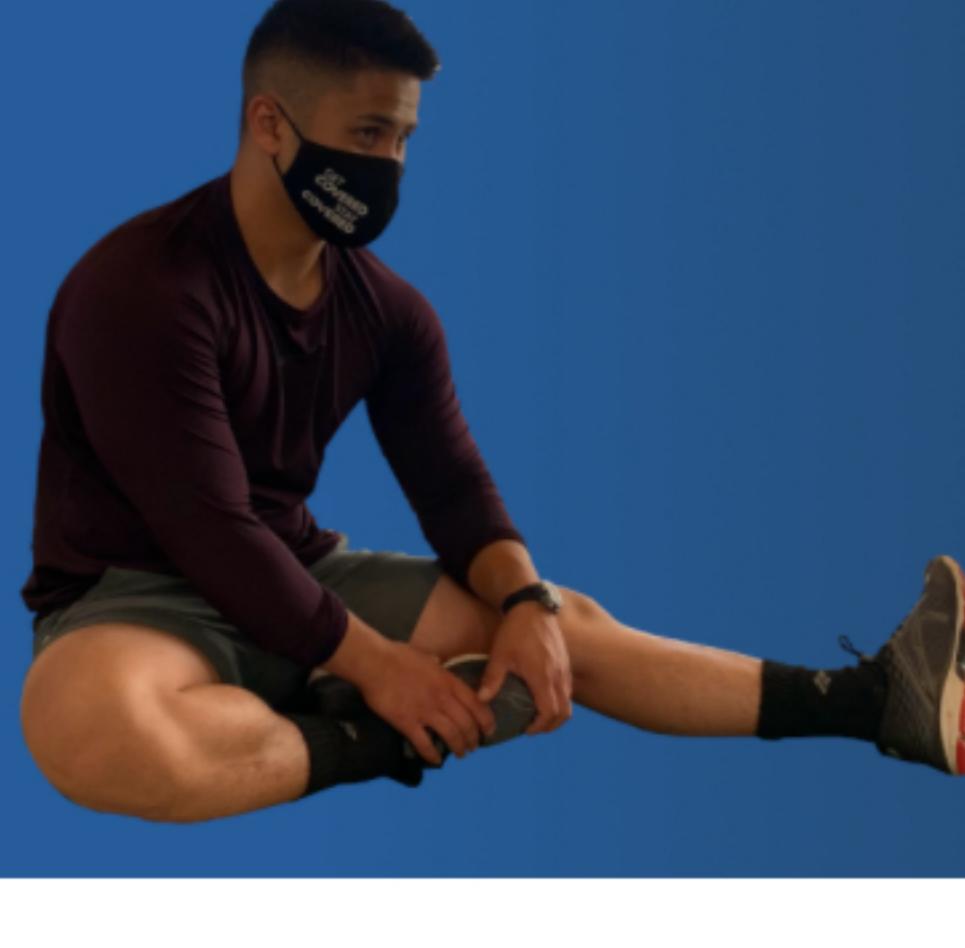


# Crafty Home Workouts

Thank you for purchasing this workout



There is always room for improvement.

You Can't Make It to the Gym?

Don't Have A Gym?

Still Want to Workout?

Well Now, you will never miss a workout ever again.

These home workouts are meant to help you with time and consistency. It's meant to work around your busy and rugged schedule.

There is a bevy of workouts you can individually choose from. These workouts are complex and easy to learn. You just have to meet the workout plan halfway with personal responsibility and self-perseverance for results to reach the maximum.

You have to understand that you are doing this for yourself, not for anyone else. Crafty Home Workouts are meant for you to get in then out, saving you so much time for other things you want to do throughout the day. Crafty Home Workouts revolve around a time crunch when you want something done in a small amount of time. Crafty Home Workouts does this for you. It is effective to its core.

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CraftyHomeWorkouts can be performed anytime & anywhere!

Simple Fast Effective

The CraftyHomeWorkouts Program will push your body to its limits. It will hit you from all directions developing your functionality, cardiovascular and strength.

If you feel out of shape because you just came home from a walk or just carrying groceries, you need to look again through your life with different scope.

