



Workout Picker

The Exercises You Need

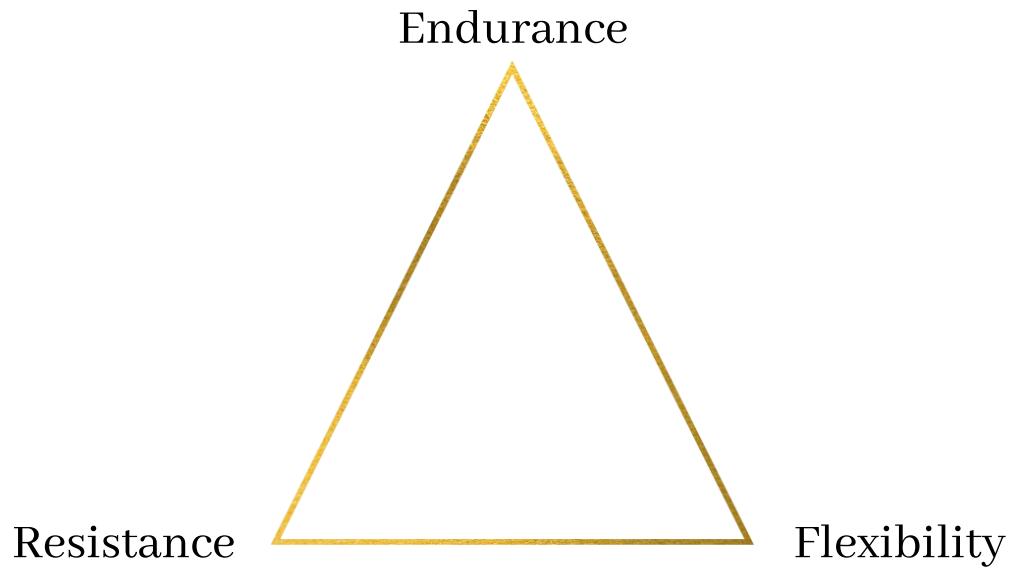
Introduction

Copyright © 2020, Seryph

All rights reserved. No part of this guide may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise be copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the author.

The author of this guide does not give medical advice, only offers general information to help you in your quest for good health. This workbook is not designed to be a definitive guide or to take the place of advice from a qualified professional, and there is no guarantee that the methods suggested in this guide will be successful. Thus, the author does not assume liability for any losses that may be sustained by the use of the methods described in this guide, and any such liability is hereby expressly disclaimed. In the event you use any of the information in this guide for yourself, the author assumes no responsibility for your actions.

Workouts



Exercise every single day. Your body needs daily maintenance. There are three types of exercises you can do: endurance, resistance, and flexibility. Pick one of the three exercises to do everyday, and make sure to mix it up over the week. All three are necessary for a healthy body. Endurance strengthens your heart and helps your circulation. These exercises include running, swimming, and playing sports. Resistance training, like lifting, builds muscle and strengthens your bones. Flexibility training, like yoga, gives your body a rest, prevents tightness, and prevents injury.

So, do a workout every day. Build a workout schedule. There is a sample schedule on the following page. The guide will show you the specific workouts.

Sample Schedule

S
M
T
W
T
F
S

Upper-body Resistance Training

Lower-body Resistance Training

Flexibility

Endurance

Flexibility

Full-body Resistance Training

Flexibility

Endurance

The image features a dark blue background. At the bottom, there is a white chevron shape pointing upwards. The word "Endurance" is centered in a white serif font.

Pick A Workout



Pick an endurance workout. These include running, walking, biking, swimming, and playing sports. In terms of time, it is recommended that you spend 30 minutes to an hour on your workout.

If you are a beginner, or if you don't like anything listed earlier, you can try a HIIT (High Intensity Interval Training) workout. This involves doing things like jumping jacks, and wall sits from the comfort of your own home. To find a HIIT workout, you can go on Google or Youtube and search for them. They typically take around 20 minutes to 40 minutes to complete. There is also a sample HIIT workout below.

Sample HIIT

Exercise	Work	Rest
Run In Place	30 sec	30 sec
Plank	1 min	30 sec
High Knees	30 sec	30 sec
Hop Side To Side	30 sec	30 sec
Push Up	30 sec	30 sec
Hop Front To Back	30 sec	30 sec
Squat	30 sec	30 sec



Repeat 3 Times

Resistance

The image features a solid dark blue background. At the bottom, there is a large white chevron shape pointing upwards. The word "Resistance" is centered in the upper half of the image, rendered in a white, elegant serif typeface.

Pick A Workout

Beginner Workout

3 sets of 8 for each exercise



Deadlift



Overhead Press



Bench Press



Squat

Pick a resistance workout. These include lifting or body-weight exercises.

