

The Home Workout Manual: Strength Exercises, HIIT Programs, and Stretching

HOW TO STRENGTHEN YOUR LOW BACK

@Driscollstrength

SINGLE LEG MOVEMENTS



STRENGTHEN ABDUCTORS



MORE OBLIQUE CORE



MORE HIP EXTENSION

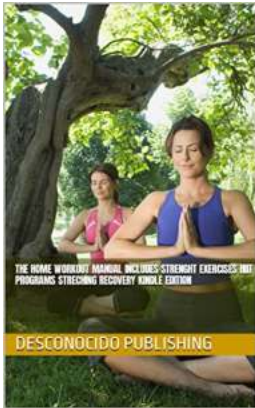


Welcome to The Home Workout Manual – your ultimate guide to achieving a fit and healthy body from the comfort of your own home. Whether you're a beginner or a fitness enthusiast, this comprehensive manual will provide you with effective

strength exercises, HIIT programs, and stretching routines to help you achieve your fitness goals.

Strength Exercises

Strength exercises are essential for building and toning muscles. This manual covers a wide range of exercises that target different muscle groups, including:



The Home Workout Manual Includes Strength Exercises Hiit Programs Stretching Recovery

Kindle Edition by Lois Lowry (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English
File size : 10906 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 411 pages
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- Squats
- Lunges
- Push-ups
- Planks
- Deadlifts
- Bicep curls

Each exercise is accompanied by detailed instructions and images to ensure you perform them with proper form and technique. Whether you want to strengthen your legs, arms, core, or overall body, this manual has all the exercises you need to get started.

DNAfit

Home Based HIIT (High intensity interval training)



Full Body

- Jumping jacks
- Squat
- Tricep dips
- Lunges
- Push ups
- Mountain Climbers
- Russian Twists
- Bicycle Crunches

OR

- Cycling/running/row/boxing/swimming
- HIIT session
- 30s - light cycle
- 30s - hard cycle
- 30s - light cycle
- 30s - hard cycle

Repeat sequence for 15-25 min.

Choose 5 - 7 exercises
Do as many reps as possible within 20 seconds then rest 20s and repeat with all exercises
3-5 sets

Upper body

- Push up clap
- Sit up
- Plank walks
- Tricep dips
- Elbow to hands (Plank position)
- Lateral arm raises
- Russian Twists
- Bicycle Crunches

OR

- Cycling/running/row/boxing/swimming
- HIIT session
- 30s - light cycle
- 30s - hard cycle
- 30s - light cycle
- 30s - hard cycle

Repeat sequence for 15-25 min.

Choose 5 - 7 exercises
Do as many reps as possible within 20 seconds then rest 20s and repeat with all exercises
3-5 sets





Lower Body

- Jumping jacks
- Sit up
- Squat jump
- Lunges
- Box jumps
- High Knees
- Lunge Kicks
- Bicycle crunches

OR

- Cycling/running/row/boxing/swimming
- HIIT session
- 30s - light cycle
- 30s - hard cycle
- 30s - light cycle
- 30s - hard cycle

Repeat sequence for 15-25 min.

Choose 5 - 7 exercises
Do as many reps as possible within 20 seconds then rest 20s and repeat with all exercises
3-5 sets

HIIT Programs

High-Intensity Interval Training (HIIT) is a popular workout method that involves alternating between intense bursts of exercise and short recovery periods. HIIT is known for its effectiveness in burning calories, boosting metabolism, and improving cardiovascular endurance.

This manual includes a variety of HIIT programs tailored for different fitness levels. Whether you're a beginner or advanced, there's a program suited to your needs. From quick 10-minute workouts to more challenging 30-minute sessions, these HIIT programs will help you maximize your calorie burn and achieve your fitness goals in less time.

Stretching

Stretching is an integral part of any workout routine as it helps increase flexibility, improve range of motion, and prevent injuries. This manual provides a collection of stretching exercises that target major muscle groups. By incorporating these stretches into your workout routine, you'll enhance your overall performance and recovery.

1. BIG TOE POSE / PADANGUSTHASANA

stretches hamstrings

sacral chakra



strengthen thighs

2. EXTENDED TRIANGLE / UTTHITA TRIKONASANA

strengthen spine

improves digestion

stretches hips



6. TRICEP STRETCH EASY POSE SUKHASANA

improves flexibility

lengthen muscles

boost circulation



STRETCHING ROUTINE

to INCREASE FLEXIBILITY



3. REVOLVED TRIANGLE PARIVRTTA TRIKONASANA

strengthen legs

stretches spine

opens chest



5. BRIDGE POSE / SETU BANDHASANA

strengthen buttocks

reduces backache

stretches chest



4. POSE DEDICATED SAGE MARICHI A / MARICHYASANA A

massages abdominal organs

extends spine

calms mind



Stay Motivated with Our Home Workout Manual

We understand that motivation plays a crucial role in achieving fitness goals.

That's why this manual goes beyond exercises and programs. We have included useful tips, motivational quotes, and success stories to keep you motivated throughout your fitness journey.

With The Home Workout Manual, you can finally say goodbye to expensive gym memberships, crowded fitness centers, and limited workout schedules. Enjoy the convenience of working out at home at a time that suits you best.

Remember, consistency is key. Stick to the exercises, follow the programs, and make fitness a part of your daily routine. You'll be amazed by the results you can achieve by dedicating a little time and effort each day.

So, are you ready to embark on your home workout journey? Get your copy of The Home Workout Manual today and start sculpting your dream body!



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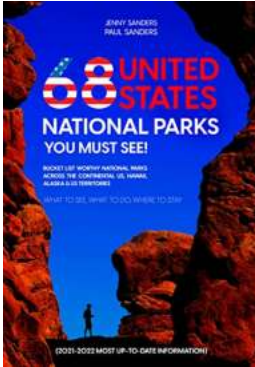
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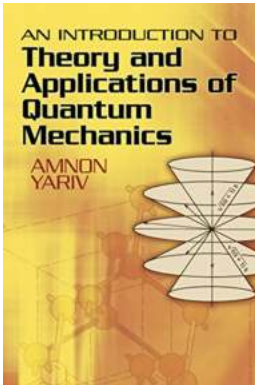


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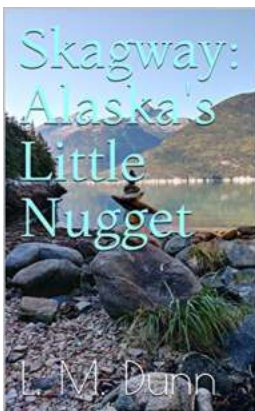
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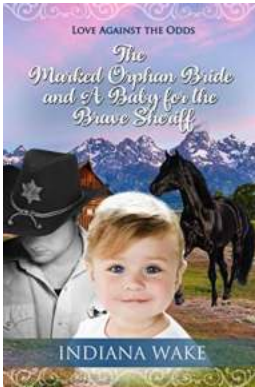
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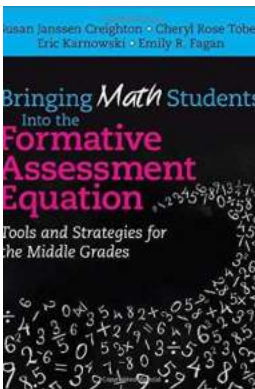
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