



dannileighpt.com

HOME WORKOUT GUIDE



Get to Know Me

I'm a level 3
Personal
Trainer

I fell in love
with the gym
during my
second year
of uni

I'm an
assistant
manager at
a gym in
Cheltenham

I specialise
in helping
people lose
weight

I'm 25 and
was born on
Christmas
Day

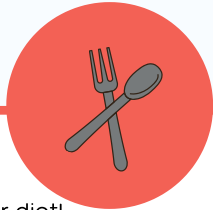
My favourite
things to do are
working out,
reading, going for
long walks and
sitting in cafes



CREATING A BALANCED LIFESTYLE

Tips to Staying on Track

NUTRITION



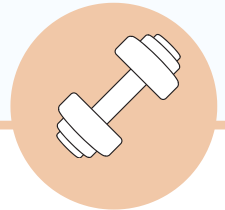
Don't over complicate your diet!

The main aim is to focus on wholesome foods. Include lots of leaner meats and fruit and vegetables. You don't need to follow a crazy diet to hit your goals.

The calorie counter at the end can help you workout how much you should be eating.

You can allow yourself sweet treats and pizza just make sure it doesn't make up your whole diet. Everything in moderation!

WORKING OUT



If you are new to exercise start off slow. Even just trying to get your 10,000 steps in a day is a great start. Then start off with short workouts of roughly 30 mins 2-3 times a week.

From this you can gradually work your way up to training 4-5 times a week, Figure out what you enjoy doing whether it is weight training, running etc. this will make you enjoy your sessions a lot more!

SLEEP



Everybody will need different amounts of sleep. It is recommended that you get at least 7 hours of sleep a night. Figure out how much feels right for your body and try to get that amount every night.

Set a bedtime routine so you'll go to sleep and get up at the same time every morning, this can lead to a better quality sleep.

Getting enough sleep will help you to focus more, allow your body to recover and help you feel more awake for your workouts!

SOCIAL LIFE

Just because you are going to the gym or workout out doesn't mean that you can't have a social life. So many people will have a diet so strict that they feel they can't go out and enjoy themselves.

You can enjoy going out and drinking/eating on a balanced diet. If you track macros try and add this into your calorie intake.

You could even have more calorie friendly food and drinks when out.



ORGANISATION

One of the biggest excuses people make when it comes to not working out is that they are either too busy or too tired. Try to plan out your week in advance. If you have a very long shift at work which you know you'll be tired after maybe use that as a rest day or work out before your shift. You could even schedule it so it is a less intense workout.

By planning out what you'll do and when you are much more likely to stick to it. The same thing goes for food, try to meal prep at the start of the week, this way you'll be able to stay on track even when you are too tired to cook!



SET GOALS

When you start your fitness journey set out goals for your self. Be as specific as possible with these goals and try to set a manageable time frame. By doing this you'll be able to measure your progress and seeing yourself reach those goals will help motivate you to continue.

Try to set out short, medium and long term goals. That is goals you aim to reach in the next couple weeks, months and years.

And make sure they are SMART
Specific, Measureable, Attainable, Relevant and Time Based





Supplements



YOU DON'T NEED TO TAKE
SUPPLEMENTS HOWEVER, THEY CAN
HELP ADD TO A BALANCED DIET AND
MAKE SURE YOU ARE GETTING THE
CORRECT NUTRIENTS

Protein Powder

Protein helps with muscle recovery, whilst you can get enough from your diet it can be beneficial to include a shake after your workout.

High Recommended! Arbonne Protein Powder for vegan protein!

Other good brands I love

-Women's Best

-My Protein - Clear Whey

Preworkout usually includes a high amount of caffeine to help give you a kick before your workout.

Pre Workout

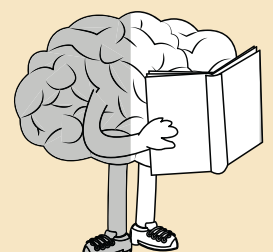
Creatine

Creatine is one of the most researched supplements. Its primary use is to help with your ATP stores which drive high intensity exercise. It therefore allows you to perform better at a higher intensity. It has also been known to help with other muscular functions as well as growth

If I was to recommend one thing that has changed my life it would be fizz sticks. I get so much energy from them due to the vitamins they include!

Natural energy drinks which perk you up as well as give you a much-needed vitamin boost. Could also be used as your pre workout using natural energy! Available in so many flavours!

Energy Fizz Sticks





Helpful Supplements To Try



Complete Hydration

Hydration is so important throughout the day but especially when you are working out. Arbonne's complete hydration includes electrolytes to support isotonic balance rehydrate cells.

Each scoop contains 36 fruit and vegetables in each serving Helping you to get your fruit and veg in! It contains antioxidants, phytonutrients and fibre.

Green Balance

Gut Health

This powder based food supplement mixes easily with water with a blend of Bacillus coagulans, botanicals and enzymes to help support normal digestion. Ideal for daily use to support a healthy microbiome and digestion

Features sustainably sourced Ashwagandha, a powerful adaptogen, along with sustainably sourced Saffron to help you achieve a balanced mindset. L-theanine, an amino acid found in tea leaves, promotes a sense of calm and relaxation without feeling drowsy

Inner Calm

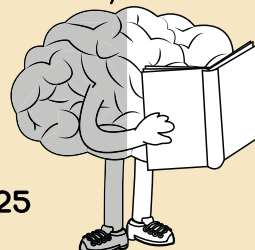
Mind Health

Sunflower seed derived phosphatidylserine, a key building block for brain cells, and vitamin B12 support neurological performance like concentration and focus. It contains supportive ingredients like grape seed extract and CoQ10 to help maintain a healthy nervous system. And comes in cherry lime flavour!



If you would like to look at these products visit

www.JessicaHarper449365987.arbonne.com or talk to Jess at @jesssicaa.25



What are your goals?

WRITE A LIST OF YOUR GOALS
BELOW AND TICK THEM OFF
WHEN YOU'VE COMPLETED
THEM

☐☐☐☐☐☐☐

HOW DO YOU PLAN TO REACH YOUR GOALS?

