

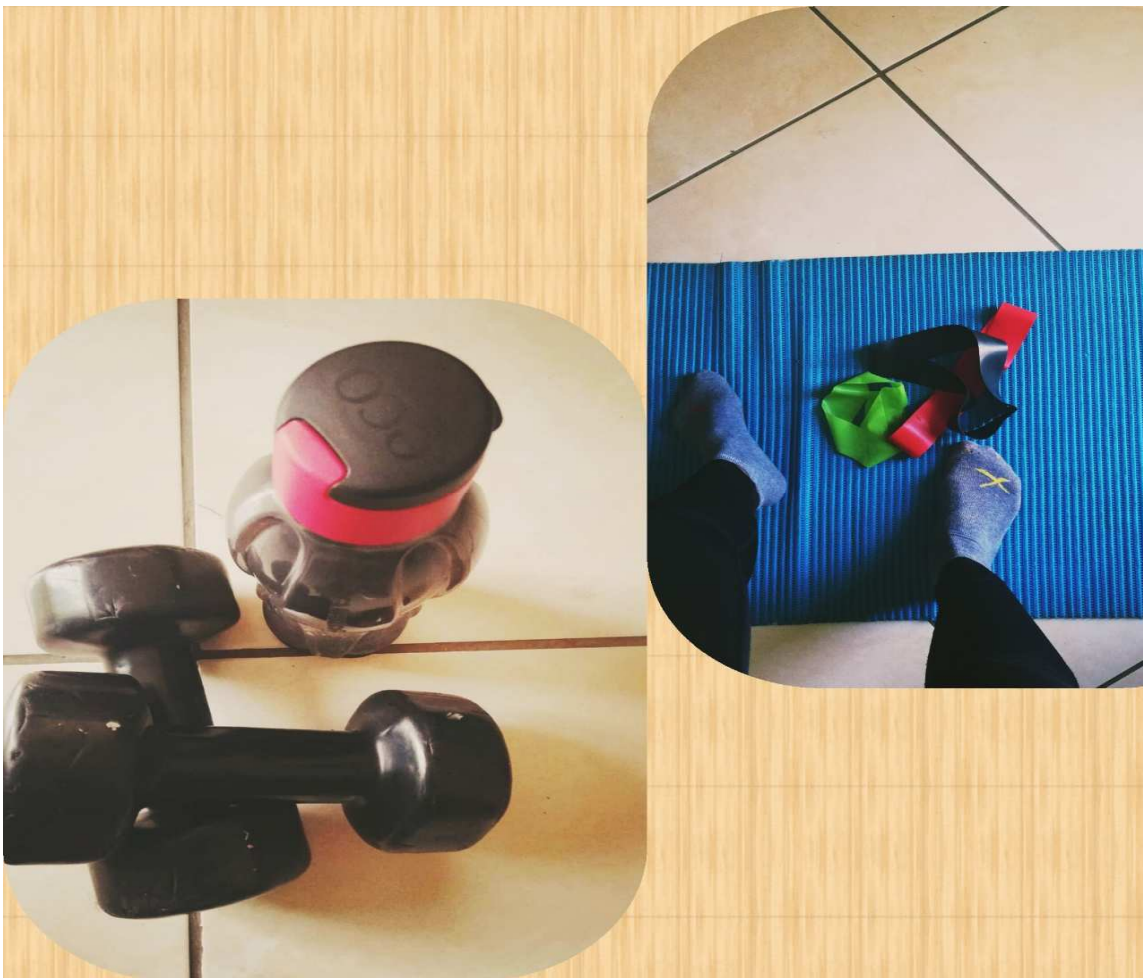
HOME WORKOUT GUIDE 1.0

Energy Fitness by Masozma

Strong and Fierce

WELCOME, SET GOALS AND CRUSH 'EM

Push yourself to greater heights, every day!



Results happen over time, not overnight. So work hard, stay focused and be consistent.

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Content page

1. Welcome & Introduction
2. Nutrition guidelines
3. Warm up routine
4. 5 Week Training plan
5. Gallery

Your health is an investment and not an expense.

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Welcome & Introduction

Welcome to your 5 week home workout program. It's about to get real up in here!!

This program is designed to assist those who, like myself, cannot make to the gym due to time constraints but still want to maintain a fitness and health lifestyle.

I am hear to tell you that, yes, you can be fit from home, and in this program, I will show you how.

This is home workout guide 1.0, which means it is beginner friendly. All fitness levels are welcome!

In this program we will be using:

1. Set of dumbbells - If you do not have dumbbells, use water filled water bottles, bricks or just stick to using your own body weight.
2. Mini bands - If you do not have these at your home, no stress, just use your own body, you will still feel the burn.
3. Jump rope - Within the programing i will provide alternatives if youdo not have jump rope.

There are no excuses

Training split

We will be working on a 7 day week (Day 1 to day 7). Each day will be allocated as below:

Day	Target
Day 1	Full body
Day 2	High Intensity Interval Training (HIIT) & Upper Body (Bicep, Triceps, back, chest, Shoulders)
Day 3	Rest
Day 4	High Intensity Interval Training (HIIT) & Upper Body (Bicep, Triceps, back, chest, Shoulders)
Day 5	Lower Body (Glutes, Hamstrings, quads, calves, Thighs)
Day 6	ABS
Day 7	Rest

Note:

If you think you may have a medical emergency, contact your doctor.

The advise of a qualified health professional is always the best. Therefore, when in doubt, contact a qualified health profession for any enquiries relating to your health and wellness.

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Nutrition guidelines (1/5)

OPTIMIZED PROGRESS WITH NUTRITION

Keep in your mind constantly that you cannot out train a bad diet.

Keeping a well-balanced, nutritious diet during this program is going to be the key to your success.

Although eating healthy can be fairly simple, the rise in popular "diets" and dieting trends has caused confusion which can often distract you from the basic nutrition principles that are most important.

Up next I will share with you the **basic principles of nutrition, based on science, that you can implement in your life.**



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Nutrition guidelines (2/5)

WHY SHOULD YOU EAT HEALTHY

Research continues to link serious diseases to a poor diet. For example; cancer, diabetes, heart disease.

Food has an impact on all your cells and organs. Therefore a good diet will improve a lot of your health markers, including brain function and physical performance.

CALORIE AND ENERGY BALANCE EXPLAINED

Counting calorie isn't always necessary. However your total calorie intake will play key role in weight control and health.

If you are trying to loose weight, than you must create a calorie deficit by either consuming less calories, increasing physical activity or both. (The opposite is true if you trying to gain weight).