You need to start making better choices for yourself because your body is like an engine that is functional but if you neglect it, your engine will get rusty and sooner or later will just fail on you. If you don't take care of your body, those privileges you worked hard for will be taken from you. Your mind is powerful but your body is a component of your mind. They both go hand in hand, you need to get your act together and when performing these exercises. These exercises will help you in your overall wellness. You will look back on this and thank yourself later on.

## Instructions

\* Before starting your workout look at the Workout Plan and double check if the exercises involve (Dumbbells, KettleBells, Loop Bands, or PullUp Bars or Resistance Bands.) You can add or subtract the items if the exercises are too difficult.

\* You can perform the Workout Plan by Sets (finishing that one exercise all at once with required set provided then moving forward to the next exercise) or go by Rounds (going to the next exercise then repeating all over again by how many rounds are required) whichever works best for you.)

\* Finish the (A) Exercise first then presume to the Core Exercises.

\* 30sec Rest Period when appropriate.

\* Focus on the Workout! Nothing More, Nothing Less.

## Requirements

5lbs-10lbs-15lb dumbbells ).

KettleBells (recommendation).

Loop Bands/ Hip Circle Bands.

PullUp Bar access (recommendation).

Resistance Bands

## Acronyms

KB~KettleBell.

DB~Dumbbell

DL~DeadLifts

RDL~Romanian Deadlift

LB~Loop Bands

RB~Resistance Bands

# Food

Protein	Carbohydrates	Fats	Minerals
Chicken	Rice	Olive Oil	Vitamin D
Ground Beef	Sweet Potato	Avocado	Magnesium
Steak	Oatmeal	Nuts	Calcium
Ground Turkey		Fats from Fish	Zinc
Eggs		Fish Oil	Iron
Turkey Bacon		Flaxseed	Folate
			Vitamin B-12

## INVENTORY

# Stretch Exercises

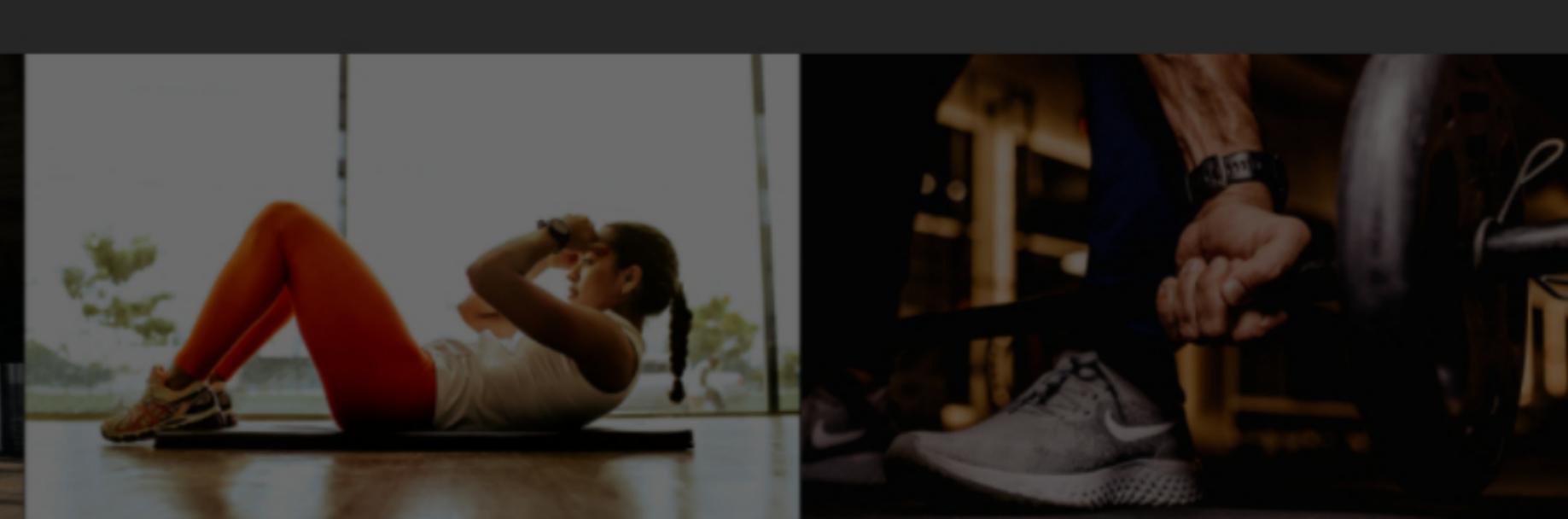
Hips	Shoulders	Hamstrings
Knee to Chest Stretch	Thread the Needle	Lying hamstring stretch/Strap
90 / 90 Stretch	Elbow-Out Rotator Stretch	Standing Hamstring Stretch
Piriformis Stretch	Overhead Triceps and Shoulder Stretch	
Lunging Hip Flexor Stretch	Reverse Shoulder Stretch	
Pigeon Stretch		
Spiderman Stretch		
Butterfly Fly Stretch		
Lower Back	Glutes	Quad
Knee to Chest Stretch	90/90	Kneeling Lunge
Figure Four Stretch	Half Lord of the Fishes Lizard Pose Variation	Standing Quad Stretch
Piriformis Stretch	Pigeon Pose	
Child's Pose		
Cobra Stretch		
Bird-Dog Stretch		