If you have access to a gym and are a beginner, follow the workout above. The exercises are compound exercises, which means they work multiple muscle groups. The four exercises should practically cover your entire body. If you are more advanced, you probably have your own routine. If not, find one on Youtube or Google.

If you do not have access to a gym, that's fine. Just go on Youtube or Google, search for "at home strength workouts" or "strength workouts with no weights", and follow along. There is also a sample bodyweight workout below.

Sample Bodyweight Workout

Core



Repeat 3 Times

Do each exercise until failure

Exercise	Rest
Crunches	30 sec
Side Crunches	30 sec
Plank	30 sec
Side Plank	30 sec

Upper Body



Repeat 3 Times

Do each exercise until failure

Exercise	Rest
Push Ups	30 sec
Pull Ups	30 sec
Dips	30 sec
Superman	30 sec

Lower Body



Repeat 3 Times

Do each exercise until failure

Exercise	Rest
Squats	30 sec
Lunges	30 sec
Side Lunges	30 sec
Bridges	30 sec



Flexibility

Pick A Workout



Please do not neglect flexibility workouts. This happens often with people who want the body of a greek god, and spend all their time lifting. They end up getting injured and their muscles get too tight. Don't get injured. Do the flexibility exercises.

In terms of what to pick, you can do yoga and stretching routines. You can do these in person at classes, although they cost money. If you want to do yoga or stretching routines for free, just go on Youtube or Google, search for "stretching routine" or "yoga workout", and follow along.

Sample Stretches

1



2



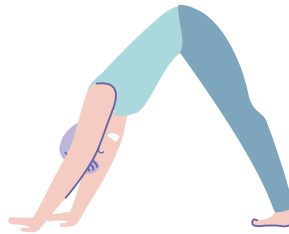
3



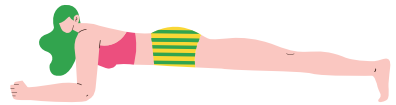
4



5



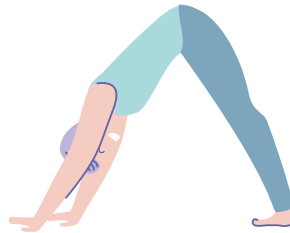
6



7



8

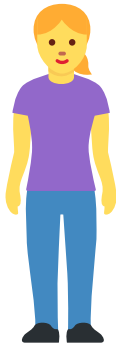


9



Sample Stretches

10



11



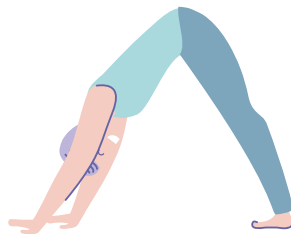
12



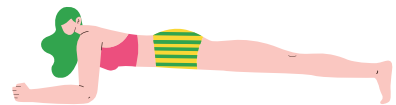
13



14



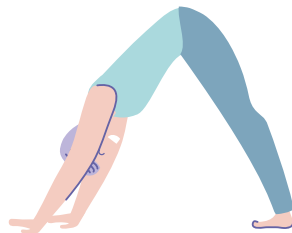
15



16



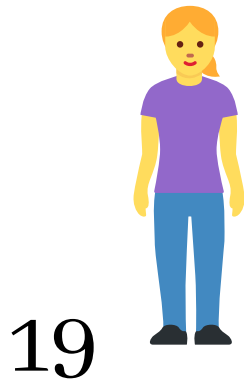
17



18



Sample Stretches



22



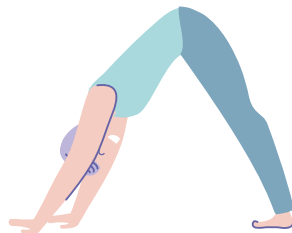
23



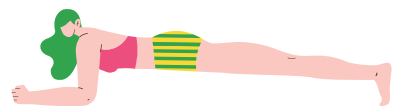
24



25

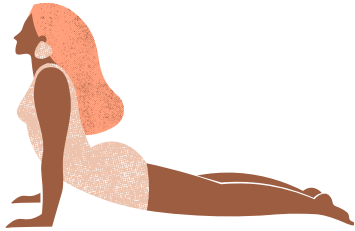


26



27

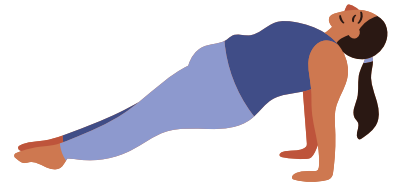
Sample Stretches



28



29



30



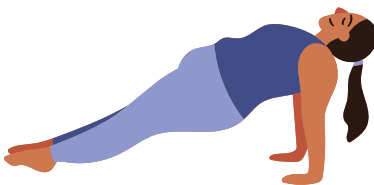
31



32



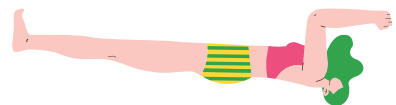
33



34



35



36