UNDERSTANDING MACRONUTRIENTS (MACROS)

There are three macronutrients are **carbohydrates** (carbs), **fats** and **protein**. Your body needs these macros in order to survive. This is largely where you calories come from and each of these macros have a specific function within your body.

Below is the calorie break down of each macro and the type of foods in which they are found.

Carbs: 4 calories per gram. All starchy foods like bread, pasta and potatoes. Also includes fruit, legumes, juice, sugar and some dairy products.

Protein: 4 calories per gram. Main sources include meat and fish, dairy, eggs, legumes and vegetarian alternatives like tofu.

Fats: 9 calories per gram. Main sources include nuts, seeds, oils, butter, cheese, oily fish and fatty meat.

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Nutrition guidelines (3/5)

UNDERSTANDING MACRONUTRIENTS (MACROS) - Continues

How much of each macronutrient you should consume depends on your lifestyle and goals, as well as your personal preferences.

UNDERSTANDING MICRONUTRIENTS

Micronutrients are important vitamins and minerals that you require in smaller doses.

All of the vitamins and minerals are **essential** nutrients, meaning that you must get them from the diet in order to survive.

The daily requirement of each micronutrient varies between individuals. If you eat a real food-based diet that includes plants and animals, then you should get all the micronutrients your body needs without taking a supplement.

EATING WHOLE FOODS IS IMPORTANT

You should aim to consume whole foods at least 80-90% of the time, i.e. natural, unprocessed foods containing only one ingredient.

Whole foods tend to be nutrient-dense and have a lower energy density. This means that they have fewer calories and more nutrients per serving than processed foods.

In contrast, many processed foods have little nutritional value and are often referred to as **empty calories**. Eating them in large amounts is linked to obesity and other diseases.

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Nutrition guide (4/5)

FOOD & DRINK ITEM EXAMPLES

CARBOYDRATES

1. Brown rice / Basmati white rice
2. Oats
3. Beans
4. Sweet potatoes
5. White potatoes
6. Butternut
7. Whole grain bread
8. Pasta

FATS

1. Nuts & Seeds (Option: Sunflower seed, Cashew nuts, Macadamia nuts)
2. Olive oil / Canola oil
3. Avocado

OTHER

1. Frozen vegetables (Options: Mixed, broccoli, cauliflower)
2. Fruits (Options Banana, berries)
3. Energy/ Protein bars (Limited intake, mainly for race day fuel/ on the go snack)
4. Low fat milk
5. Plain yogurt -low fat

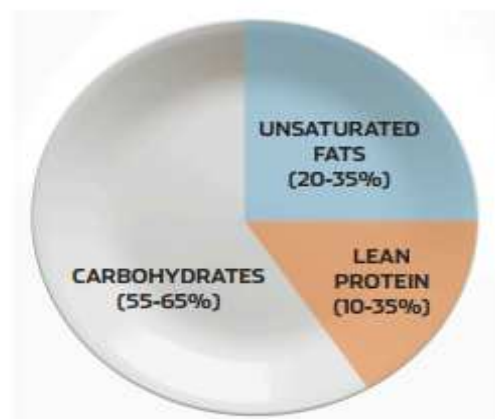
PROTIEN

1. Lean beef/mince
2. Chicken / Turkey breast
3. Fish (Option : Salmon)
4. Nuts & Seeds (Option: Pumpkin seeds, Almonds nuts)

DRINKS

1. Pure water - Still / sparkling
2. Energade / Powerade
3. Lucozade

Guideline on Macro split



Nutrition guide (5/5)

HOW TO MAKE HEALTHY EATING SUSTAINABLE

A great rule to live by is "If you can't see yourself on this diet in one, two or three years, then it's not right for you."

Far too often, people go on extreme diets they can't maintain, which means they never actually develop long-term, healthy eating habits.

As always, balance is key. Unless you have a specific disease or dietary requirement, no food needs to be off limits forever. By totally eliminating certain foods, you may actually increase cravings and **decrease long-term success.**

90% of your meals should be whole foods, which still gives you room for your occasional and enjoying life's delicacies.

Hydration and water intake are also important. Drink when you're thirsty and stay well hydrated all day.

TRAINING PROGRAM

Welcome to the 5 week training program.

Push yourself and don't give up!!!

If you are unsure on how to perform an exercise, refer to the **Gallery section** of this guide which provides illustrations on how to perform each exercise within this trainer.

Some of the illustration images I obtained from google images.

GENERAL WARM UP GUIDE

Warm up

It is very important to perform a proper warm up before any type of physical activity.

The purpose of a warm up is to prevent injury by increasing the body's core and muscle temperature.

Before each session do a proper warm up.

Warm up

Hip circles 10 (5 each direction)

Jumping Jacks (10 total)

Arm swings 10 (5 each direction)

