At Home Body Transformation Duration: 4 Week(s) - 期間 - 級のでは、 4 Week(s) 4 Workout Per Week: 4 Workouts 5 を収益を表現します。 2 を表現します。 4 Week(s) 4 Workouts 5 を表現します。 4 Week(s) 4 Workouts 5 を表現します。 4 Week(s) 4 Workouts 6 を表現します。 4 Week(s) 4 Workouts 6 を表現します。 4 Week(s) 4 Workouts 7 を表現します。 2 を表現します。 3 を表現します。 4 を表現ます。 4 を表現します。 4 を表現ます。 4 を表現します。 4 を表現します。 4 を表現ます。 4 を表現します。 4 を表現します。 4 を表現ます。 4 を表現ま

Lose fat and build muscle with Non-Gym environment.

Full Workout Calender / ワークアウトスケジュール

Day	Duration	Theme	Target	Note
1	Rest			
2	60 Min	All Components	Legs, Back, Chest	
3	Rest			
4	30 Min	Endurance	Active Rest, Cardio	
5	40 Min	All Components	Legs, Back, Chest	
6	Rest			
7	60 Min	Strength		With Tudor's
8	Rest			
9	60 Min	All Components	Legs, Back, Chest	
10	Rest			
11	30 Min	Endurance	Active Rest, Cardio	
12	40 Min	All Components	Legs, Back, Chest	
13	Rest			
14	60 Min	Strength		With Tudor's
15	Rest			
16	60 Min	All Components	Legs, Back, Chest	
17	Rest			
18	30 Min	Endurance	Active Rest, Cardio	
19	40 Min	All Components	Legs, Back, Chest	
20	Rest			
21	60 Min	Strength		With Tudor's
22	Rest			
23	60 Min	All Components	Legs, Back, Chest	
24	Rest			
25	30 Min	Endurance	Active Rest, Cardio	
26	40 Min	All Components	Legs, Back, Chest	
27	Rest			
28	60 Min	Strength		With Tudor's

Training Record / レコード配入欄

Upon your convinience, use the re	Jpon your convinience, use the record below to track your performance / 必要に応じてパフォーマンスの記録をとっていきましょう。													
	W1	Ĺ		W2			W3			W4				
Target / Date														
Shoulders (cm)														
Waist (cm)														
Hips (cm)														
Thighs (cm)														
Weight (kg)														
Diet (kcal)														
Protein (g)														

Reps : Repetitions.RM : Rep Max. XXkg/YYkg : Completing one set with XXkg then another with YYkg. Reps : 回数を表します。RMは最大努力での回数を表します。XXkg/YYkg : セットが進むごとに重さを変えます。

 ${\bf Compound \, Set/Super \, Set/Circuit \, Set: Complete \, All \, Coloured \, Exercises \, Before \, Rest.}$

Quick Tip 👈

To maximise the effects, perform the exercises in full ROM (Range of Motion). Use 3 counts in the downward phase in Squat, Push up, and Lunge.

