

Welcome to the HOME WORKOUT edition of my 2-week “Quickstart” Fitness Program!

No access to a gym? Working odd hours that don't mesh well with the local weight-lifting facility? Don't want cough up all that money for a membership?

HAVE NO FEAR! When combined with my nutrition plan, this at-home workout guide will give you the same awesome fat-burning results that you would get using my 2-week Quickstart Program with gym equipment!

The exercises I have put in this home workout guide are just as easy to do in your living room as at the gym, so you won't be missing out on any of the benefits if you do them from home!

How This Home Workout Program Works

I designed this Home Workout program to be extremely easy to follow, and very efficient at teaching the essentials to eating and exercising properly and motivating ourselves to get results. More importantly, hundreds of women have expressed the need for an element of personal accountability in their workout plan. This is understandable, as some days it is very difficult to motivate ourselves to go into the gym without someone holding us accountable for our actions. I have developed five tools that combine to form a very powerful program for personal change:

The 5 Tools for Fitness Success

- 1.) Daily Workout Log
- 2.) This Home Workout Guide
- 3.) Nutrition Guide
- 4.) Exercise “How To” Video Library (download onto your i-pod!)
- 5.) Weekly Video Training Modules (in my Complete Program)

1. The Daily Workout Log - This will help you change faster than you ever thought possible

Have you ever heard of the expression “failing to plan is planning to fail”? Well it may sound a bit cliché, but it really is true. If you want a sexy slim body you need to work all your muscles on a regular basis. More importantly, if you want to constantly grow stronger, more tone and get slim you need to push yourself a little bit harder each and every workout.

The only way to make sure you are working all your muscles AND pushing yourself is to keep a workout log. A simple pen and piece of paper is all you need. In fact, I have made it very simple for you to keep track of all your workouts. Just go to the workouts section of this guide and you can print out a workout card for every single workout in this 2 week program. Take it with you to the gym and you are ready to go. Keeping a workout log will make sure you don't forget an exercise and more importantly it will help motivate you to get into the gym and complete your workouts.

Now that we know about logging our progress, let's talk about what you will actually be doing with regards to workouts!

2. The Workout Guide - A simple proven set of fun exercises in a program designed just for us women

This workout plan is the heart of the F the Freshman 15 program. Remember I actually developed this program with college women, most with absolutely no previous experience in the gym other than running. You can do this program. It will be a ton of fun and if you work at you can have amazing results. But in order to get the body you want you have to actually get MOVING, even if you are busy and don't feel like it.

Because you are doing your workouts at home, you should really have no problem getting your workouts done at a time that suits you - after all, you don't even have to drive to the gym, or worry about when the gym is open! Consider this a major advantage.

Trust me, I am going to show you how to get your workout done even if you hate it or are just too busy or too tired. Here are the five simple steps you can take to get moving and get the results you want and deserve.

STEP 1: Schedule Your Workouts and STICK TO THEM

First, why don't you take a look at your existing daily schedule. Now, let's schedule in times for your workouts. There is ALWAYS time to workout, because exercise will keep you healthier, happier, and will actually increase your ability to concentrate when it comes time to do your schoolwork.

Look at it this way: You don't have time to not workout!

For the next two weeks, you will have 3 lifting sessions and 2 cardio sessions each week. For instance, a popular schedule is:

Lift on Monday, Wednesday, Friday; Cardio on Tuesday and Thursday

But because there is really no "wrong" way to structure your workouts (well, aside from not scheduling them at all), you can structure your workouts in the way that works best for you!

Just be sure to allow for at least one day between lifting days, and to do your two cardio sessions on days that you don't lift. Your remaining two days will be designated "Rest" days (that means no lifting or cardio on these days!)

When planning your workouts, also be sure to allow for about 45-60 minutes per lifting session, and 30-40 minutes per cardio session. Remember to take into consideration the time it will take to change into your workout clothes, stretch, and warmup your muscles.

Note that this program uses less than 3% of the number of hours in a week, and you don't have to run every day or starve yourself in the process!