**YOU HAVE TO STRETCH!!!!**

Keep the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

## FIVE BENEFITS

- \* Stretching can improve posture. Tight muscles can cause poor posture
- \* Stretching can improve the range of motion and prevents loss of range of motion.
- \* Stretching decreases back pain
- \* Stretching helps prevent injury
- \* Stretching can decrease muscle soreness.



# Bottom Heavy / Core

Yes your workout starts now

## Workout 01

### (A) Quads/Glutes

### Sets / Reps

### ABS / Core

### Sec / Minutes

Pulse Squat

3 x 10

Flutter Kicks

30 sec

### (A) Quads/Glutes

### Sets / Reps

### ABS / Core

### Sec / Minutes

Side Lunges

3 x 10

Russian Twist

30 sec

### (A) Quads/Glutes

### Sets / Reps

### ABS / Core

### Sec / Minutes

Curtsey Lunges

3 x 10

Toe Touches

30 sec

### (A) Quads/Glutes

### Sets / Reps

### ABS / Core

### Sec / Minutes

RDL's w/DB or KB

3 x 10

Plank

1 min

## Bottom Heavy / Core

## Workout 02

**(A) Quads/Glutes****Sets / Reps****ABS / Core****Sec / Minutes**

Jump Squat

4 x 12

6 inches

1 min

**(A) Quads/Glutes****Sets / Reps****ABS / Core****Sec / Minutes**

Knee Strikes

4 x 12

Leg - Lifts

30 sec

**(A) Quads/Glutes****Sets / Reps****ABS / Core****Sec / Minutes**

Curtsey Lunges

4 x 12

Plank

30 sec

**(A) Quads/Glutes****Sets / Reps****ABS / Core****Sec / Minutes**

Side Lunges

4 x 10

Butterflies

30 sec

**(A) Quads/Glutes****Sets / Reps****ABS / Core****Sec / Minutes**

Calf Raises

4 x 15

6 inches

1 min

## Bottom Heavy / Core

## Workout 03

**(A) Banded Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

High Knees

4 x 15

Plank Crunches

30 secs

**(A) Banded Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Touchdown Lunges

4 x 20

Plank

1 min

**(A) Banded Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Pulse Squats

4 x 15

Rest

...

**(A) Banded Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Side Steps

4 x 15

Bicycle Crunches

30 sec

**(A) Banded Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Glute Bridge

4 x 20

6 inches

1 min

## Bottom Heavy / Core

## Workout 04

**(A) Glutes / Hamstrings**

Kneeling Hip Thrusts w/(DB) (optional)

**Sets / Reps**

4 x 12

**ABS / Core**

Plank

**Sec / Minutes**

45 sec

**(A) Glutes / Hamstrings**

RDL's w/(DB)

**Sets / Reps**

4 x 15

**ABS / Core**

Leg - Lifts

**Sec / Minutes**

30 min

**(A) Glutes / Hamstrings**

Sumo Squats

**Sets / Reps**

4 x 12

**ABS / Core**

Rest

**Sec / Minutes**

...