Control Cont		Day 1			References:	
March Marc					References.	
Mary	Exercises		Training Set	Bonus Sets & Note	RM Calculator QR Code 2	QR Code 3 QR Code 4
Mary	Stretch		10 Min		国政党国	
Mary						
The 13-0-0-0-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1-1						OD Code 7 OD Code 9
March Marc					QR Code 5 QR Code 6	QR Code 7 QR Code 6
March Marc						
March Marc						
March Marc						
March Marc	Rest 30-60 Sec between sets.	Day 2				
Anti-State Ant			egs, Back, Chest			
Signate	Exercises	Warm Up		Compound/Super Sets & Note	Push Up QR Code 2	QR Code 3 QR Code 4
Public P		20 Reps Squat as Warmup				
Public P				Una matrice and middle from the first		
Compage Comp	Alt. Reverse Lunge		ZU Keps I otal	Use anything as weight if too easy, 6 Sets		OP Code 7 OP Code 8
Part Securities	Laving Back Extension		20 Reps		Qreduct Qreduct	Qircode 7 Qircode 0
Rest 23-05 Sectionwork Ma. Part	Push up			Use knees on the floor if you cannot perform 10 Reps, 6 Sets		
Rest_ Secretics	Interval Cardio		20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min		
Red_Corder Secretion						
Red_Corder Secretion	Rest 30-60 Sec between sets.	Day 3				
Day 4						
Code			Training Set	Compound/Super Sets & Note	The Shoulder Joint Routine	QR Code 3 QR Code 4
Day 4	Stretch		10 Min			
Day 4						
Day 4					OB Code E OB Code 4	OB Code 7 OB Code 9
30 Min. Endurance, Active Next. Cardio Controller Ministry New Wild					QR Code 5 QR Code 6	QR Code 7 QR Code 6
30 Min. Endurance, Active Next. Cardio Controller Ministry New Wild						
30 Min. Endurance, Active Next. Cardio Controller Ministry New Wild						
30 Min. Endurance, Active Pest. Carde Secretary Se						
30 Min. Endurance, Active Next. Cardio Controller Ministry New Wild		Day 4				
Interval Cardio		•	Rest, Cardio			
Rest 30-60 Set between sets. Day 5	Exercises	Warm Up	Training Set	Compound/Super Sets & Note	QR Code 1 QR Code 2	QR Code 3 QR Code 4
Pay 5 Pay	Interval Cardio	10 Min, Fitness Walk @ 5.5-7km/h	20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min		
Part 30-60 Sec between sets. Day 5						
Pay 5 Pay					OR Code 5 OR Code 6	OR Code 7 OR Code 8
## ADMIN, All Components, Legs: Back: Chest Mormula					QITOOGO QITOOGO	Qiroudo / Qiroudo
## ADMIN, All Components, Legs: Back: Chest Mormula						
## ADMIN, All Components, Legs: Back: Chest Mormula						
## ADMIN, All Components, Legs. Back. Chest Mormula						
40 Min. All Components, Legs, Back, Chest Warm Up	Rest 30-60 Sec between sets.	Day 5				
Jump Squat S			egs, Back, Chest			
Squate				Compound/Super Sets & Note	QR Code 1 QR Code 2	QR Code 3 QR Code 4
Alt Reverse Lunge Alt		20 Reps Squat as Warmup				
Compound Super Sets & Note Compound Super				Una matrice and middle for any of Sate		
Laying Back Extension	Alt. Reverse Lunge		20 Neps Total	Ose strytning as weight it too easy, o sets	OR Code 5 OR Code 6	OR Code 7 OR Code 8
Push up Push up	Laying Back Extension		20 Reps		QITOOGO QITOOGO	Qiroudo / Qiroudo
Restriction	Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets		
Restriction						
Restriction						
Restriction		Day 6				
Stretch		Rest,,		,		
Compound/Super Sets & Note Compound/Super	Exercises	Warm Up		Compound/Super Sets & Note		
Day 7	Stretch		10 Min		https://www.youtube.com/watch?	<u>v=ukDylVbucxM</u>
Day 7						
Day 7					OR Code 5 OR Code 6	OR Code 7 OR Code 8
60 Min, Strength, Exercises Warm Up Tudor's PT 5Min 50 Min 50 Min 6						
60 Min, Strength, Exercises Warm Up Tudor's PT 5Min 50 Min 50 Min 6						
60 Min, Strength, Exercises Warm Up Tudor's PT 5Min 50 Min 50 Min 6						
60 Min, Strength, Exercises Warm Up Tudor's PT 5Min 50 Min 50 Min 6						
Exercises Warm Up Training Set Compound/Super Sets & Note QR Code 1 QR Code 2 QR Code 3 QR Code 4 Tudor's PT 5Min 50Min 50Min Cardio Pyou are skipping the PT 0		Day 7				
Tudor's PT						
(Any Cardio) 3Mn 3 30Mn 3 30Mn 4 2 30Mn 4 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4				Compound/Super Sets & Note	QR Code 1 QR Code 2	QR Code 3 QR Code 4
				Cardio if you are skipping the PT		
QR Code 5 QR Code 6 QR Code 7 QR Code 8	(Ally Calui0)					
					QR Code 5 QR Code 6	QR Code 7 QR Code 8

