement in your function, power, or in physique. For the next month's plan consult your trainer.

Day 22			
Rest, ,			
Exercises	Warm Up	Training Set	Bonus Sets & Note
Stretch		10 Min	
Day 23			
60 Min, All Components, Legs, Back, Chest			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Jump Squat	20 Reps Squat as Warmup	10 Reps	
Squat		16 Reps	
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension		20 Reps	
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets
Interval Cardio		20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min
Day 24			
Rest, ,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 25			
30 Min, Endurance, Active Rest, Cardio			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Interval Cardio	10 Min Fitness Walk @ 5.5-7km/h	20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min
Day 26			
40 Min, All Components, Legs, Back, Chest			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Jump Squat	20 Reps Squat as Warmup	10 Reps	
Squat		16 Reps	
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets
Laying Back Extension		20 Reps	
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets
(Full Burpies)		20 Reps, with 30-60 Sec intervals until time is up	Additional Workout
Day 27			
Rest, ,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Stretch		10 Min	
Day 28			
60 Min, Strength,			
Exercises	Warm Up	Training Set	Compound/Super Sets & Note
Tudor's PT	5 Min	50 Min	
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT
Well done!			

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