GOAL 1

GOAL 2

GOAL 3

GOAL 4



HOW IT WORKS



YOU WILL FOLLOW THE FIRST WORKOUT SPLIT
FOR 4 WEEKS



FOLLOW THE SECOND WORKOUT SPLIT FOR
THE LAST 4 WEEKS



AT THE START OF EACH WEEK TAKE A
PROGRESS PICTURE - IF ADDING TO
INSTAGRAM TAG ME @DANNILEIGHFITNESS



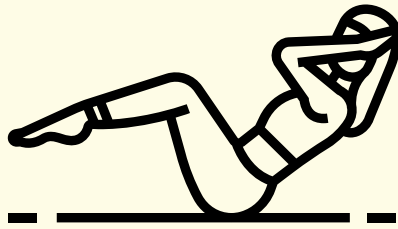
IF EXERCISES ARE IN THE SAME BOX DO THEM
BACK TO BACK AND THEN REST



IF YOU DON'T WANT TO WORK OUT 5 TIMES A
WEEK, CHOOSE THE NUMBER OF SESSIONS THAT
SUIT YOU



Core Exercises



CHOOSE 2
CIRCUITS TO DO
EACH WEEK

x3

AB BICYCLES x20
SIT UPS x10
KNEES TO CHEST x16
RUSSIAN TWIST x16

x3

LEG RAISES
PLANK GET UP
SPIDER MAN PLANK
SLOW MOUNTAIN CLIMBERS
30S EACH EXERCISE

x 3

MOUNTAIN CLIMBERS x20
HIP DIPS x 20
AB BICYCLES x20
PLANK GET UP x10

Week 1 - 4

Day 1 - Lower Body

Exercise	Sets & Reps	Rest	Modifications	Notes
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Sumo Squat ~ Jumping Squats	3 x 15 3 x 30s	45s	Normal Squats for 15 reps Increase the pace for 30s	Add a band or weight to make squats more difficult
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Bulgarian Split Squat ~ Reverse Lunge ~ RDL	3 x 8 e/s 3 x 10 e/s 3 x 12	60s	Change to a split squat - both feet on the ground	
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Curtsy Lunge ~ Pulsing Squat	3 x 20 3 x 20	45s	Change to walking lunge if balance is a struggle	Keep nice and low with the pulsing squat. Add a band for added resistance
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Elevated Glute Bridge ~ Glute Bridge ~ Sumo Glute Bridge	3 x 12 3 x 12 3 x 12	45s		
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Finisher
100 x Kickbacks



Week 1 - 4

Day 2 - Upper Body

Exercise	Sets & Reps	Rest	Modifications	Notes
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Plank Walk to Mountain Climbers ~ Ab Walkout to Push Up	3 x 30s 3 x 30s	45s	Do kneeling Push Ups	4 Plank Walks to 10 Mountain Climbers
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Bent Over Row ~ Snow Angels ~ Reverse Flye	3 x 15 3 x 15 3 x 10	45s		Use household objects such as books or tins for the row and reverse flye
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Push Up ~ Chest Press ~ Pec Flye	3 x failure 3 x 30s 3 x 30s	60s	Do push ups of knees	Use household objects such as books or tins for the chest press and pec flye
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Shoulder Press ~ Static Lateral Raise ~ Around the Worlds	3 x 12 3 x 8 e/s 3 x 10	60s		Use household objects such as tins
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Week 1-4

Day 3 - Lower Body

Exercise	Sets & Reps	Rest	Modifications	Notes
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Deadlift	4 x 10	60s		Can use barbell, dumbbells or a back pack full of tins
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Pause Squat ~ Hamstring Curl	3 x 25 3 x 15	60s	If you don't have a dumbbell do an RDL instead of hamstring curl	
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Split Squat ~ Hip Thrust	3 x 10 3 x 15	45s	Can replace hip thrust with glute bridge	
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Knee to Squat ~ Side Lunge ~ Calf Raises	3 x 12 3 x 12 3 x 20	60s	Elevate one leg when doing the side lunge	Alternate legs when doing knee to squat
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Finisher
Crab Walks x 30
Pulsing Squats x 30
Clams x 30



Week 1 - 4

Day 4 - Upper Body

Exercise	Sets & Reps	Rest	Modifications	Notes
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Shoulder Taps Walking Push Ups Tricep Dips	4 x 30s 4 x 30s 4 x 30s	60s	Go to knees for push ups Tricep Extension	
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Bent Over Row ~ Single Arm Row	4 x 15 4 x 8 e/s	45s		Can use weights, loaded bags or resistance bands
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Narrow Press ~ Pause Push Up	3 x 15 3 x Failure	45s	Kneeling Push Ups	
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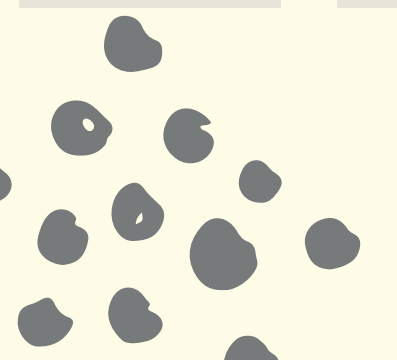

Arnold Press ~ Lateral Raise Front Raise	3 x 10 3 x 10 3 x 10	45s		
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Week 1 - 4

Day 5 - Lower Body

Exercise	Sets & Reps	Rest	Modifications	Notes
Heels Elevated Narrow Squat	4 x 15	45s	Normal Squat or Narrow Squat	
Walking Lunges ~ Jumping Lunges	3 x 24 3 x 20	45s	Can do reverse lunges instead of jumping - quicker pace	
Step Ups	3 x 10 e/s	45s		The higher the step the more difficult
Single Leg Squat ~ Calf Raises	3 x 10 e/s 3 x 20	45s	Split Squat	





Week 5-8

Day 1 - Full Body

START WITH 3 ROUNDS WORK UP TO 5. 60S REST BETWEEN EXERCISES

Exercise	Sets & Reps	Rest	Modifications	Notes
Star Jumps	30s on	20s off	Can remove the jumping and step the legs out	Do x amount of rounds back to back before going to next exercise
Ab Walkout	30s on	20s off		Do x amount of rounds back to back before going to next exercise
Jumping Squats	30s on	20s off	Can remove the jumping and do normal squats	Do x amount of rounds back to back before going to next exercise
Burpees	30s on	20s off	Can remove the jumping and step it out instead	Do x amount of rounds back to back before going to next exercise

Week 5-8

Day 2 - Lower Body

Exercise	Sets & Reps	Rest	Modifications	Notes
AMRAP Bulgarian Split Squat ~ Walking Lunges ~ RDL	10 mins	When and as needed	Can do normal split squats and forward lunges	Try to guess how many rounds you want to do before you start and try to reach that!
1 1/2 Squat ~ Curtsy Lunge	3 x 12 3 x 20	45s		
Deadlift	4 x 15	60s		
Squat Walk to Jump Squat ~ to Calf Raises ~ Pulsing Squats	3 x 10 3 x 10 3 x 20	60s		

Week 5-8

Day 3 - Upper Body

Exercise	Sets & Reps	Rest	Modifications	Notes
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Circuit 1

