

Exercise Sessions for the Home

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Don't lift heavy weights if you're alone, injured, fatigued, and inexperienced. Ask for instruction and a spotter for lifts to maximize safety. See your physician before starting any exercise or nutrition program. If you are taking any medications talk with your physician before starting any exercise program, including this document before you. If you experience light headedness, dizziness, or shortness of breath while exercising stop immediately and consult a physician.

Complete a physical examination with your physician if you are over 30 years old, sedentary, have high cholesterol, high blood pressure, are overweight, or have diabetes. Discuss all dietary changes with a registered dietician. Alison Taylor and Alison Taylor Personal Training will not assume any liability or be held responsible for any form of injury, personal loss, or illness caused by the utilization of this information.

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So, let's be honest, it isn't always easy to find the time to work out. We know we need to do it but kids, work, family..... the list is endless, and these factors make it difficult. Nutrition is key, the old phrase that you cannot outrun a shit diet, is true. Exercise however, keeps the body healthy and we need that.

You have chosen to use your own nutrition and if you experience a struggle, then send me a message at alison.taylorpt@gmail.com Food is food and weight loss is a calorie deficit, but a slight one, don't forget that.

So, I have devised plans that you can do at home. They are short, take little to no equipment as they are hard. Come on, this cannot be easy.

Don't go mental, I wouldn't exercise more than 3-5 days a week. Where us women go wrong is we under eat and over exercise. This gives us a quick weight loss, with we DON'T maintain, hence the yo-yo dieter. So today, do it differently..... watch what you eat, enjoy food and enjoy exercise.

On top of these exercises THINK active, walk where you can, get the stairs and even look at the activity steps you daily do. All this will help you become healthier and loose more weight.

Now for the exercises, what you put into them, is what you will get out of them. So, push yourself, these programs knacker me as I work hard, you also need to.

Make sure that you do a warm up prior to any of these sessions and cool down with stretches afterwards.

The Exercises.

Option One

45 seconds work, each exercise (no rest)

- Squats Jumps
- Press Ups (if you can't do a full press up, then practice the down movement and take your time)
- Burpees
- Jumping jacks
- High knees
- Lunge left leg
- Lunge right leg
- Sprint in place

Do these exercises back to back, then rest for 1 minute. Complete the process 4 more times.

Option Two

Tabata timers, these are free to download on your phone or iPad. Pick one exercise and do it 8 times. 20 seconds on and 10 seconds off. You must push yourself, no cheating, feel like you want to spew. Once you have completed 4 minutes (8 times) then rest for a minute then choose a different exercise and do the same. Need a warm up before you do these. High knees, squats, stretch etc.

If you feel ok after the 2 sets then you were cheating and not pushing yourself to your limits.

Exercise to choose from:

- Jump squats
- Burpees
- High Knees
- Long jump
- Mountain Climber

Option Three

- 15 squat jumps
- 15 press ups
- 15 high knees

Run around block fast as if a robber is chasing you. Or up and down the stairs 5 times.

60 second rest. Complete 4 times

Option Four

ENOTM (every minute on the minute so if it takes you 30 seconds then you get 30 secs rest, if it takes you 59 secs then tough, 1 second rest)

1. 8 press ups
2. 20 squat jumps
3. 15 triceps dips
4. 30 seconds plank
5. 20 jumping jacks

Rest 1 minute then complete 4 times in total.

Option Five and Six (Equipment Needed)

You are going to need a kettlebell for this. So, if you have one great and if not then it is up to you if you want to purchase or not. There is enough to do within this plan without spending one. Make sure that you know how to use this piece of equipment if you decide to use the plan. If you want to purchase one, then I advise 8-16kg depending on your strength and experience.

Kettlebell workout 1.

- 10 swings and 2 press ups
- 15 swings and 3 press ups
- 25 swings and 5 press ups
- 50 swings and 10 press ups
- 30 second plank

Rest 30 seconds

Repeat another 3-5 times.

Kettlebells workout 2.

Pyramid session.

