

BFITaesthetic

YOUR ULTIMATE GUIDE TO FITNESS

HOME WORKOUT

Home workouts provide a flexible way to stay fit without a gym. This guide highlights the benefits and offers tailored workout plans for all fitness levels.





THE CHALLENGE OF STAYING FIT

Busy schedules and high gym costs make it difficult for many to maintain fitness. Limited access to equipment and intimidating environments further discourage regular exercise.

THE CONSEQUENCES OF INACTIVITY

Inactivity leads to weight gain, reduced stamina, and poor cardiovascular health. It can also increase stress and the risk of chronic diseases, impacting overall well-being.

YOUR FLEXIBLE SOLUTION

Home workouts allow for convenient exercise without expensive equipment. With numerous online resources, you can stay motivated and engaged in your fitness journey.

SHAPE YOUR

BODY



HOME WORKOUT SPLIT

Beginner (3 Days a Week):

Day 1: Full Body :

PUSH-UPS: 3 SETS OF 8-10 REPS
BODYWEIGHT SQUATS: 3 SETS OF 10-12 REPS
PLANK: 3 SETS OF 20-30 SECONDS

Day 3: Full Body :

LUNGES: 3 SETS OF 8-10 REPS
(EACH LEG)
TRICEP DIPS ON A CHAIR: 3 SETS
OF 8-10 REPS

Day 2: Cardio & Core :

JUMPING JACKS: 3 SETS OF 30
SECONDS
BICYCLE CRUNCHES: 3 SETS OF 10-12 REPS



Intermediate (3 Days a Week) ::



Day 1: Upper Body :

- **PUSH-UPS: 4 SETS OF 10-12 REPS**
- **DUMBBELL SHOULDER PRESS: 4 SETS OF 10-12 REPS**

Day 2: Lower Body :

- **SQUATS: 4 SETS OF 12-15 REPS**
- **DEADLIFTS (WITH WEIGHTS): 4 SETS OF 10-12 REPS**

Day 3: Cardio & Core :

- **BURPEES: 4 SETS OF 8-10 REPS PLANK WITH**
- **SHOULDER TAPS: 4 SETS OF 10-12 REPS (EACH SIDE)**

Advanced (5 Days a Week):

Day 1: Push Day

- **INCLINE PUSH-UPS**
- **DUMBBELL BENCH**
- **PRESS TRICEP EXTENSIONS**

Day 2: Pull Day

- **PULL-UPS (ASSISTED)**
- **DUMBBELL ROWS BICEP CURLS**

Day 3: Leg Day

- **BARBELL SQUATS**
- **LUNGES CALF RAISES**



Day 4: Core & Cardio

- **HIIT SESSION WITH KETTLEBELL SWINGS, BOXJUMPS, AND MEDICINE BALL SLAMS**

Day 5: Active Recovery

- **YOGA OR STRETCHING SESSION TO IMPROVE FLEXIBILITY AND RECOVERY**

BENEFITS OF WOKROUTS

TRANSFORM YOUR LIFE WITH HOME WORKOUTS

Home workouts enhance physical health and mental well-being. They promote a sustainable fitness routine that empowers individuals to achieve their health goals.



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