Push Ups
~
Tricep Dips

Complete
circuit x 3
x 8
x 10

60s

Kneeling Push
Ups

Tricep Extension

Rest after
doing all
exercises in
the circuit

Ab Walkout to
Shoulder Tap
~
Shoulder Press
~
Around the Worlds

x 10
x 12
x 10

Circuit 2

Plank Walk to
Mountain Climbers
~
Static Lateral Raise

x 8
x 8

60s

Lateral Raise

Rest after
doing all
exercises in
the circuit

Alternate Bent over
Row
~
Tricep Extension
~
Snow Angels
~
Hammer Curl

x 8
x 8
x 8
x 8



Week 5-8

Day 4 - Lower Body

Exercise	Sets & Reps	Rest	Modifications	Notes
Pause Squat	3 x 25	45s		Hold the pause for 3 seconds
Bulgarian Split Squat ~ RDL	4 x 10 e/s 4 x 12	60s	Split Squat Elevated Glute Bridge	
Glute Bridge ~ Hip Thrust	3 x 20 3 x 10	45s		
Deadlift ~ Step Ups ~ Side Lunge	3 x 12 3 x 10 e/s 3 x 8 e/s	45s		

Week 5-8

Day 5 - Upper Body

Exercise	Sets & Reps	Rest	Modifications	Notes
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Chest Press ~ Pec Flye	4 x 12 4 x 10	60s		
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Bent Over Row ~ Reverse Flye	4 x 15 4 x 12	60s		
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Shoulder Press ~ Lateral Raise ~ Upright Row	3 x 10 3 x 10 3 x 10	45s		
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Tricep Extension ~ Bicep Curl	3 x 12 3 x 12	45s		
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FINISHER

PLATE HOLD
3 x 30s



Stretching



Upper Body

Lats



Chest

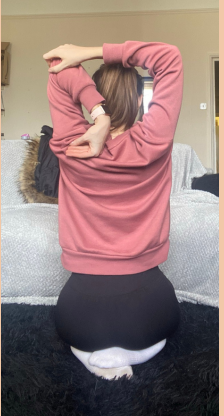


Back

Shoulders



Triceps



Lower Body



Glutes & Hamstrings



Glutes



Hip Flexors

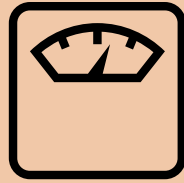
Quads



Glutes



Weekly Progress



IF YOU WANT TO TRACK
YOUR PROGRESS, NOTE
YOUR WEIGHT AND/OR
MEASUREMENTS HERE

Week 1

Week 3

Week 5

Week 7

Week 2

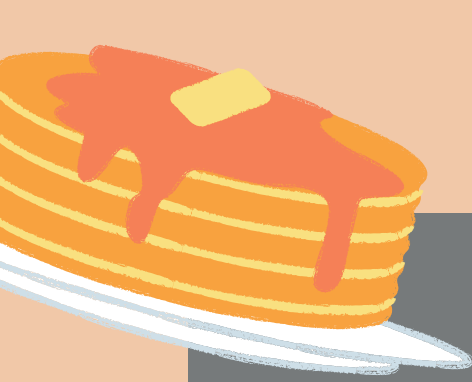
Week 4

Week 6

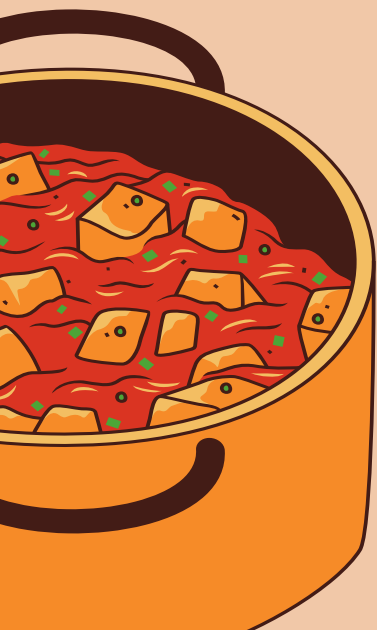
Week 8



WHAT ARE YOU PROUD OF THIS
CHALLENGE?
WRITE IT IN THE SPEECH BUBBLE



SOME RECIPES TO TRY



HOW TO CALCULATE YOUR CALORIES

YOUR BMR IS THE AMOUNT OF CALORIES YOUR BODY NEEDS TO FUNCTION

BMR

For Men - $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$

For Women - $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$



TO CALCULATE YOUR DAILY CALORIE NEED TIMES YOUR BMR BY ACTIVITY LEVEL

Sedentary - $\times 1.2$

Lightly Active - $\times 1.375$

Moderately Active - $\times 1.55$

Very Active - $\times 1.725$

Work Out Yours Here:

If you are looking to increase or decrease weight you will need to adjust your calories to just above or just below maintenance OR you can alter your exercise routine



TORTILLA PIZZA

INGREDIENTS

1 LARGE WHOLE WHEAT
TORTILLA WRAP

2 TBSP PASSATA

1/2 CLOVE GARLIC

1 TSP ITALIAN HERBS

TOPPINGS OF CHOICE

ETC:

MOZZARELLA

CHEESE

PEPPERS

CHICKEN

BACON

SPINACH

GET CREATIVE!

DIRECTIONS

1. MIX TOGETHER THE PASSATA, GARLIC AND ITALIAN HERBS
2. COAT THE WRAP WITH THE PASSATA MIX, LEAVING SPACE AROUND THE EDGE
3. ADD ON YOUR CHEESE AND TOPPINGS OF CHOICE
4. BAKE IN THE OVEN AT 200 DEGREES FOR 10 MINUTES OR UNTIL THE CHEESE HAS MELTED AND THE WRAP IS CRUNCHY!



FLATBREAD PIZZA

INGREDIENTS

2 FLATBREADS

2 TBSP PASSATA

1/2 CLOVE GARLIC

1 TSP ITALIAN HERBS

TOPPINGS OF CHOICE

ETC:

MOZZARELLA

CHEESE

PEPPERS

CHICKEN

BACON

SPINACH

GET CREATIVE!

DIRECTIONS

1. MIX TOGETHER THE PASSATA, GARLIC AND ITALIAN HERBS
2. COAT THE FLATBREAD WITH THE PASSATA MIX, LEAVING SPACE AROUND THE EDGE
3. ADD ON YOUR CHEESE AND TOPPINGS OF CHOICE
4. BAKE IN THE OVEN AT 200 DEGREES FOR 10 MINUTES OR UNTIL THE CHEESE HAS MELTED AND THE WRAP IS CRUNCHY!