- 20 kettlebell swings 20 jump squats

Then 19 kettlebell swings 19 jump squats, 18 kettlebell swings 18 jump squats and so on,17,16,15,14,13,12,11,10

One-minute rest then..... back up 10 kettlebell swings 10 jump squats,11,12,13,14,15,16,17,18,19,20.

Option Seven (Equipment Needed)

For this you will need Dumbbells, somewhere between 3-5kg will be enough.

Do all exercises with the hand weights adding extra weight to the body.

1. Squat to overhead press x 25
2. Bicep curls (squeeze the bicep at the top of the move) x 15-18
3. Rear Delts (bend over with a flat back and lift the weights to the side concentrating on the rear shoulder blades. Hold at the top 2-3 secs squeezing the shoulder blades together) x 12-15
4. Punching again with weights. Stomach tight and complete 30 left and 30 right
5. Tricep kickbacks. Only move from elbow to wrist. 20 left then 20 right
6. Jumping jacks again with weights x 20

Rest 60-90mims then repeat another 4 times

Option Eight (Equipment Needed)

Again, using the Dumbbells, back to back exercises then rest for 1 minute. Repeat 4 more times.

- Lunges x 15 either leg
- Side Raises x 15
- Squats x 15
- Front Raises x 15
- Renegade Rows x 15 left and right
- Standing Shoulder Press x 15

Option Nine

If you can get outside and have some time on your own, then try these also.....

Hill sprints.

Gentle smooth jog for a couple of minutes as a warm up. Find a hill around 50-70 metres (big incline) and run up it as if you are getting chased by a serial killer. Jog very slowly on the way back down. Repeat this 6-10 times. If you can complete it 8-10 times and feel like you could do more then you aren't running fast enough. Also, if you can time the sprints and once you are 2-4 seconds slower, stop. You have fatigued your body and there is no longer continuing. Walk home.

Option Ten

Walk, Jog and Run.

Exercise is exercise and if you can get out alone or with friends or even the kids then give this a shot. All fitness levels will manage this but push yourself. Brisk walk, the jog/sprint until you think NO MORE, then slow the heart rate down again by walking (don't stop) Then brisk walk and get ready for jog/run number two. Get outside for 10, 20 or 30 minutes, whatever you can manage.

So, there you have it. Have fun and try different programs. When and if you are ready to progress to the gym (time required) then pop onto the website and purchase the 12-week plan. Lastly, any food help, then email as I said above. And get back on the website and register for the Newsletter, it is FREE and may be of use to you.

Click the [Blue Hyperlinks](#) below of the Exercises to watch a video demo of how to perform the movement.

The Moves

Bicep Curls

<https://youtu.be/scZF1j11eck>

Burpees

<https://youtu.be/dZgVxmf6jkA>

Front Raise

<https://youtu.be/sOcYIBI85hc>

High Knees

<https://youtu.be/oDdkytliOqE>

Jumping Jacks

<https://youtu.be/OpwiXnqrFtM>

Kettlebell Swings

<https://youtu.be/9Fv4j9vVaBQ>

Long Jump

<https://youtu.be/96zJo3nlmHI>

Lunge

<https://youtu.be/QOVaHwm-Q6U>

Mountain Climbers

<https://youtu.be/nmwgigXLYM>

Plank

https://youtu.be/N_KvZd-Of10

Punching with Weights

<https://youtu.be/WHdwYNT9aFE>

Press Ups

<https://youtu.be/eFOSh8vpd6l>

Rear Delts

<https://youtu.be/Zgg7zoVZRnU>

Renegade Rows

<https://youtu.be/q0KQHJctcqk>

Side Raise

<https://youtu.be/D4OOJuLOtAk>

Sprint in place

<https://youtu.be/v7rjHmZRs28>

Squats with Dumbbells

https://youtu.be/v_c67Omje48

Squat Jumps

<https://youtu.be/72BSZupb-1l>

Squat to Overhead

<https://youtu.be/7JtzNydMIJ8>

Standing Shoulder Press

<https://youtu.be/03p2g6mYunk>

Tricep Dips

<https://youtu.be/tKicgfu44sl>

Tricep Kickbacks

https://youtu.be/mGwUy_JFM54

Check out these links so you can familiarise yourself with what to do with these plans.