WEEK 1

DAY 1

Workout – Full Body

Dumbbell squat to press - 8 reps 3 sets

Plank scissor to renegade rows - 5 reps 3 sets

Dumbbell swings - 8 reps 3 sets

Dumbbell straight leg deadlift to row - 8 reps 3 sets

curtsy lunge with dumbbell curls – 12 total 3 sets

WEEK 1

DAY 2

Workout

HIIT

30 seconds work 10 seconds rest repeat circuit 3 times

X- Jumps

Dynamic high knees

Lateral shuffle floor touches

In and out jump squats

Half burpees

Upper Body

Knee Push ups - 8 reps 3 sets

Dumbbell punches - 20 total 3 sets

Dumbbell biceps curls - 12 reps 3 sets

Dumbbell chest flies - 12 reps 3 sets

Dumbbell bent over triceps extension -
12 reps 3 sets

DAY 3

WEEK 1

REST AND RECOVERY



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WEEK 1

DAY 4

Workout

HIIT

30 seconds work 10 seconds rest repeat circuit 3 times

Jump squats to lateral lunge

Mountain climbers

Plank kick through

Jumping jack to knee raise

Lateral side to side hops

Upper Body

Dumbbell push press- 12 reps 3 sets

Dumbbell bent over rows- 12 total reps 3 sets

Dumbbell diagonal curls - 12 reps 3 sets

Dumbbell lateral raises - 12 reps 3 sets

Dumbbell overhead triceps extension - 12 reps 3 sets

WEEK 1

DAY 5

Workout - Lower body

Mini band squats – 12 each side 3 sets

Mini band kicks backs – 12 each leg 3 sets

Dumbbell straight leg deadlifts – 12 reps 3 sets

Static back to front lunges – 8 each leg 3 reps

Mini band side kicks – 12 each leg 3 reps

WEEK 1

DAY 6

Workout - ABS

Dumbbell sit ups – 15 reps 3 sets

Floor leg raises – 15 reps 3 sets

Mountain climber – 20 total 3 sets

Plank hold – 20 seconds 3 sets

Russian twists – 20 total 3 sets

DAY 7

WEEK 1

REST AND RECOVERY



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WEEK 2

DAY 1

Workout – Full Body

Dumbbell half burpee to push press- 8 reps 3 sets

Squat to side punches- 12 reps 3 sets

Dumbbell lateral lunge to single arm raise- 8 each leg 3 sets

Straight hop ups - 12 reps 3 sets

curtsy lunge dumbbell biceps curl - 12 total 3 sets

WEEK 2

DAY 2

Workout

HIIT

30 seconds work 10 seconds rest repeat circuit 3 times

Jump squats

Jumping Jacks

Half burpee to front leg kick outs

Side shuffle knee raise

Star jumps

Upper Body

Dumbbell lateral to front raise – 16 total 3 sets

Dumbbell curl to elbow lateral raise - 16 total reps 3 sets

Dumbbell bent over lateral raise- 16 reps 3 sets

Dumbbell floor chest press - 12 reps 3 sets

DAY 3

WEEK 2

REST AND RECOVERY



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WEEK 2

DAY 4

Workout

HIIT

30 seconds work 10 seconds rest repeat circuit 3 times

Mountain climbers

Forward back to hops

Knee raise to floor taps

Quick feet

In and out jump squats

Upper Body

Dumbbell face pulls- 12 reps 3 sets

Dumbbell round the worlds - 12 total reps
3 sets

Dumbbell hammer curls - 12 reps 3 sets

Dumbbell bent over triceps extension -
12 reps 3 sets

Dumbbell Arnold press – 12 reps 3 sets

WEEK 2

DAY 5

Workout - Lower body

Elevated quad focused squats – 12 reps 3 sets

Kneeling hip thrusts (squeeze glutes) – 12 reps 3 sets

Dumbbell straight leg deadlifts – 12 reps 3 sets

Walking lunges – 20 steps total 3 reps

Mini band side kicks – 12 each leg 3 reps

WEEK 2

DAY 6

Workout - ABS

Seated knee tucks alternating – 15 total 3 sets

Floor leg scissor raises – 15 reps 3 sets

Mountain climber – 20 total 3 sets

Plank hold – 20 seconds 3 sets

Russian twists – 20 total 3 sets

DAY 7

WEEK 2

REST AND RECOVERY



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WEEK 3

DAY 1

Workout – Full Body

Dumbbell squat to press - 12 reps 3 sets

Plank scissor to renegade rows - 5 reps 4 sets

Dumbbell swings - 12 reps 3 sets

Dumbbell straight leg deadlift to row - 12 reps 3 sets

curtsy lunge with dumbbell biceps curls - 12 reps 3 sets

WEEK 3

DAY 2

Workout

HIIT

50 seconds work 10 seconds rest repeat circuit 3 times

X- Jumps

Dynamic high knees

Lateral shuffle floor touches

In and out jump squats

Half burpees

Upper Body

Knee Push ups – 12 reps 3 sets

Dumbbell punches - 20 total reps 3 sets

Dumbbell biceps curls - 12 reps 3 sets

Dumbbell chest flies - 12 reps 3 sets

Dumbbell bent over triceps extension -
12 reps 3 sets

DAY 3

WEEK 3

REST AND RECOVERY



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WEEK 3

DAY 4

Workout

HIIT

50 seconds work 10 seconds rest repeat circuit 3 times

Jump squats to lateral lunge

Mountain climbers