PORRIDGE OPTIONS



PORRIDGE 1

50G OATS

60G FROZEN RASPBERRIES

35G PEANUT BUTTER

60Z SEMI SKIMMED MILK

PORRIDGE 2

50G OATS

100G STRAWBERRIES

30G CHOCOLATE PROTEIN

POWDER

60Z SEMI SKIMMED MILK



ENERGY BALLS

INGREDIENTS

1 CUP OATS

1/2 CUP PEANUT BUTTER

1/3 CUP HONEY

1/2 CUP SMARTIES

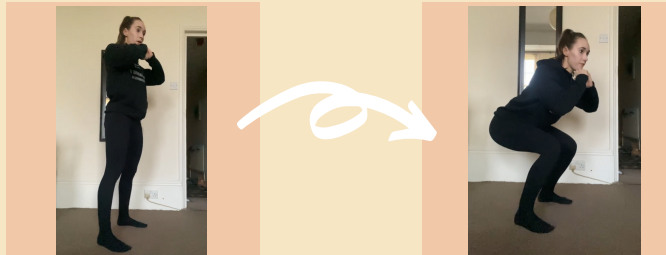
YOU CAN GET CREATIVE WITH
THIS RECIPE! TRY ADDING
COCONUT FLAKES, CHIA
SEEDS OR EVEN MAPLE SYRUP
INSTEAD OF HONEY!

DIRECTIONS

- 1) MIX ALL THE INGREDIENTS
TOGETHER IN A BOWL
- 2) USING YOUR HANDS ROLL
THE MIXTURE INTO BALLS
- 3) SET IN THE FREEZER FOR
AROUND AN HOUR
- 4) STORE IN AN AIRTIGHT
CONTAINER - I STORE MINE IN
THE FREEZER!

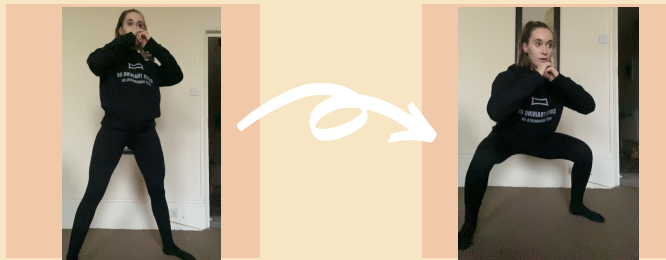
EXERCISE LIBRARY

SQUAT



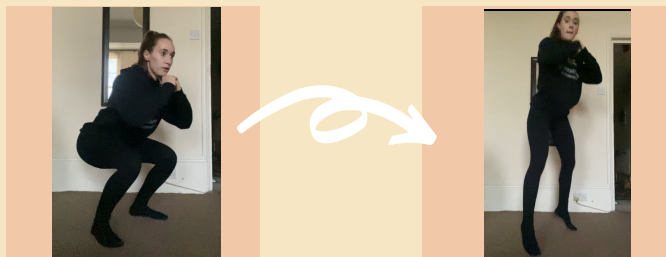
Start with feet hip width apart. Start to bend the knees and push your hips back as if you are about to sit down. Stop at roughly 90 degrees. Keep back neutral. Push back up through your heels.

SUMO SQUAT



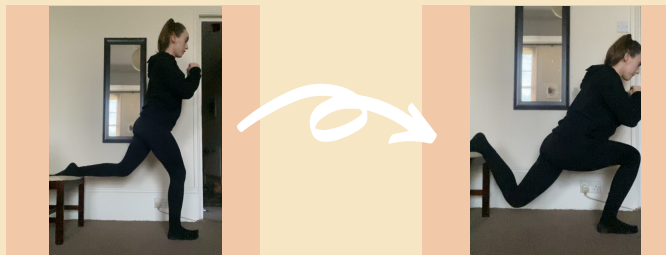
Copy as above but start with your feet out wider than shoulder width apart.

JUMPING SQUATS



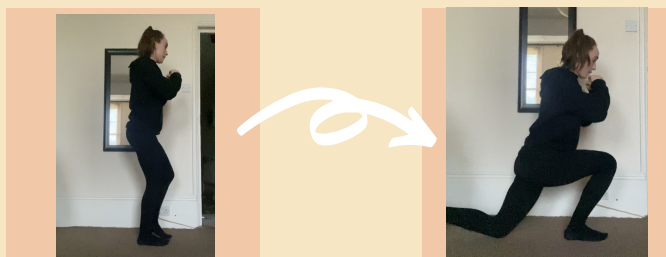
Carry out a squat as described above. As you get to the bottom of the squat, drive through your heels to push yourself up and jump. When you land come straight back into the squat. Land on the ball of your foot.

BULGARIAN SPLIT SQUAT



Take a large step forward with a bench of surface behind you. Prop one leg up onto the bench, just your foot should be on the bench. Bending the front leg lower yourself down, sitting into the back leg. Allow your chest to come forward, Drive back up through the front heel.

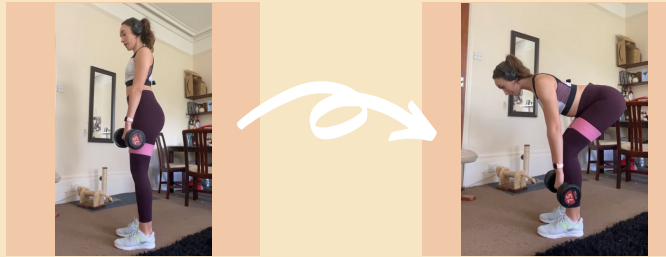
REVERSE LUNGE



Start standing with soft knees. Take a large step back with one leg, landing on your toes. Bending the front and back knee lower down until the back knee is close to the ground. Push back up with the front heel, bringing the back leg back in to the starting position.

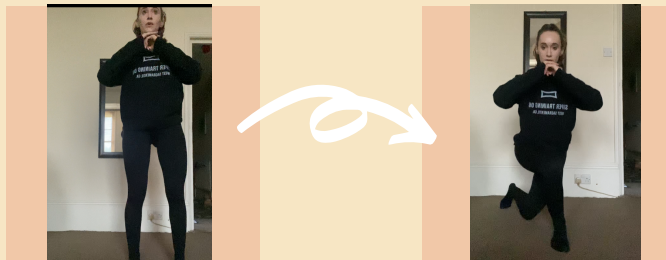
EXERCISE LIBRARY

RDL



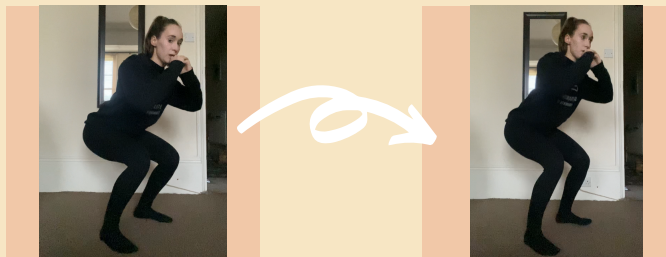
Start standing with soft knees. Start by using your hands instead of weights. Push your hips back as far as you can as you lower your hands down your legs. Allow for a slight bend in the knees. You should feel a stretch in the hamstrings. Slowly bring the hands back up to your starting position.