Day 8 - Day 14

Quick Tip 👈

The mirroring workout but you may increase the intensity in focusing on more strict form. Brace core to balance when performing the exercises and in doing Jump Squat, try to jump higher in your maximum effort.

	Day 8		Reference	s:		
F	Rest, , Warm Up Training Set Bonus Sets & Note		00.6-4-4	000-1-0	000-1-0	OD C1- 4
Exercises	Warm Up Training Set Bonus Sets & Note 10 Min		QR Code 1	QR Code 2	QR Code 3	QR Code 4
Stretch	10 Min					
			QR Code 5	QR Code 6	QR Code 7	QR Code 8
			QIT COULD	QIT COUC O	QIT COUCT	QIT COUL O
Rest 30-60 Sec between sets.	Day 9 60 Min, All Components, Legs, Back, Chest					
Exercises	Warm Up Training Set Compound/Super Sets & Note		QR Code 1	QR Code 2	QR Code 3	QR Code 4
Jump Squat	20 Reps Squat as Warmup 10 Reps					
Squat	16 Reps					
Alt. Reverse Lunge	20 Reps Total Use anything as weight if too easy, 6 Sets					
			QR Code 5	QR Code 6	QR Code 7	QR Code 8
Laying Back Extension	20 Reps					
Push up	20 Reps Use knees on the floor if you cannot perform 10 Reps, 6 Sets					
Interval Cardio	20 Mins Cardio Programme of choice Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min					
	Day 10					
	Rest, ,					
Exercises	Warm Up Training Set Compound/Super Sets & Note		QR Code 1	QR Code 2	QR Code 3	QR Code 4
Stretch	10 Min					
			QR Code 5	QR Code 6	QR Code 7	QR Code 8
			QR Code 5	QK Code o	QR Code /	QK Code 6
	Day 11 30 Min, Endurance, Active Rest, Cardio					
Exercises	Warm Up Training Set Compound/Super Sets & Note		QR Code 1	QR Code 2	QR Code 3	QR Code 4
Interval Cardio	10 Min, Fitness Walk @ 5.5-7km/h 20 Mins Cardio Programme of choice Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min		QI Code I	QIT COUL 2	QI Couc o	QIT COUC 4
			QR Code 5	QR Code 6	QR Code 7	QR Code 8
Rest 30-60 Sec between sets.	Day 12					
	40 Min, All Components, Legs, Back, Chest					
Exercises	Warm Up Training Set Compound/Super Sets & Note		QR Code 1	QR Code 2	QR Code 3	QR Code 4
Jump Squat Squat	20 Reps Squat as Warmup 10 Reps 16 Reps 16 Reps 17 Reps 17 Reps 18 Rep					
Alt. Reverse Lunge	20 Reps Total Use anything as weight if too easy, 6 Sets					
The reverse Eurige			QR Code 5	QR Code 6	QR Code 7	QR Code 8
Laying Back Extension	20 Reps					
Push up	20 Reps Use knees on the floor if you cannot perform 10 Reps, 6 Sets					
	Day 13					
	Rest, ,					
Exercises	Warm Up Training Set Compound/Super Sets & Note		QR Code 1	QR Code 2	QR Code 3	QR Code 4
Stretch	10 Min					
			QR Code 5	QR Code 6	QR Code 7	QR Code 8
		+				
	Day 14					
	60 Min, Strength,		0.5	05	0.5.5.5.5	
Exercises Tudor's PT	Warm Up Training Set Compound/Super Sets & Note 5 Min 50 Min		QR Code 1	QR Code 2	QR Code 3	QR Code 4
(Any Cardio)	5 Min SO Min SO Min Cardio if you are skipping the PT					
v my CardiOj	Cardon is you are suppring user 1	+				
			QR Code 5	QR Code 6	QR Code 7	QR Code 8
			42000	Z 2000 0	2000 /	