Finally, work around your meal schedule and try to time your workouts about 1.5 - 2 hours after you eat. It can be any meal...whatever works for you.

Ok so now after you figure out what days work for you, write your gym schedule down for the next two weeks...and HONOR these workout days. If you show up every day you are already doing better than 90% of those who try to exercise.

Remember: The ONLY difference between you and a sexy body is 2 or 3 simple habits...that's it. All you have to do is get in the habit of exercising and you will be halfway to your goal.

STEP 2: Print out your workout log

Remember the workout log I was talking about? Well I have laid out every workout for the two weeks. Why don't you print them out and keep them with you when you go to workout. Remember to keep something to write with so you can keep track of your progress.

STEP 3: Get Moving!!!!

Below is the basic structure of every workout:

- 1.) Begin each workout with a light run around the neighborhood (or jump-rope!) at a very easy pace to get your core body temperature up.
- 2.) Next move onto the mobility warm-up to lubricate your joints and get your muscles ready to work. A downloadable video of this warmup can be found at: ([mobility warmup video](#))
- 3.) Move through the exercises allowing for a 2 - 3 minute rest between each of them. A complete downloadable video library of the exercises for each day can be found at ([home workout exercise video library](#))

For the lifting portion of the home workout guide, all you will need is:

- 1) A very stable chair or step that you can step up onto fairly easily
- 2) A set of 5, 10, and 15 lb dumbbells
- 3) A big stability ball (you can get one online or at Target for about \$10)
- 4) The workout cards on the following pages
- 5) A great attitude! 😊

For the Cardio portion (2 days per week), you will alternate between the following two workouts:

Cardio Workout #1:

3 minutes walking to warm up

- 5 minutes easy jogging
- 10 minutes comfortable pace jogging

- 2 minutes faster, **uncomfortable pace** jogging
- 5 minutes easy jogging

3 minutes walking to cool down

Cardio Workout #2:

20-25 minutes running at a comfortable pace

For the Lifting portion (3 days per week), you will alternate between the two lifting workouts on the following pages.

How to do this? Well, in this free home workout guide, there are two special workouts: workout #1 is arms and abs, and workout #2 is legs, butt, and abs. These are your two lifting workouts. You will do these three times a week, alternating between these two workouts.

For instance, if your 3 lifting days are Mondays, Wednesdays, and Fridays, then week #1 would be: Workout #1 on Monday, Workout #2 on Wednesday, and Workout #1 again on Friday.

Then week 2 would be: Workout #2 on Monday, Workout #1 on Wednesday, and Workout #2 again on Friday. You'd just keep repeating this pattern, with your weeks alternating between doing workout #2 twice, or doing workout #1 twice.

DAY 1, 3, & 5 **Cardio: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
Front Shoulder Raises	1/10	2/0/2/2	
Dumbbell floor bench press	3/10	2/0/2/2	
Overhead bench press	3/(8-10)	M	
Dumbbell Curls	3/(8-10)	M	
Dumbbell Flies	2/(8-10)	M	
Tricep Kick Backs	3/(8-10)	M	
Chair Dips	2/(8-12)	M	
"Arnold" Presses	2/10	M	
1-arm "Rows" with each arm	3/10	M	
Swiss Ball Situps	2/25	2/2/2/2	

**DAY 2, 4, & 6** **Cardio: 10 min.**

EXERCISE	SETS/REPS	TEMPO	RECORD
Box Squat	3/10	2/0/2/2	
Straight Leg Deadlift	3/10	2/0/2/2	
DB Step-ups	3/(8-10)	M	Start with 5 lbs
Mountain Climbers	2/(8-10)	M	
Good mornings	3/(8-10)	M	
Seated Zerchers	3/(8-10)	M	
Side Bends	2/(8-12)	S	
Swiss Ball Situps	2/15	2/2/2/2	
45 Deg Back Raise Substitute	2/12	S	
Glute Ham Raise Substitute	2/15	S	