CURTSEY LUNGE



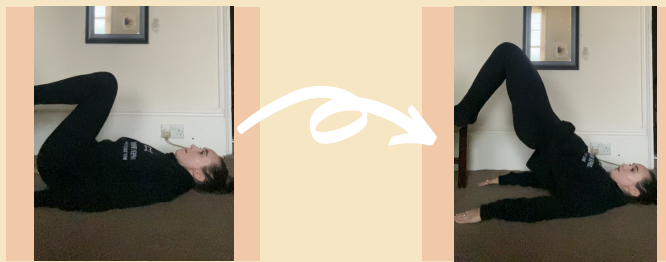
Start standing with soft knees. Bring one leg behind the other. When the leg is behind, bend the back and front leg. Coming down into a curtsy. Push back up through the front heel and then move over to the other leg.

PULSING SQUAT



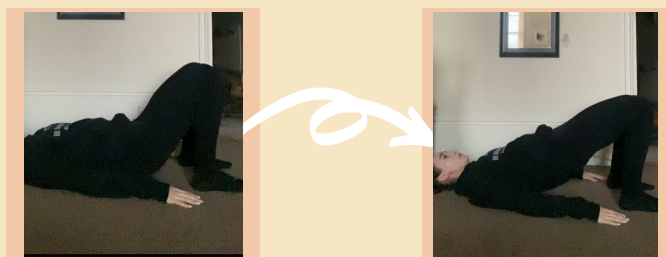
Lower yourself into a squat as described above. At the bottom of the squat start to pulse up and down, keeping very low throughout.

ELEVATED GLUTE BRIDGE



Lie on the floor, close to a bench or surface. Place the arch of your foot onto the edge of the bench/surface. Raise your hips up as far as you can. Squeezing the glutes at the top. Slowly lower back down just tapping the floor before going again.

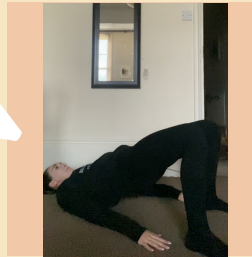
GLUTE BRIDGE



Lie flat on the floor with your knees up and feet flat on the floor. Place your feet roughly shoulder width apart. Pushing through the heels bring your hips off the ground, bringing them up as far as possible. Squeezing the glutes at the top. Slowly lower back down

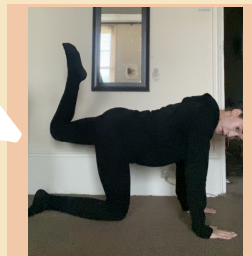
EXERCISE LIBRARY

SUMO GLUTE BRIDGE



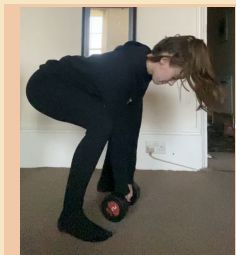
Follow the same instructions with the glute bridge but bring your feet wider apart. If you feel the movement in the fronts of your legs move your feet, bringing them wider or closer to you until you feel your glutes and hamstrings.

KICKBACKS



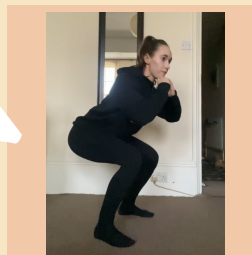
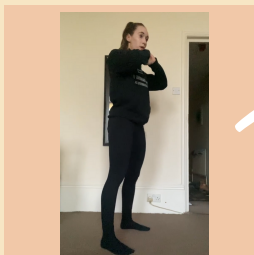
Starting on your hands and knees, have your spine in a neutral position. Lift one leg up off the floor, raising it up towards the sky. As you raise your leg up, keep your back straight to keep the tension in the glutes and off the back. Add a band to make more difficult.

DEADLIFT



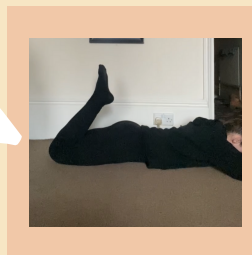
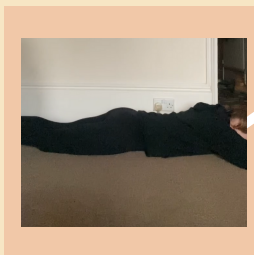
Start standing with feet hip width apart. Your weight should be placed between your feet. Bend down bending the knees and pushing your hips back. Grab your weight, keeping chest up, push through your heels until in a standing position. Keep back neutral.

PAUSE SQUAT



Follow instructions for how to squat above. At the bottom of the squat, pause for 3-5 seconds before pushing back up through the heels.

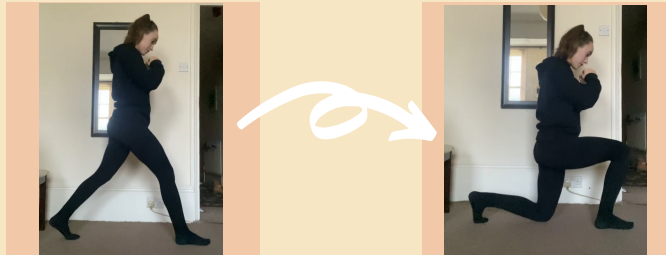
HAMSTRING CURL



Lie flat on your front. Start with your legs flat against the floor. Curl your legs in towards your bum and then slowly lower back to the floor. To make more difficult you can add a dumbbell between the feet, ankle weights or resistance bands.

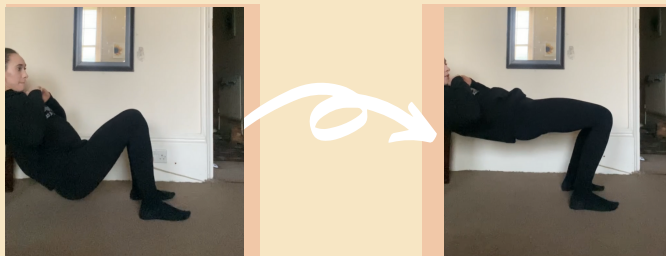
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SPLIT SQUAT



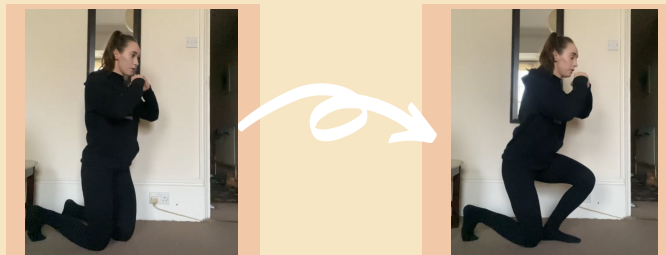
Start standing with soft knees. Take a large step back with one of your legs. Bending the front and back knee lower yourself down until the back knee almost touches the ground. Push through the front heel until your back is standing. Keep your leg in the same position and repeat.