Plank kick through

Jumping jack to knee raise

Lateral side to side hops

Upper Body

Dumbbell push press- 12 reps 3 sets

Dumbbell bent over rows- 12 total reps 3 sets

Dumbbell diagonal curls - 12 reps 3 sets

Dumbbell lateral raises - 12 reps 3 sets

Dumbbell overhead triceps extension - 12 reps 3 sets

WEEK 3

DAY 5

Workout - Lower body

Mini band squats – 16 each side 3 sets

Mini band kicks backs – 16 each leg 3 sets

Dumbbell straight leg deadlifts – 16 reps 3 sets

Static back to front lunges – 12 each leg 3 reps

Mini band side kicks – 12 each leg 3 reps

WEEK 3

DAY 6

Workout - ABS

Dumbbell sit ups – 15 reps 3 sets

Floor leg raises – 15 reps 3 sets

Mountain climber pauses – 20 total 3 sets

Plank hold – 20 seconds 3 sets

Russian twists – 20 total 3 sets

DAY 7

WEEK 3

REST AND RECOVERY



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WEEK 4

DAY 1

Workout – Full Body

Dumbbell half burpee to push press- 12 reps 3 sets

Squat to side punches- 16 reps 3 sets

Dumbbell lateral lunge to single arm raise- 12 each leg 3 sets

Straight hop ups - 20 reps 3 sets

curtsy lunge dumbbell Biceps curl- 16 reps total 3 sets

WEEK 4

DAY 2

Workout

HIIT

50 seconds work 10 seconds rest repeat circuit 3 times

Jump squats

Jumping Jacks

Half burpee to front leg kick outs

Side shuffle knee raise

Star jumps

Upper Body

Dumbbell lateral to front raise – 16 total 3 sets

Dumbbell curl to elbow lateral raise - 16 total reps 3 sets

Dumbbell bent over lateral to front raise- 16 reps 3 sets

Dumbbell floor chest press - 12 reps 3 sets

DAY 3

WEEK 4

REST AND RECOVERY



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WEEK 4

DAY 4

Workout

HIIT

50 seconds work 10 seconds rest repeat circuit 3 times

Mountain climbers

Forward back hops

Knee raise to floor taps

Quick feet

In and out jump squats

Upper Body

Dumbbell face pulls- 16 reps 3 sets

Dumbbell round the worlds - 16 total reps
3 sets

Dumbbell hammer curls - 16 reps 3 sets

Dumbbell bent over triceps extension -
16 reps 3 sets

Dumbbell Arnold press – 16 reps 3 sets

WEEK 4

DAY 5

Workout - Lower body

Elevated quad focused squats – 16 each side 3 sets

Kneeling hip thrusts (squeeze glutes) – 16 reps 3 sets

Dumbbell straight leg deadlifts – 16 reps 3 sets

Walking lunges – 20 steps total 3 reps

Mini band side kicks – 16 each leg 3 reps

WEEK 4

DAY 6

Workout - ABS

Seated knee tucks alternating – 15 total 3 sets

Floor leg scissor raises – 15 reps 3 sets

Mountain climber – 20 total 3 sets

Plank hold – 30 seconds 3 sets

Russian twists – 20 total 3 sets

DAY 7

WEEK 4

REST AND RECOVERY



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WEEK 5

DAY 1

Workout – Full Body

Man-makers 15

Jump ropes - 50 reps

Repeat 5 times

WEEK 5

DAY 2

Workout

HIIT

Half burpee to jack *15

Star jumps * 15

Repeat 5 times

Upper Body

Dumbbell curl to push press– 16 total 3 sets

Dumbbell curl to elbow lateral raise - 16 total reps 3 sets

Dumbbell bent over lateral -16 reps 3 sets

Dumbbell floor chest press to chest flies - 16 reps 3 sets

DAY 3

WEEK 5

REST AND RECOVERY



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WEEK 5

DAY 4

Workout

HIIT

Half burpee to jack *10

Jump ropes * 50

Repeat 5 times

Upper Body

Hammer curls -16 reps 3 sets

Dumbbell round the worlds - 16 total reps
3 sets

Dumbbell face pulls- 16 reps 3 sets

Dumbbell upright rows - 16 reps 3 sets

Dumbbell Arnold press – 16 reps 3 sets

WEEK 5

DAY 5

Workout - Lower body

Elevated quad focused squats – 16 reps 3 sets

Kneeling hip thrusts (squeeze glutes) – 12 reps 3 sets

Back lunge to squats – 16 reps 3 sets

Mini band side kicks – 16 each leg 3 reps

WEEK 5

DAY 6

Workout - ABS

Seated knee tucks alternating – 15 total 3 sets

Plank up downs – 8 total 3 sets

Plank kick through - 12 total 3 sets

Russian twists – 20 total 3 sets

DAY 7

WEEK 5

REST AND RECOVERY



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WELL DONE

Congratulations on completing the at [home workout program 1.0](#)

I hope you enjoyed it and have learnt somethings to implement into your life for the long term.

Please check out my website [Energy Fitness by Masomza](#) for more amazing workout and content.

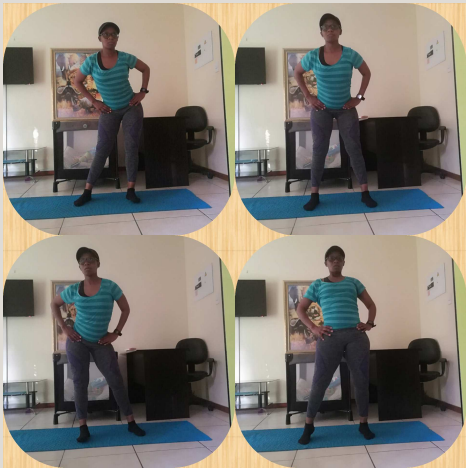
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GALLERY

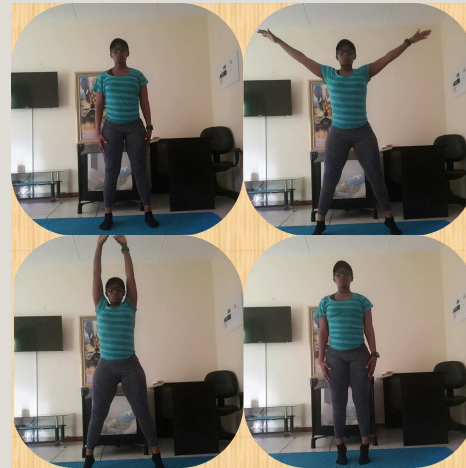
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Hip circles