**(A) Glutes / Hamstrings**

Forward Lunges

**Sets / Reps**

4 x 15

**ABS / Core**

Russian Twists

**Sec / Minutes**

30 min

**(A) Glutes / Hamstrings**

Glute Bridge

**Sets / Reps**

4 x 20

**ABS / Core**

Plank

**Sec / Minutes**

45 sec

## Bottom Heavy / Core

## Workout 05

**(A) Glutes / Hamstrings****Sets / Reps****ABS / Core****Sec / Minutes**

Donkey Kicks

4 x 12

Crunches

30 sec

**(A) Glutes / Hamstrings****Sets / Reps****ABS / Core****Sec / Minutes**

Air Squat

3 x 10

Bicycles

30 sec

**(A) Glutes / Hamstrings****Sets / Reps****ABS / Core****Sec / Minutes**

Curtsey Lunges

3 x 10

Leg-Lifts

25 sec

**(A) Glutes / Hamstrings****Sets / Reps****ABS / Core****Sec / Minutes**

Reverse Lunges

3 x 12

Toe Touches

30 sec

**(A) Glutes / Hamstrings****Sets / Reps****ABS / Core****Sec / Minutes**

Kneeling Hip Thrust w / (DB) (optional)

3 x 12

6 inches

1 min

## Bottom Heavy / Core

## Workout 06

(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Side Step	4 x 10	Leg - Lifts	30 sec
(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Jump Squats	4 x 10	Toe Touches	25 sec
(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Sumo Squat	3 x 12	Crunches (Slowed)	30 sec
(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Pulse Squats	4 x 12	Scissor Kicks	25 sec
(A) Glutes	Sets / Reps	ABS / Core	Sec / Minutes
Glute Bridge w/(LB) (optional)	4 x 12	Plank Crunches	30 sec

## Bottom Heavy / Core

## Workout 07

**(A) Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Air Squat

4 x 15

Leg - Lifts

45 sec

**(A) Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Plyo Lunges

4 x 12

Flutter Kicks

25 sec

**(A) Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Curtsey Lunges

4 x 15

Cross Crunches

30 sec

**(A) Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Side Step

4 x 15

Plank Crunches

30 sec

**(A) Glutes / Quads****Sets / Reps****ABS / Core****Sec / Minutes**

Kneeling Hip Thrusts

4 x 15

Plank

1 min

## Bottom Heavy / Core

## Workout 08

(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Side Lunges	4 x 15	6 inches	1 min
(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Jump Squat w / (LB)	4 x 12	Roll Ups	30 sec
(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Goblet Squat w / (DB-KB)	4 x 10	Toe Touches	30 sec
(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Pulse Squats w / (LB)	4 x 10	Flutter Kicks	30 sec
(A) Quads	Sets / Reps	ABS / Core	Sec / Minutes
Kneeling Hip Thrusts w / (LB)	4 x 10	6 inches	1 min

## Bottom Heavy / Core

## Workout 09

**(A) Quads / Glutes**

Air Squats w / (LB)

**Sets / Reps**

5 x 15

**ABS / Core**

Russian Twists

**Sec / Minutes**

1 min

**(A) Quads / Glutes**

Sumo Squats w / (DB)

**Sets / Reps**

5 x 12

**ABS / Core**

Bicycles

**Sec / Minutes**

30 sec

**(A) Quads / Glutes**

High Knees

**Sets / Reps**

5 x 20

**ABS / Core**

Rests

**Sec / Minutes**

...

**(A) Quads / Glutes**

Knee Strike To Squat

**Sets / Reps**

5 x 12

**ABS / Core**

Plank Crunches

**Sec / Minutes**

30 sec

**(A) Quads / Glutes**

Triple Pulse Squat w / (DB)or(KB)

**Sets / Reps**

5 x 10

**ABS / Core**

Plank

**Sec / Minutes**

1 min

## Bottom Heavy / Core

## Workout 10

<b>Glutes</b>	<b>Sets / Reps</b>	<b>ABS / Core</b>	<b>Sec / Minutes</b>
Sumo Squats w / (DB)	4 x 12	Scissors	30 sec
<b>Glutes</b>	<b>Sets / Reps</b>	<b>ABS / Core</b>	<b>Sec / Minutes</b>
Glute Bridges w / (LB)	4 x 10	Flutter Kicks	30 sec
<b>Glutes</b>	<b>Sets / Reps</b>	<b>ABS / Core</b>	<b>Sec / Minutes</b>
Kneeling Hip Thrusts w / (DB)	4 x 10	6 inches	1 min
<b>Glutes</b>	<b>Sets / Reps</b>	<b>ABS / Core</b>	<b>Sec / Minutes</b>
Hip Thrusts w / (DB) or (KB)	4 x 10	Legs Lifts	30 sec
<b>Glutes</b>	<b>Sets / Reps</b>	<b>ABS / Core</b>	<b>Sec / Minutes</b>
Sumo / Pulse Squats	4 x 15	Toe Touches	30 sec