Day 15 - Day 20

Quick Tip 👈

The exact programme continues. Limit the rest to 30 Sec if you find the exercises not challenging enough. If you finish the workout early, perform burpies until the rest of time.

	Day 15	Reference	s:		
	Rest,,				
Exercises	Warm Up Training Set Bonus Sets & Note	QR Code 1	QR Code 2	QR Code 3	QR Code 4
Stretch	10 Min				
		QR Code 5	QR Code 6	QR Code 7	QR Code 8
Rest 30-60 Sec between sets.	Day 16				
	60 Min, All Components, Legs, Back, Chest				
Exercises	Warm Up Training Set Compound/Super Sets & Note	QR Code 1	QR Code 2	QR Code 3	QR Code 4
Jump Squat	20 Reps Squat as Warmup 10 Reps				
Squat	16 Reps				
Alt. Reverse Lunge	20 Reps Total Use anything as weight if too easy, 6 Sets				
		QR Code 5	QR Code 6	QR Code 7	QR Code 8
Laying Back Extension	20 Reps				
Push up	20 Reps Use knees on the floor if you cannot perform 10 Reps, 6 Sets				
Interval Cardio	20 Mins Cardio Programme of choice Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min				
Rest 30 Sec between sets.	Day 17				
	Rest,				
Exercises	REST, , Warm Up Training Set Compound/Super Sets & Note	OP Code 1	OP Code 2	OB Code 2	OR Code 4
	Warm Up I ranning Set Compound/Super Sets & Note 10 Min	QR Code 1	QR Code 2	QR Code 3	QR Code 4
Stretch	30 Min				
		OD Codo 5	OR Code 6	OB Codo 7	QR Code 8
		QR Code 5	QK Code 6	QR Code 7	QK Code 8
	D.: 40				
	Day 18				
	30 Min, Endurance, Active Rest, Cardio				
Exercises	Warm Up Training Set Compound/Super Sets & Note	QR Code 1	QR Code 2	QR Code 3	QR Code 4
Interval Cardio	10 Min, Fitness Walk @ 5.5-7km/h 20 Mins Cardio Programme of choice Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min				
		QR Code 5	QR Code 6	QR Code 7	QR Code 8
Rest 30-60 Sec between sets.	Day 19				
	40 Min, All Components, Legs, Back, Chest				
Exercises	Warm Up Training Set Compound/Super Sets & Note	QR Code 1	QR Code 2	QR Code 3	QR Code 4
Jump Squat	20 Reps Squat as Warmup 10 Reps				
Squat	16 Reps				
Alt. Reverse Lunge	20 Reps Total Use anything as weight if too easy, 6 Sets				
		QR Code 5	QR Code 6	QR Code 7	QR Code 8
Laying Back Extension	20 Reps				
Push up	20 Reps Use knees on the floor if you cannot perform 10 Reps, 6 Sets				
(Full Burpies)	20 Reps, with 30-60 Sec intervals until time is up Additional Workout				
	Day 20				
	Rest, ,				
Exercises	Warm Up Training Set Compound/Super Sets & Note	QR Code 1	QR Code 2	QR Code 3	QR Code 4
Stretch	10 Min				
		QR Code 5	QR Code 6	QR Code 7	QR Code 8
	Day 21				
Eversions	60 Min, Strength, Warm Up. Training Set Compound/Super Sets & Note	QR Code 1	OP Code 0	QR Code 3	000-1-1
Exercises		QK Code 1	QR Code 2	QR Code 3	QR Code 4
Tudor's PT					
(Any Cardio)	3 Min Cardlo if you are skipping the PT				
		00	05	05.5	
		QR Code 5	QR Code 6	QR Code 7	QR Code 8

Day 22 - Day 28

Quick Tip \Rightarrow By the end of the week 4 check if you feel of any improvement in your function, power, or in physique. For the next month's plan consult your trainer.