Jumping jacks



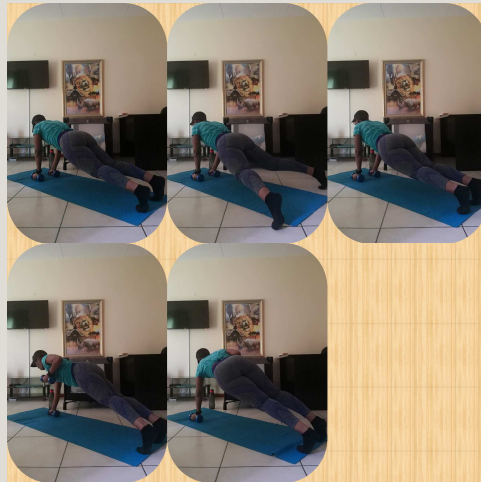
Arm swings



Dumbbell Squat press



Plank scissor to renegade row



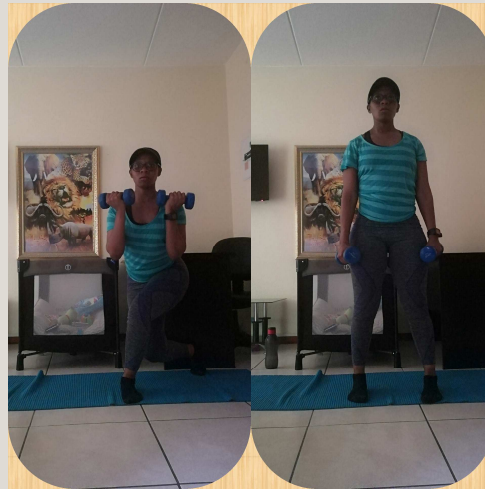
Dumbbell swings



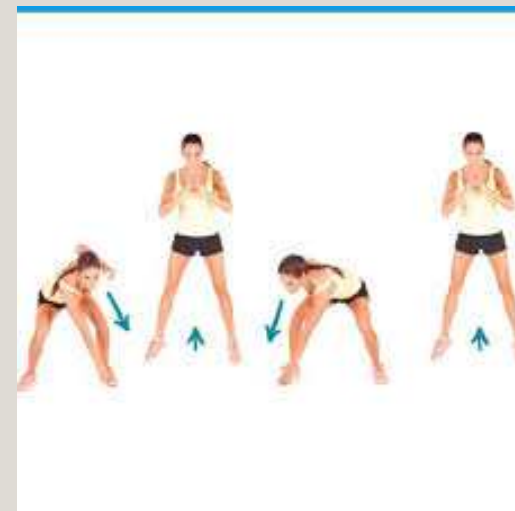
Dumbbell Straight leg deadlift to row



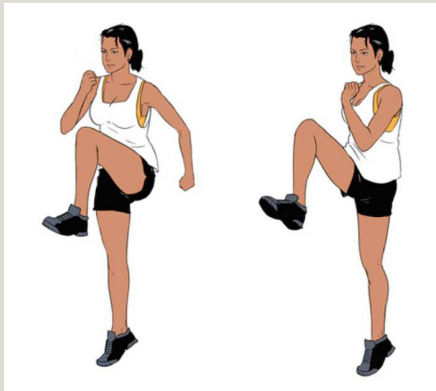
Curtsy lunge with dumbbell curl



X - Jumps



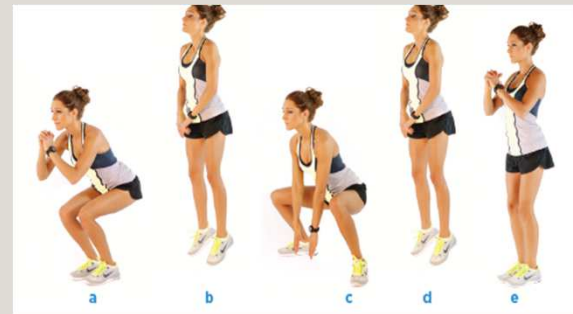
Dynamic high knees



Lateral shuffle floor touches



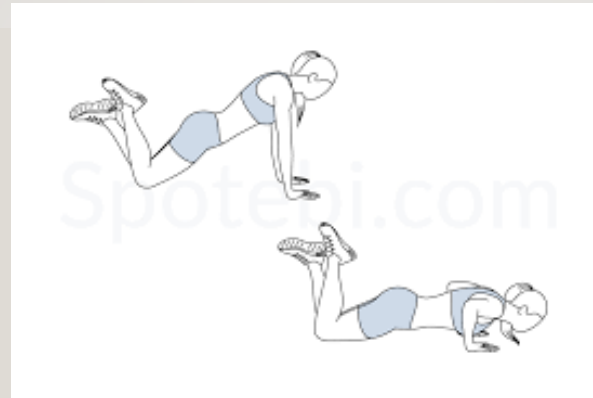
In and out jump squats



Half burpee



Knee push ups



Dumbbell punches



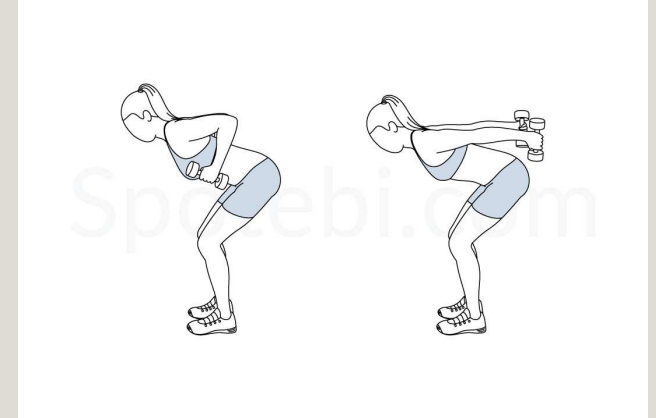
Dumbbell biceps curls



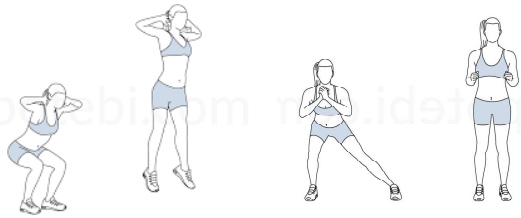
Dumbbell chest flies



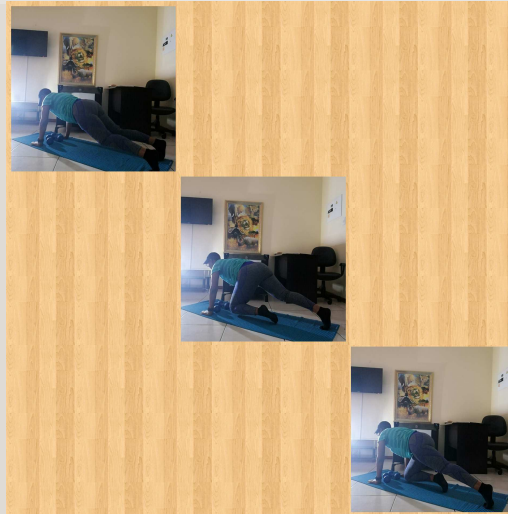
Dumbbell bent over triceps extension



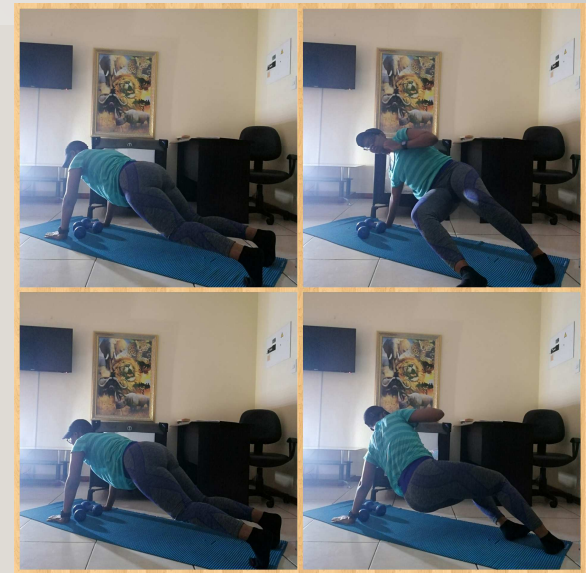
Jump squat to lateral lunge



Mountain climbers



Plank kick through