HIP THRUST



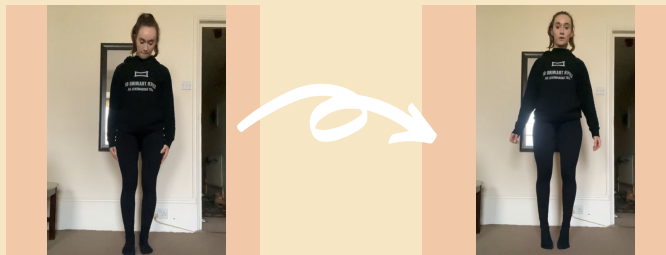
Start with a bench or surface behind you. Sitting, lean your upper back against the surface. Have your feet not too far away from your bum. Push your hips up, driving through the heels. Squeeze your glutes at the top before lowering back down. Focus on moving your hips rather than your back throughout.

KNEE TO SQUAT



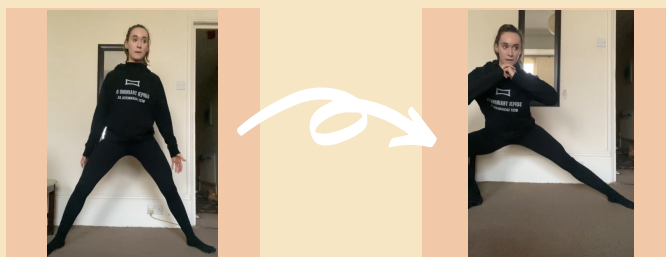
Start on both knees in a kneeling position. Bring leg up and push yourself up through your heels until you are in a squat position. Stay in the bottom of the squat and then lower yourself back down to the kneeling position.

CALF RAISES



Stand with soft knees. Raise onto your tip toes. Reaching up as far as possible. Lower yourself back down until your foot is flat on the floor. And repeat.

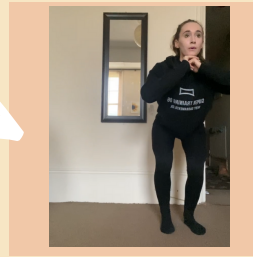
SIDE LUNGE



Standing with soft knees, Take a large step out sideways. Keeping your legs wide. Bend one knee and lower down to one side - the other leg should be straight and you should feel a stretch in the hamstring. Push back up through your heel and lower down to the other side.

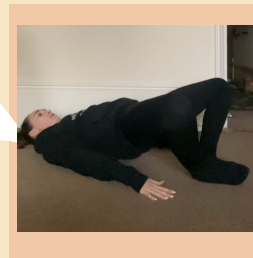
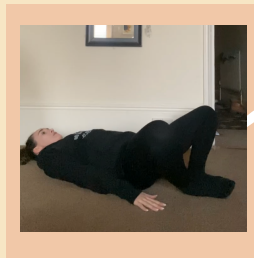
EXERCISE LIBRARY

CRAB WALKS



Lower yourself into a squat. When at the bottom of the squat step from side to side keeping low all the time. Add a resistance band to make more difficult.

CLAMS



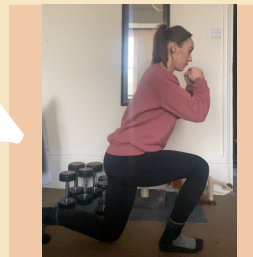
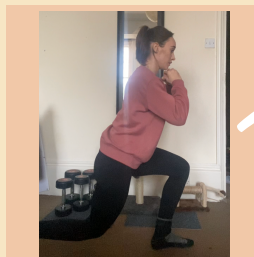
Lie flat on the floor. Bend your knees side ways and bring the base of your feet together. Keeping your feet together raise your hips up from the floor. Squeezing the glutes at the top. Slowly lower back down.

HEELS ELEVATED NARROW SQUAT



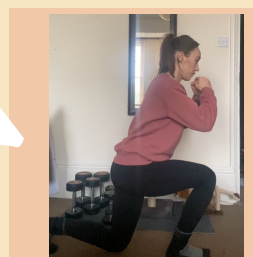
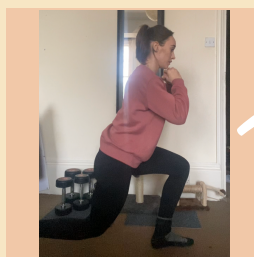
Using a plate or a book etc. place your heels on the edge of the plate with your toes on the floor. From here follow the same instructions as you would with a normal squat.

JUMPING LUNGES



Follow the same instructions as a reverse lunge but using more power when coming up, jumping straight over to the other leg.

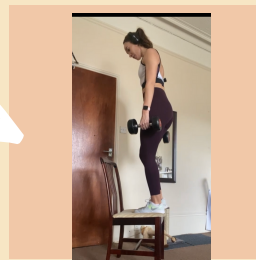
WALKING LUNGES



Start standing with soft knees. Take a large step forward. As you do bend the front and back knee. Push up through the front heel moving the back leg forward so you move forward as you go into the next lunge.

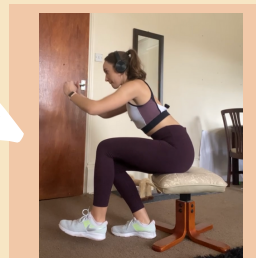
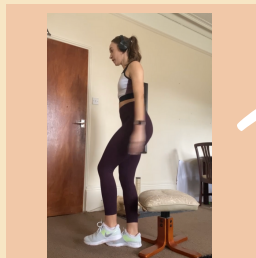
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STEP UPS



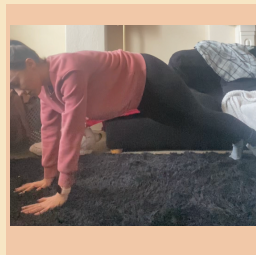
Use a bench or a chair. Bring one leg up onto the bench. Trying to just use that lead leg bring yourself up onto the bench. Limit the support from the back leg. When standing on the bench slowly lower yourself down and then swap leg.

SINGLE LEG SQUAT



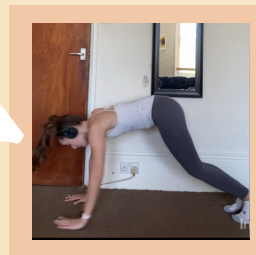
Start standing. Raise one leg slightly off the floor. If new to the exercise use a high surface such as a chair. Lower yourself down onto the chair, bending the knee. When you land on the chair push back up through the one leg, pushing through the heel.

