

At Home Routines To Enhance Fitness, Build Strength, And Restore Your Body

DUMBBELL WORKOUT

FIGHTTHROUGH FITNESS

INFO

HOW TO CREATE A WORKOUT

A. Select 4-6 exercises
 B. Perform each exercise 10-15 times with an angle for your gain.
 *Note: Consider the weight for strength & timing or distance for endurance & cardio.

FITNESS GOAL	REP	SETS
ENDURANCE & CARDIO	15 - 20	1 - 3
STRENGTH	12 - 15	2 - 3
TONE	8 - 10	1 - 2

ARMS & CHEST

- SEATED TRICEPS PRESS
- ROCKBACK
- OVERHEAD TRICEPS PRESS
- STANDING EDGE CURL
- CONCENTRATION CURL
- LYING SINGLE ARM FLYES
- BENCH PRESS
- LYING PULLOVER

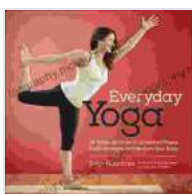
SHOULDERS & BACK

- SHOULDER PRESS
- STANDING SIDE RAISE
- SHOULDER SHRUG
- SEATED INCLINE DELTOID RAISE
- ALTERNATING FRONT DELTOID RAISE
- STANDING BENT-OVER FLYES
- SCREWDRIVER
- BENT OVER ROW

LEGS

- FOKTING DOG
- DEADLIFT
- SQUAT
- LUNGE

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Everyday Yoga: At-Home Routines to Enhance Fitness, Build Strength, and Restore Your Body

★★★★☆ 4.7 out of 5

Language : English

File size : 36195 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 256 pages
Screen Reader : Supported



In today's fast-paced world, finding time for fitness can be a challenge. The convenience of at home workouts offers a solution, allowing you to prioritize your health without the hassle of gym memberships or crowded fitness centers.

This comprehensive guide provides tailored at home routines designed to enhance your fitness, build strength, and restore your body. With expert guidance and personalized exercise plans, you can embark on a transformative journey towards a healthier, more vibrant self.

Benefits of At Home Routines

- **Convenience and flexibility:** Work out at your own pace and schedule, without the limitations of gym hours or commutes.
- **Customized workouts:** Tailor your routines to your fitness level, goals, and equipment availability.
- **Cost-effective:** Save money compared to gym memberships and personal training sessions.
- **Privacy and comfort:** Exercise in the privacy of your own home, without the intimidation or distractions of a gym environment.

- Improved mental health: Regular exercise reduces stress, improves mood, and enhances cognitive function.

Essential Equipment for At Home Workouts

While you don't need a fully equipped gym to achieve great results at home, having some basic equipment can enhance your workouts.

- Resistance bands: Versatile and portable, resistance bands offer a wide range of exercises for strength training.
- Dumbbells: Free weights allow you to customize the weight and intensity of your workouts.
- Kettlebells: A dynamic weight that combines the benefits of dumbbells and barbells.
- Exercise mat: Provides cushioning and support for floor exercises.
- Jump rope: A high-intensity cardio exercise that's easy to do at home.

Tailored Workout Routines

Beginner Routine

This routine is designed for those new to exercise or returning after a break. Focus on proper form, gradually increasing intensity as you progress.

- Bodyweight squats: 10-15 repetitions
- Push-ups (modified on knees if needed): 5-10 repetitions
- Plank: Hold for 20-30 seconds
- Jumping jacks: 20-30 repetitions

- Rest for 60 seconds

Intermediate Routine

This routine builds on the beginner routine, incorporating more challenging exercises and increasing intensity.

- Dumbbell squats: 10-15 repetitions
- Incline push-ups: 8-12 repetitions
- Resistance band rows: 10-15 repetitions per arm
- Burpees: 10-15 repetitions
- Rest for 60 seconds

Advanced Routine

This routine is designed for experienced individuals looking to push their fitness to the next level.

- Barbell squats: 8-12 repetitions
- Bench press: 8-12 repetitions
- Kettlebell swings: 10-15 repetitions per arm
- Pull-ups: 8-12 repetitions
- Rest for 90 seconds

Rest and Recovery

Rest and recovery are essential for muscle growth and overall fitness. Aim for 7-9 hours of sleep each night and include rest days in your workout

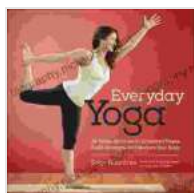
schedule.

Nutrition for Fitness

A balanced diet supports your fitness goals. Focus on consuming lean protein, complex carbohydrates, and healthy fats.

By implementing these comprehensive at home routines, you can enhance your fitness, build strength, and restore your body. With dedication and consistency, you can achieve your health and wellness goals.

Remember, fitness is a journey, not a destination. Listen to your body, enjoy the process, and celebrate your progress along the way.

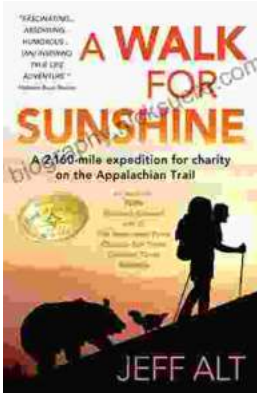


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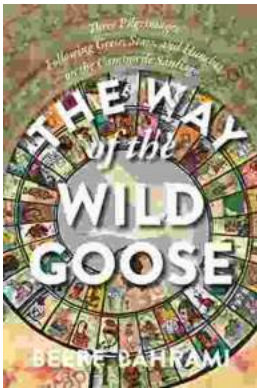
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