# Upper Body / Core

## Workout 01

**(A) Chest/Triceps****Sets / Reps****ABS / Core****Sec / Minutes**

Push-ups

4 x 10

Plank Jacks

25 sec

**(A) Chest/Triceps****Sets / Reps****ABS / Core****Sec / Minutes**

Dips

4 x 10

Plank

1 min or 2 min

**(A) Chest/Triceps****Sets / Reps****ABS / Core****Sec / Minutes**

Chest Press w / (DB)

4 x 10

Knee Tucks

25 sec

**(A) Chest/Triceps****Sets / Reps****ABS / Core****Sec / Minutes**

Overhead Tricep Extensions w / (DB)

4 x 10

Bicycles

30 sec

**(A) Chest/Triceps****Sets / Reps****ABS / Core****Sec / Minutes**

Star Jumps

4 x 10

Crunch

30 sec

## Upper Body / Core

## Workout 02

**(A) Chest / Shoulders****Sets / Reps****ABS / Core****Sec / Minutes**

Push - ups

4 x 10

Plank

1 min

**(A) Chest / Shoulders****Sets / Reps****ABS / Core****Sec / Minutes**

Lateral raises w / (DB)

4 x 12

Side Plank (each side)

30 sec (each side)

**(A) Chest / Shoulders****Sets / Reps****ABS / Core****Sec / Minutes**

Decline Push - UPS

4 x 10

Plank Crunches

30 sec

**(A) Chest / Shoulders****Sets / Reps****ABS / Core****Sec / Minutes**

Shoulder Press w / (DB)

4 x 12

Knee Tucks

30 sec

**(A) Chest / Shoulders****Sets / Reps****ABS / Core****Sec / Minutes**

Burpees

4 x 12

Plank

1 min

## Upper Body / Core

## Workout 03

### (A) Biceps / Triceps

Curls w / (DB)

### Sets / Reps

4 x 12

### ABS / Core

Curls w / (DB)

### Sec / Minutes

30 secs

### (A) Biceps / Triceps

Tricep Kickbacks w / (DB)

### Sets / Reps

4 x 12

### ABS / Core

Single Leg Lifts

### Sec / Minutes

30 secs (each leg)

### (A) Biceps / Triceps

Hammer Curls

### Sets / Reps

4 x 15

### ABS / Core

6 inches

### Sec / Minutes

1 min

### (A) Biceps / Triceps

Dips

### Sets / Reps

4 x 15

### ABS / Core

Penguin Crunch

### Sec / Minutes

30 secs

### (A) Biceps / Triceps

Jumping Jacks

### Sets / Reps

4 x 20

### ABS / Core

Leg Lifts

### Sec / Minutes

30 secs

## Upper Body / Core

## Workout 04

**(A) Back**

Bent-over Rows w / DB

**Sets / Reps**

4 x 12

**ABS / Core**

Crunches

**Sec / Minutes**

30 secs

**(A) Back**

DeadLifts w / DB

**Sets / Reps**

4 x 12

**ABS / Core**

Bicycles

**Sec / Minutes**

25 secs

**(A) Back**

Pull Up w / RB (optional)

**Sets / Reps**

4 x 10

**ABS / Core**

Rest

**Sec / Minutes**

...