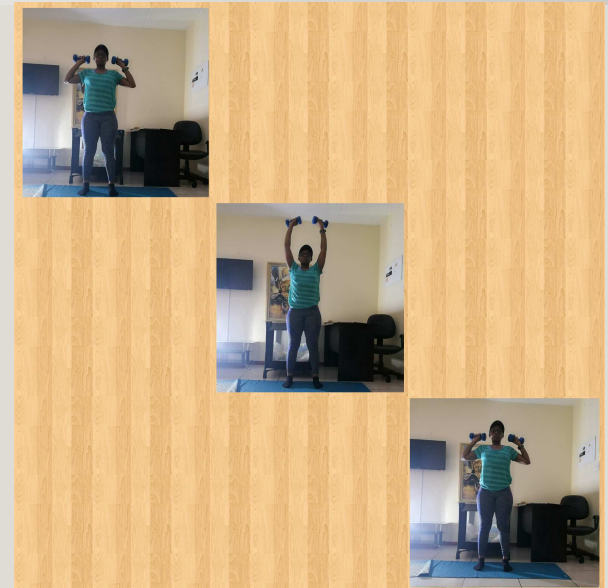
Jumping jack to knee raise



Lateral side to side hops



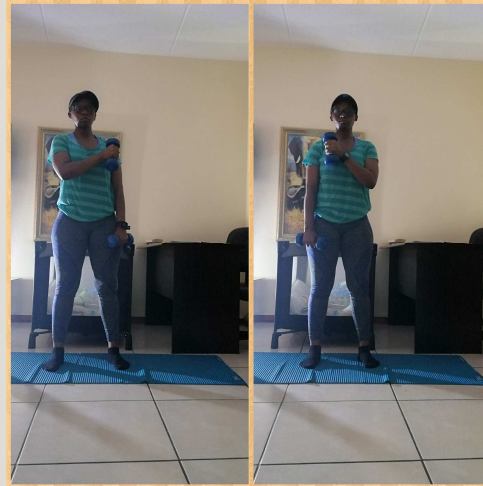
Dumbbell push press



Dumbbell bent over row



Dumbbell diagonal curls



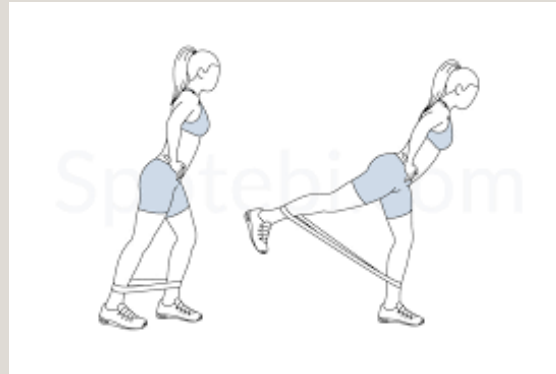
Dumbbell lateral raises



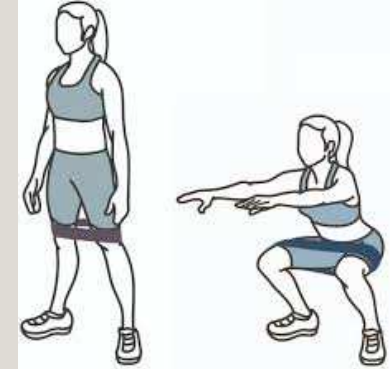
Dumbbell overhead triceps extension



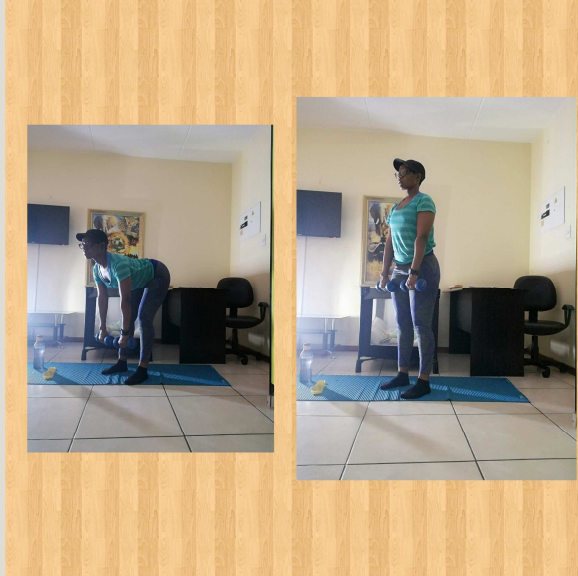
Mini band back kicks



Mini band squats



Dumbbell stiff leg deadlifts



Static back to front lunges



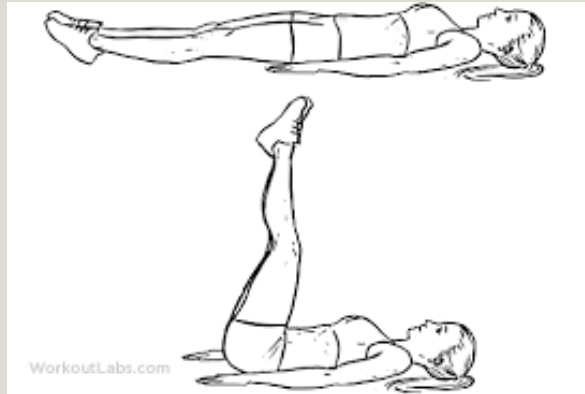
Mini band side kicks



Dumbbell sit ups



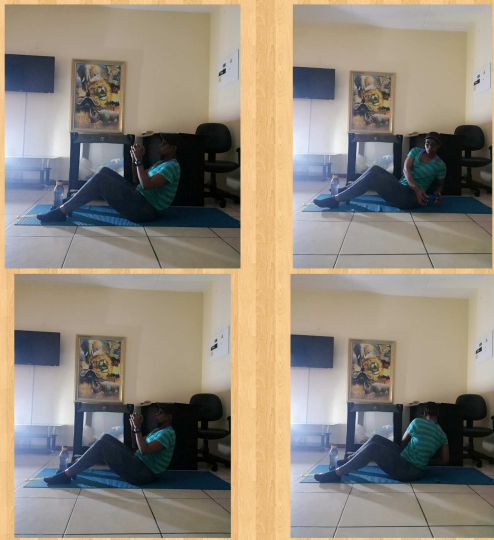
Floor leg raises



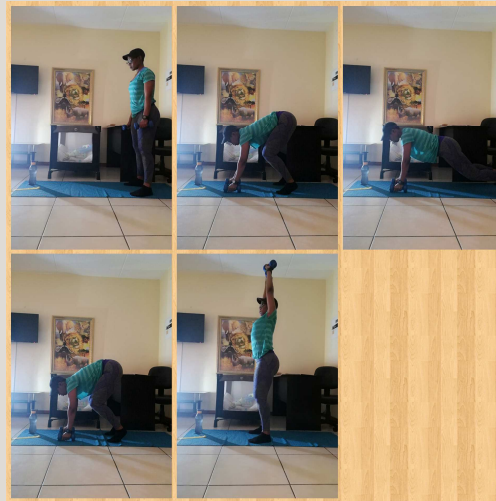
Plank hold



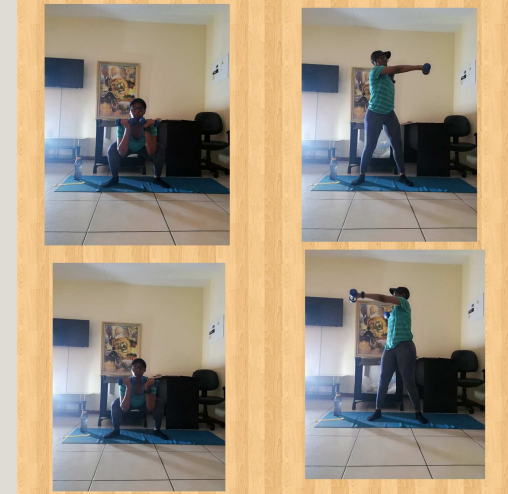
Russian twists



Dumbbell half burpee to push press



Squat to side punch



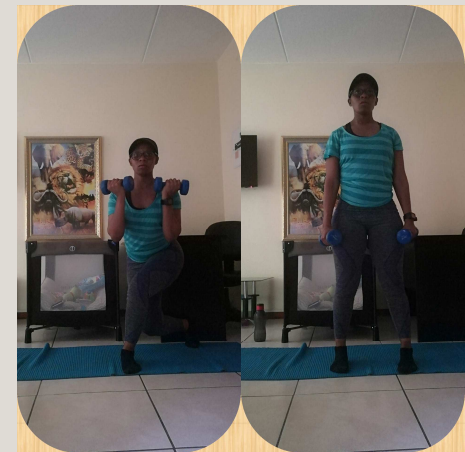
Dumbbell lateral lunge to single arm raise