PLANK WALK TO MOUNTAIN CLIMBERS



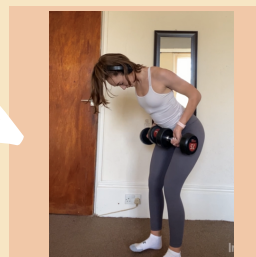
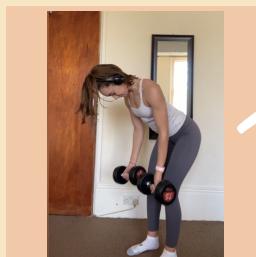
Start in a push up position. Walking your hands and feet side ways, do a couple steps. The stop and run your knees in towards your chest as fast as possible. keeping your hips down. Walk back across still in the plank position and repeat

AB WALKOUT TO PUSH UP



Start standing bring your hands down towards the ground, slightly bending the knees. When your hands are on the ground walk them out away from your legs as far as you can go. Do a push up. Then walk them back in and bring yourself back up to a standing position.

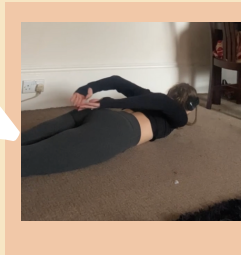
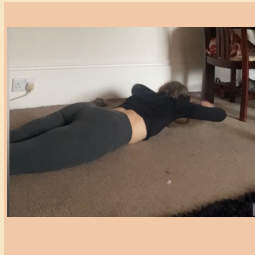
BENT OVER ROW



Hold your weight in your hand. Have a slight bend in the knees and bring your chest forward so it is nearly vertical to the floor. Start with your arms extended by your legs. Bring the weight up moving it in a straight line, bending the elbows whilst keeping them tucked in to your side.

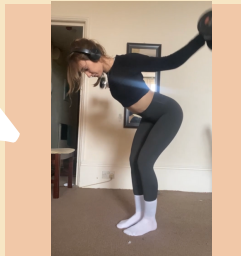
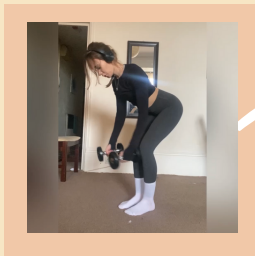
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SNOW ANGELS



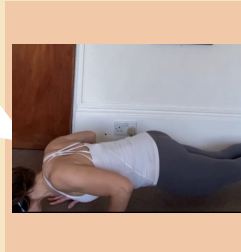
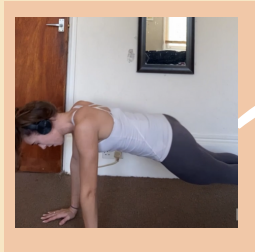
Lie down on your front. Reach your arms out in front of you. Start to bring the arms around to the side, twisting your hand from palm down to palm up. Allow a bend in the arms. Bring your hands back until they reach your lower back. Then slowly bring them back to the starting position.

REVERSE FLYE



Start in the same position as your bent over row. Slight bend in the knees and chest vertical to the floor. Raise your arms up to the side until they are in line with your body. Squeeze your shoulder blades. Return to start position, controlling the weight back down.

PUSH UP



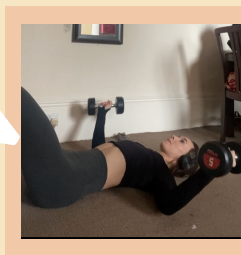
Start in your push up position. Arms straight and on your toes. Bring your chest down towards the ground, bending the elbows. Keep your spine in neutral throughout. Push back up. If doing kneeling, do the same but on your knees. The further back your knees the more difficult.

CHEST PRESS



Lie on a bench or on the ground. Start with your arms out at your side at a 90 degree angle. Forearms pointing towards the sky. Extend the arms up until they are fully extended but not locked. Keep elbows soft. Slowly lower back down until your arms are back at 90 degrees.

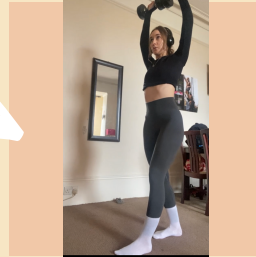
PEC FLYE



Lie on a bench or the floor. Start with your arms straight out in front of you. Slowly lower your arms sideways, allowing a slight bend in your arms. Stop when your arms are in line with your body. Bring the weight back up so they are out in front of you, engaging your chest as you bring them in.

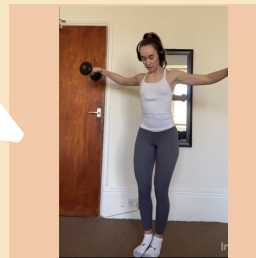
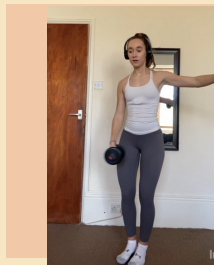
EXERCISE LIBRARY

SHOULDER PRESS



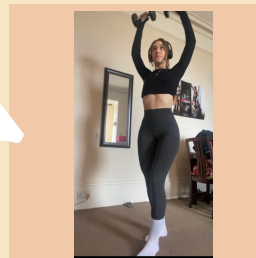
Can do sitting or standing. Start with your arms at a 90 degree angle so the weight is roughly at ear height. Extend your arms up, bringing the weights together at the top. Slowly lower the weights back down not letting your elbows drop too low

STATIC LATERAL RAISE



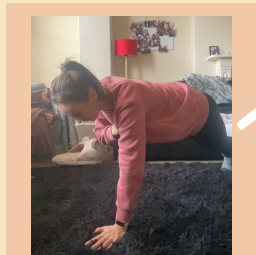
Start standing with your knees soft and your hands facing each other at the front of your legs. Bring your arms up sideways until they are in line with your shoulder. Keep one there as you lower the other back down. Repeat with the one arm before switching.

AROUND THE WORLDS



Start standing with your knees soft and your hands facing each other at the front of your legs. Start bringing your arms up sideways and keep going until they are above your head. Slowly lower the weight back down.

SHOULDER TAPS



Start in your push up position. Use one hand to tap the opposite shoulder. As you do this try and keep your hips as still as possible. Focus on keeping the core tight and engaged. Carry out slow and controlled

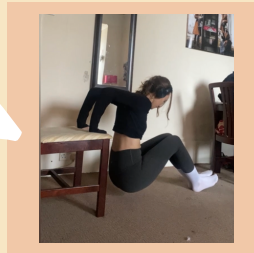
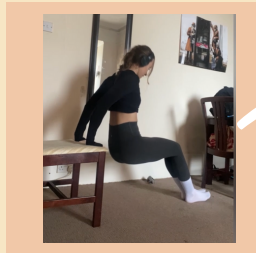
WALKING PUSH UPS



Carry out a push up as described above. When you have completed one push up, walk your hands over one step and do another push up. Then walk your hands back to the starting position