	Day 22		References:					
Evereieee	Rest,,	Testales Con	Bonus Sets & Note	000-1-4	Code 2 OB Code 2 OB Code 4			
Exercises	Warm Up	Training Set	Bonus Sets & Note	QR Code 1 QR C	Code 2 QR Code 3 QR Code 4			
Stretch		10 Min						
				000-1-5	Code (OR Code 7 OR Code 0			
				QR Code 5 QR C	Code 6 QR Code 7 QR Code 8			
Rest 30-60 Sec between sets.	Day 23							
	60 Min, All Components, Le							
Exercises	Warm Up	Training Set	Compound/Super Sets & Note	QR Code 1 QR C	Code 2 QR Code 3 QR Code 4			
Jump Squat	20 Reps Squat as Warmup	10 Reps						
Squat		16 Reps						
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets					
				QR Code 5 QR C	Code 6 QR Code 7 QR Code 8			
Laying Back Extension		20 Reps						
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets					
Interval Cardio		20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min					
	Day 24							
	Rest,,							
Exercises	Warm Up	Training Set	Compound/Super Sets & Note	QR Code 1 QR C	Code 2 QR Code 3 QR Code 4			
Stretch		10 Min						
				QR Code 5 QR C	Code 6 QR Code 7 QR Code 8			
	Day 25							
	30 Min, Endurance, Active	Rest, Cardio						
Exercises	Warm Up	Training Set	Compound/Super Sets & Note	QR Code 1 QR C	Code 2 QR Code 3 QR Code 4			
Interval Cardio	10 Min, Fitness Walk @ 5.5-7km/h	20 Mins Cardio Programme of choice	Or use 30 Sec Run / 1 Min Jog Intervals for 20 Min					
				QR Code 5 QR C	Code 6 QR Code 7 QR Code 8			
Rest 30-60 Sec between sets.	Day 26							
	40 Min, All Components, Le	egs, Back, Chest						
Exercises	Warm Up	Training Set	Compound/Super Sets & Note	QR Code 1 QR C	Code 2 QR Code 3 QR Code 4			
Jump Squat	20 Reps Squat as Warmup	10 Reps						
Squat		16 Reps						
Alt. Reverse Lunge		20 Reps Total	Use anything as weight if too easy, 6 Sets					
				QR Code 5 QR C	Code 6 QR Code 7 QR Code 8			
Laying Back Extension		20 Reps						
Push up		20 Reps	Use knees on the floor if you cannot perform 10 Reps, 6 Sets					
(Full Burpies)		20 Reps, with 30-60 Sec intervals until time is	up Additional Workout					
	Day 27							
	Rest,,							
Exercises	Warm Up	Training Set	Compound/Super Sets & Note	QR Code 1 QR C	Code 2 QR Code 3 QR Code 4			
Stretch		10 Min						
				QR Code 5 QR C	Code 6 QR Code 7 QR Code 8			
	Day 28							
	60 Min, Strength,							
Exercises	Warm Up	Training Set	Compound/Super Sets & Note	QR Code 1 QR C	Code 2 QR Code 3 QR Code 4			
Tudor's PT	5 Min	50 Min						
(Any Cardio)	3 Min	30 Min	Cardio if you are skipping the PT					
Well done!								
				QR Code 5 QR C	Code 6 QR Code 7 QR Code 8			
			 	Z. COGC J QKC	qn code / qn code o			