Straight hop ups



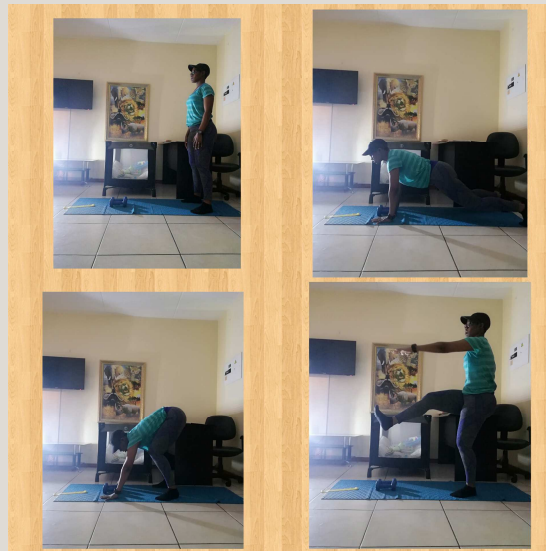
Curtsy lunge to dumbbell biceps curl



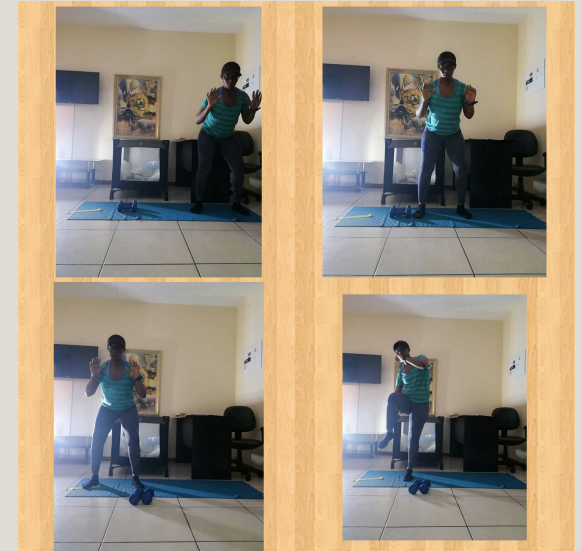
Jump squats



Half burpee to leg kick out



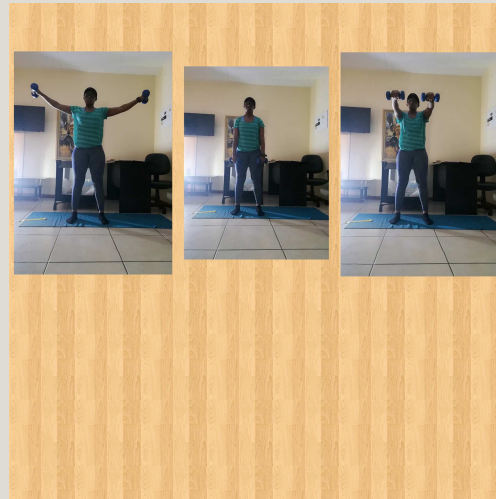
Side shuffle knee and raise



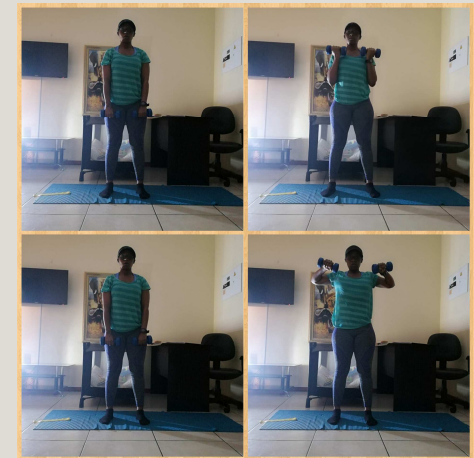
Star jumps



Dumbbell lateral to front raise



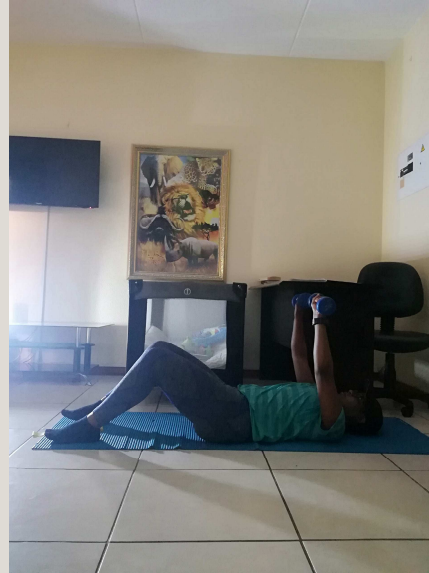
Dumbbell curl to elbow lateral raise



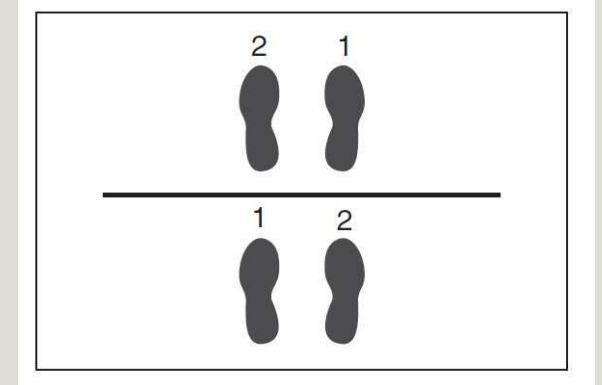
Dumbbell bent over lateral raise



Dumbbell floor chest press



Forward to back hops