**(A) Back**

Plank Row

**Sets / Reps**

4 x 10

**ABS / Core**

Russian Twists

**Sec / Minutes**

30 secs

**(A) Back**

Jog in Place

**Sets / Reps**

30 secs

**ABS / Core**

Roll Ups

**Sec / Minutes**

30 secs

## Upper Body / Core

## Workout 05

**Shoulders / Biceps**

Front Raises w / (DB)

**Sets / Reps**

4 x 10 - 12

**ABS / Core**

Plank

**Sec / Minutes**

1 min

**Shoulders / Biceps**

Lateral Raises w / (DB)

**Sets / Reps**

4 x 8 - 10

**ABS / Core**

Plank Crunches

**Sec / Minutes**

30 secs

**Shoulders / Biceps**

Curls w / (DB)

**Sets / Reps**

4 x 12

**ABS / Core**

Rest

**Sec / Minutes**

...

**Shoulders / Biceps**

(Biceps) Static Holds w / (DB)

**Sets / Reps**

4 x (1min)

**ABS / Core**

Toe Touches

**Sec / Minutes**

30 secs

**Shoulders / Biceps**

Jog in Place

**Sets / Reps**

45 sec

**ABS / Core**

Crunches

**Sec / Minutes**

25 secs



# HIIT / Plyometrics

2 Min Break each Round

## Workout 01

**FULLBODY / HIT**

Sides Lunges

**REPS**

15

**FULLBODY / HIT**

Push - ups

**REPS**

20

**FULLBODY / HIT**

Plyo Lunges

**REPS**

12

**FULLBODY / HIT**

Burpees

**REPS**

8

**FULLBODY / HIT**

Air Squats

**REPS**

10

## HIIT / Plyometrics

## Workout 02

### FULLBODY / HIT

High Knees

### REPS

20

### FULLBODY / HIT

Curl into Shoulder Press w / (DB)

### REPS

15

### FULLBODY / HIT

Squat Jumps

### REPS

8

### FULLBODY / HIT

Plank Jacks

### REPS

10

### FULLBODY / HIT

Leg Tucks w / (Pull Up Bar)

### REPS

10

# HIIT / Plyometrics

# Workout 03

## FULLBODY / HIT

Jumping Jacks

## REPS

12

## FULLBODY / HIT

Snatches w / (DB)

## REPS

15

## FULLBODY / HIT

Burpees

## REPS

12

## FULLBODY / HIT

Mountain Climbers

## REPS

20

## FULLBODY / HIT

TouchDown Lunges

## REPS

15

# HIIT / Plyometrics

# Workout 04

## FULLBODY / HIT

Squat Jumps

## REPS

10

## FULLBODY / HIT

Goblet Squats w / DB (optional)

## REPS

15

## FULLBODY / HIT

Split Lunges w / DB

## REPS

12

## FULLBODY / HIT

Laterals w / DB

## REPS

10

## FULLBODY / HIT

Burpees

## REPS

8

# Full Body 6 FOR 6 Power Workouts

**FULLBODY / HIT**

Star Jumps

**REPS**

12

**FULLBODY / HIT**

Knee To Elbows

**REPS**

12

**FULLBODY / HIT**

Woodchop w / (DB)

**REPS**

12

**FULLBODY / HIT**

Shoulder Presses w / (DB)

**REPS**

12

**FULLBODY / HIT**

Air Squats w / (LB)

**REPS**

12

# HIIT / Plyometrics

# Workout 06

## FULLBODY / HIT

Burpees

## REPS

10

## FULLBODY / HIT

Knee Strikes

## REPS

15

## FULLBODY / HIT

Squat to Press w / (DB)

## REPS

12

## FULLBODY / HIT

Touchdown Lunges

## REPS

12

## FULLBODY / HIT

Snatches w / (DB)

## REPS

10

# HIIT / Plyometrics

# Workout 07

## FULLBODY / HIT

Plyo Lunges

## REPS

15

## FULLBODY / HIT

WoodChops w / DB

## REPS

15

## FULLBODY / HIT

Glute Bridges w / HCB

## REPS

12

## FULLBODY / HIT

Kneeling Hip Thrust

## REPS

12

## FULLBODY / HIT

Air Squat w / (HCB)

## REPS

15

# HIIT / Plyometrics

# Workout 08

## FULLBODY / HIT

Mountain Climbers

## REPS

20

## FULLBODY / HIT

Hop in Place

## REPS

15

## FULLBODY / HIT

Curls to Press w / (DB)

## REPS

12

## FULLBODY / HIT

Decline Push-Ups

## REPS

10

## FULLBODY / HIT

Shoulder Raises w / DB

## REPS

10