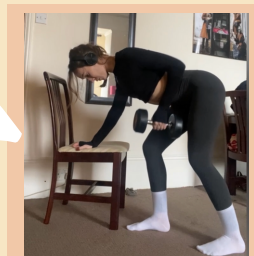
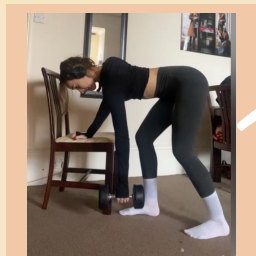
EXERCISE LIBRARY

TRICEP DIPS



Find a surface like a bench/chair. Facing away from the chair place your palms flat on it, so your fingers are facing the same way as you. Try to be as close to the chair as possible. Either have your knees bent or straight and lower yourself down towards the floor. Push back up through your palms

SINGLE ARM ROW



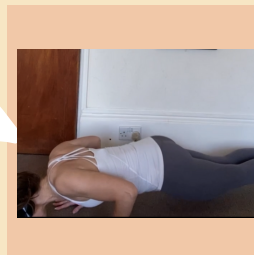
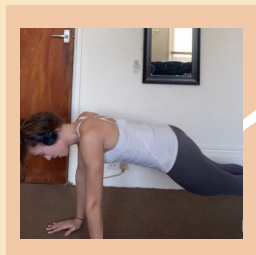
Use a chair or bench. Place one knee on the bench. You don't need to do this. If not have leg further back than the other with the front leg slightly bent. Keep your back straight. Grab your weight and bring it in towards your chest, keeping the elbow pinched in. Control back down.

NARROW PRESS



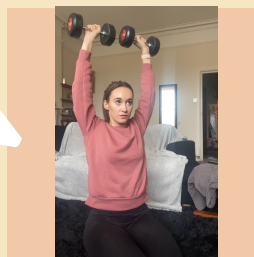
This is the same motion as your chest press but you are going to start with your weights together at the center of your chest. Push the weight up, as you bring back down keep your elbows tucked in to your side.

PAUSE PUSH UP



Carry out your push as described above. This time when you are at the bottom of the push up, pause for a couple seconds before pushing back up.

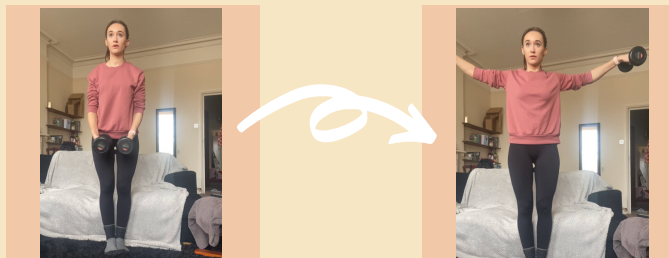
ARNOLD PRESS



Start with your elbows bent and your hands pointing towards you in front of your face. As you extend your arms up, start to rotate them so your palms are facing away from you. When you bring the weight back down do the same movement, rotating your hands towards you.

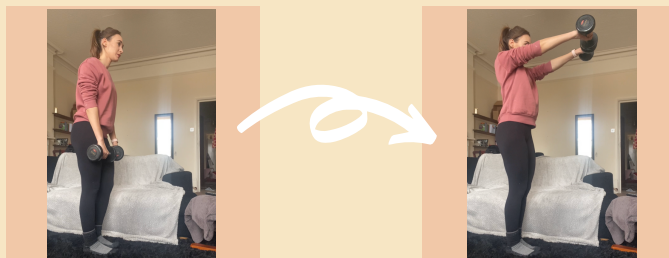
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LATERAL RAISE



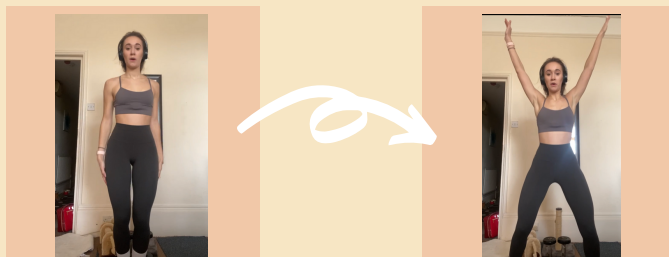
Start standing with your knees soft and your hands facing each other at the front of your legs. Bring your arms up sideways until they are in line with your shoulder. Slowly lower the weight back down.

FRONT RAISE



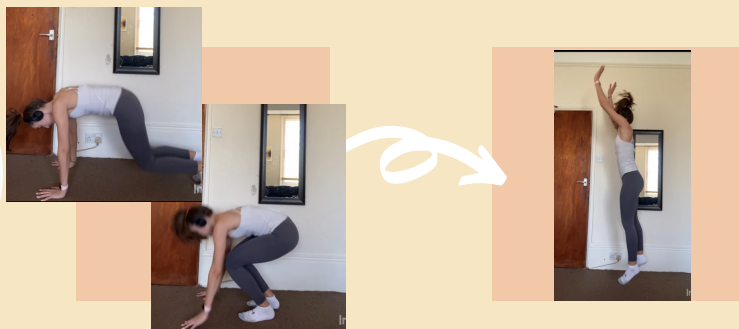
Start standing with your knees soft and your hands in front of your legs facing you. Raise your hands up until they are out in front of you and in line with your shoulder. Slowly lower them back down.

STAR JUMPS



Start standing with your knees soft, jump your legs out to the side. As you do bring your arms upwards going from the side up.

BURPEES



Start standing with soft knees. Bring your hands to the ground and jump your legs back. Then jump them back in towards you. Now jump up towards the sky until you're standing.

1 1/2 SQUAT



Do a squat as described above. When you start to come up from the squat only come half way and then go back down. Then pushing through the heels fully extend up.

EXERCISE LIBRARY

SQUAT WALK TO JUMP

Combine
crab walk
jumping
squat

Combine
crab walk
jumping
squat



Come down into a squat. Staying low in that squat step forward 3 times and then jumping up. Land back down in the squat and repeating.

SQUAT TO CALF RAISE



Do a normal squat. As you come back up, as you reach the top and you're fully extended come up onto your tip toes and reach up. Do this as one movement.

ALTERNATE BENT OVER ROW



Carry out a bent over row as per the instructions above. However, after you've done one and when come back to the bottom rotate your wrists so they are facing the opposite way. And then carry out the same move.

HAMMER CURL



Stand with soft knees. Keep your elbows tucked into your side. Rotate your wrists so your palms are facing inwards. Then bending from the elbow, bring the weights towards your upper arm. Keeping elbows pinched in throughout.



Thank You!

Thank you for downloading my guide!

I hope it has helped you in some way, whether that is give you some ideas, help you reach your goals or even helped you work out your goals!

I would love to hear what you think about it - message me @dannileighfitness - to tell me what you think

To say thank you for downloading the guide, I would like to offer you one Free Personal Training Session via Zoom.

To get yourself booked in just reply to the email!

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x