



## Home Workout Plan (NO EQUIPMENT NEEDED)

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Only perform exercises that you feel capable of executing without pain or injury. This a basic home exercise program not specific to a particular body type created by Evolved Personal Training L.L.C.. This is an example of a home workout program our clients could receive depending on their goals, access to equipment and current fitness level. All of our clients receive personalized workout programs and nutrition plans to insure results.

Always warm up prior to exercise and stretch after performing and physical activity.

All workouts should be done with a full range of motion.  
Rest periods should be just short of full recovery.

*\*Sets x reps: Use weight that makes the last 2 reps a struggle or to failure.*

Exercises that are spaced together are supersets  
(exercises are done back to back with no break between until the end of each set.)

### **Workout 1:** Total Body

**1A)** Push-ups / Kneeling Pushups 4 x 15(See image W1:1A)

**1B)** Squats 4 x 25(See image W1:1B)

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**2A)** Lunges 3 x 10-20 steps with each leg (See image W1:2A)

**2B)** Shoulder pushups (See image W1:2B)

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**3A)** Fire Hydrants 3 x 15(see image W1:3A )

**3B)** Donkey Kicks 3 x 15 (see image W1:3B )

**3C)** Standing Calf Raises (see image W1:3C)

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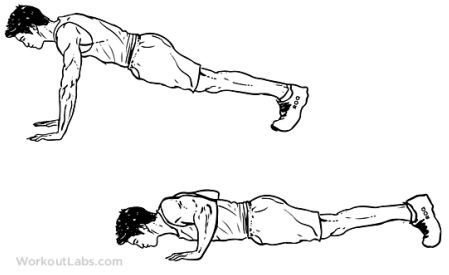
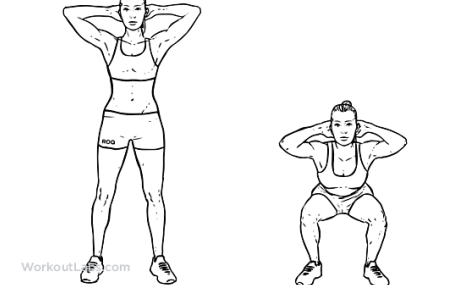
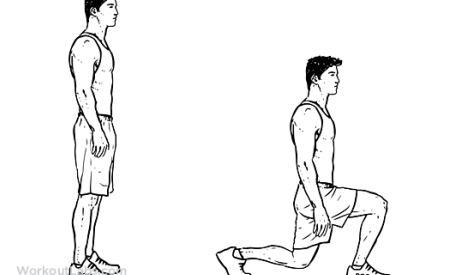
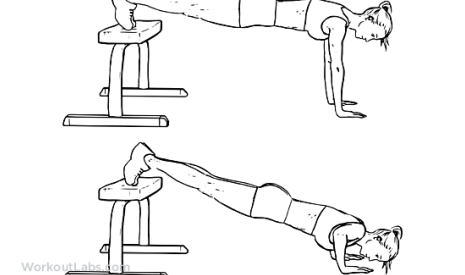
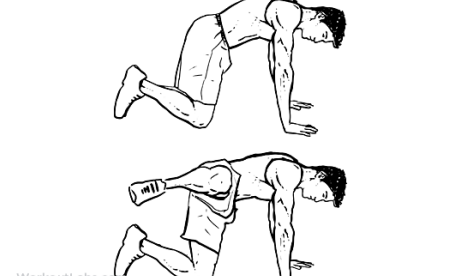
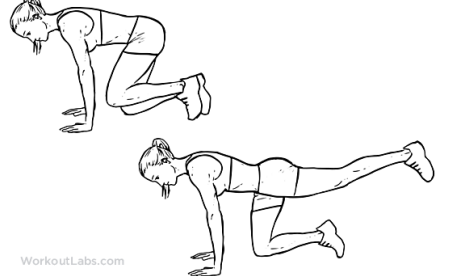
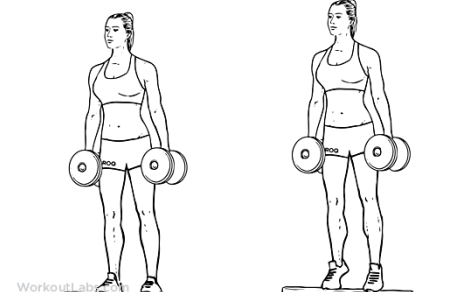
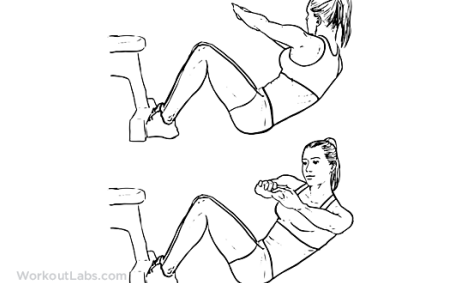
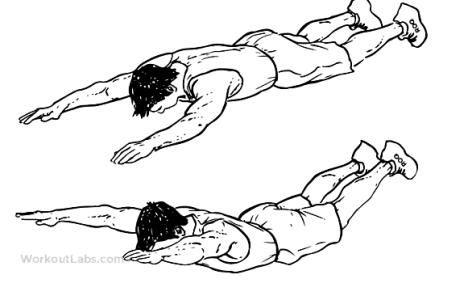
**4A)** Crunches with alternating side twist 3 x 20(See image W1:4A)

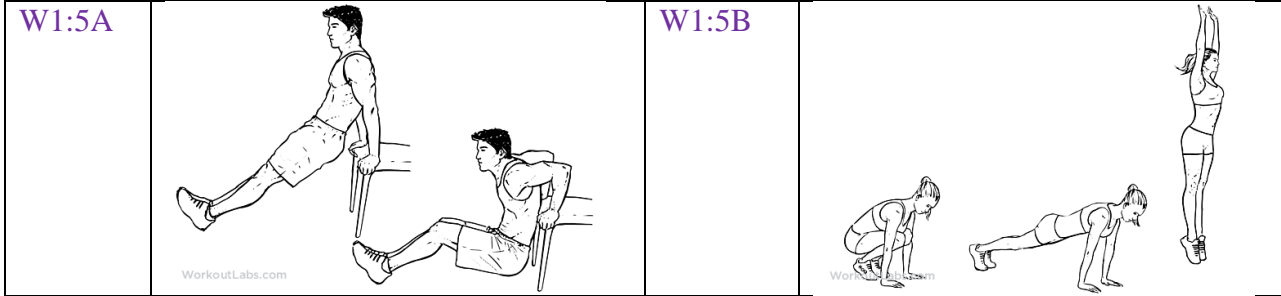
**4B)** Superman's 3 x 15 (See image W1:4B)

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**5A)** Chair/steps Dips 3 x 10-20 (See image W1:5A)

**5B)** Burpee with jump 3 x 8-20 (See image W1:5B)

Exercise	Picture	Exercise	Picture
W1:1A	 <p>WorkoutLabs.com</p>	W1:1B	 <p>WorkoutLabs.com</p>
W1:2A	 <p>WorkoutLabs.com</p>	W1:2B	 <p>WorkoutLabs.com</p>
W1:3A	 <p>WorkoutLabs.com</p>	W1:3B	 <p>WorkoutLabs.com</p>
W1:3C	 <p>WorkoutLabs.com</p>		
W1:4A	 <p>WorkoutLabs.com</p>	W1:4B	 <p>WorkoutLabs.com</p>



Images sorsed from Workoutlabs.com

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