Knee raise to floor taps



Quick fees



Dumbbell face pulls



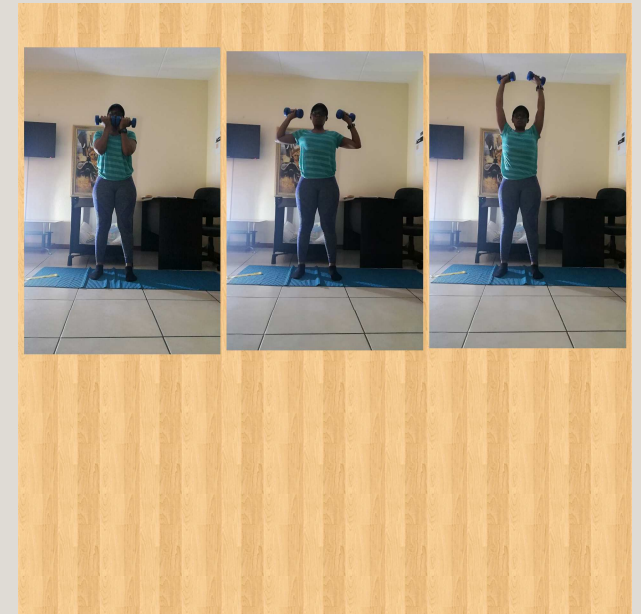
Dumbbell round the worlds



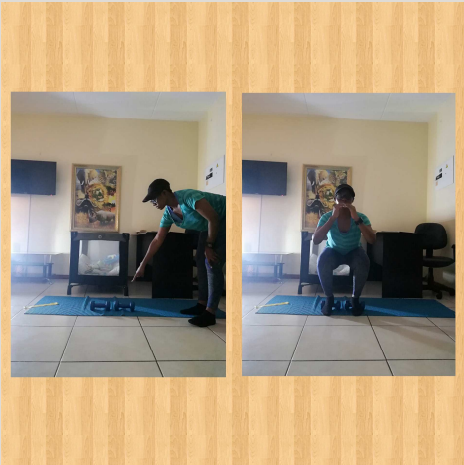
Dumbbell hammer curls



Dumbbell Arnold presses



Elevated quad focused squats



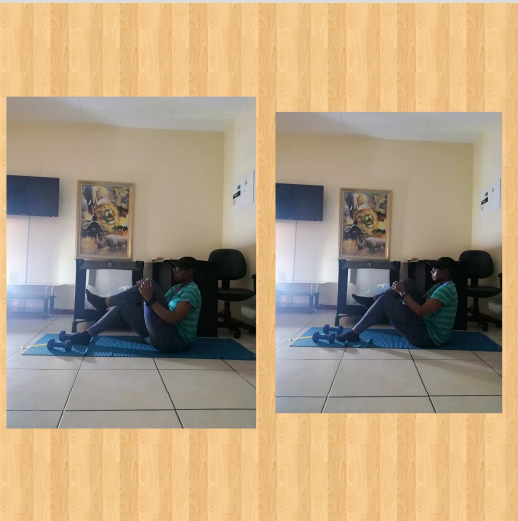
Kneeling hip thrusts



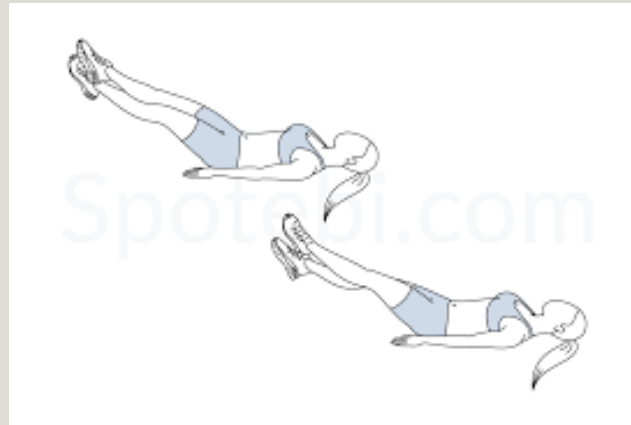
Walking lunges



Seated knee alternating



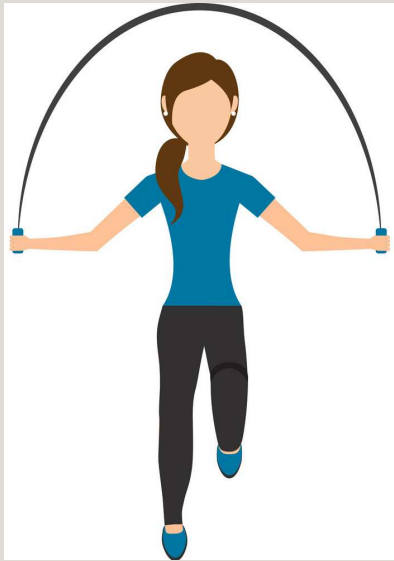
Floor scissor leg raises



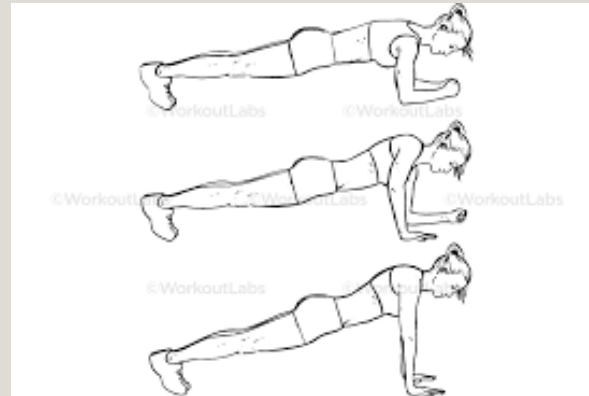
Man-makers



Jump rope



Plank up downs



Back lunge to squat

