

Full Body Guide

Gym Based –
Beginner/Intermediate

4 Week



Table of Contents

Introduction	2
Week 1, Day 1	5
Week 1, Day 2	6
Week 1, Day 3	7
Week 2, Day 1	8
Week 2, Day 2	9
Week 2, Day 3	10
Week 3, Day 1	11
Week 3, Day 2	12
Week 3, Day 3	13
Week 3, Day 4	14
Week 4, Day 1	15
Week 4, Day 2	16
Week 4, Day 3	17
Week 4, Day 4	18
Week 4, Day 5	19

Introduction

Welcome! I am so honored you have chosen my guide to help you reach your goals! These workouts and exercises have helped shape my body, my character and my determination over the past 6 years. Through learning experiences, I have put together workouts that I enjoy, keep me conditioned and healthy. I hope you find value in this guide, but more importantly realize just how incredible you are!

Creating a healthy lifestyle is a journey. Changing your body mentally and physically takes time. Enjoy the process and you will love the outcome the process produces. Just like any new hobby you pick up, you must learn to ease into the process. If you tried running 12 miles on your first day training for a marathon, it might not turn out the way you envisioned. Statistically it would be extremely difficult because you haven't built up a base for your body and you would risk getting injured. This could lead to discouragement because you weren't able to achieve your goal. That doesn't mean you can't run a marathon, you just need to set yourself up for success. Give yourself a chance.

Creating a healthy lifestyle and learning to lift and exercise is a learning curve. You can't jump into exercise expecting to be hack squatting and dead lifting 200 pounds. You need to start small and establish a foundation that allows you to build upon that base so that you can grow. This is how goals are met. This is what this guide is for! This guide will introduce you to lifts and establish a conditioning base you can build upon. If you haven't exercised in a while, or have little experience, I highly suggest you start walking three to five times a week for thirty minutes to an hour. This will help build an endurance base which will benefit you immensely! Your goal is to walk two to three miles with minimal fatigue before you start lifting. It is okay to start this guide before you finish walking, but I encourage you to stick with it for at least one to two weeks. Once you achieve that, you can start this guide!

How the exercises are laid out:

A1: This means you superset whatever is in the A group and then move on to superset what is in the B group. A super set is simply doing 2 back to back exercises with minimal rest which makes up 1 set.

A2: Complete right after A1. The guide will tell you how long to rest between exercises. If there is an A3, complete that right after A2, etc.

B1: Rest for however long the guide tells you to and then start exercise B1. Continue the superset process until the workout is complete. If there is no super set, perform the sets and numbers of that exercise back to back with little rest.

*** Reps and Numbers: Whatever rep I give you is done for both exercises unless specified differently***

If there is no A or B specific reps and sets, it is a circuit workout for time (unless the reps are specified). The time frames will be an exercise anywhere from 30 to 60 seconds that will increase over the course of the guide, starting with 30 seconds. Rest between exercises varies from 30 seconds to 45 seconds and will decrease further into the guide.

Questions you might have:

1. Can I work out on sore muscles?

Listen to your body. Being sore is a great thing! If you are extremely sore take a few days off. A lot of times working out on sore muscles helps alleviate the lactic acid stored in your muscles. Push yourself but still be cognizant of when enough is enough.

2. Do I need to work out three to four consecutive days?

NO! This guide is designed to go at your own pace. It has which number day the workout should be on, but you can choose when that specific workout will be. I encourage you to accomplish all the workouts within that week with two to three rest days. This guide can be eight weeks or longer, you decide! Feel free to repeat workouts as needed. If you struggled, it's okay to stay on that week for two to three weeks until you feel ready to move on!

3. Do I need to count macros or be strict on my diet?

I don't count my macros or calories and encourage you not to, but if it's something that works for you, that is

completely ok. Tracking macros is a great tool to do for a few days to see what portions look like and gage what foods have higher nutritional value. With any fitness plan, nutrition is extremely important not only for your health but for body changes. BUT, don't feel the need to eat super clean. Here's why: when you restrict you often end up binging. This isn't a positive cycle to fall into. My tips to you are to allow yourself your cravings, move on and be kind to your body. Focus on the quality of food rather than the quantity and chose foods that will fuel you! This doesn't mean chicken and green beans every day. Remember, we are creating a LIFESTYLE. Not a four-week fix. Food is fuel, so don't be afraid to eat. When you burn calories, you need to fuel your body so it can recover and build back stronger muscle tissue. If you push yourself, it will burn a lot of calories, so don't ruin your engine by not providing it enough fuel!

Tips:

1. Stay away from artificial sweeteners.
2. Check the ingredients list on the package! If it has a long list that's half the box, probably isn't the best option to consume. If the ingredients look like it should be in a chemistry lab, also maybe find an alternative! Is it okay to eat these foods? YES! But over a long time, it isn't going to do your body justice.
3. Don't restrict. Allow yourself your cravings, move on and be a boss in the gym!
4. Shop the perimeter of the grocery store! This is where you will find all the fresh and natural foods!

4. I don't have certain equipment?

If there is a machine your gym lacks please email me at HBfitguides@gmail.com or replace the exercise with a similar exercise.

5. Certain exercises hurt my knees or back, what should I do?

Make sure you are using proper form, decrease in weight or find another progression exercise to replace it with. If pain persists, please consult a PT or Doctor.

6. How much weight should I be lifting?

This is unique to everyone. You want a weight that's challenging but doesn't compromise form. On the 20, 15, 12, 10, 8, 5, 16 series, start with no weight and build from there. You want to keep the same weight for that entire series on that day and then start building up. Your first day weight will differ from your final week or if you decide to go into the eight-week guide which is broken down into more lifting with fewer circuits!

7. When should I expect results?

Great things take time. If you focus solely on the physical progress, it's hard to be satisfied. I encourage you to write down three positives about your workout after each workout and 1 thing you can do better for your next workout to help with goals! Be patient and treat your small victories and growth like winning the lottery!

8. The time allotted for the exercises are too short. Can I increase the time or decrease my rest time?

YES! The guide is set up for beginners and to have a starting point for most individuals! PLEASE feel free to increase the time of exercises up to one minute or decrease your rest period accordingly to challenge yourself! Keep in mind you should be going all out with everything you have for that minute. However, do not compromise your form. We want to keep you injury free. I worked up to 1 minute on and 20-30 seconds of rest!

9. How can I increase the difficulty of an exercise?

This guide is built on progressions! Depending on where you are starting you can change this guide to fit your needs! For example: I may say reverse lunge, You can:

- Do a reverse lunge on the floor
- Do an elevated reverse lunge off a box
- Do an elevated reverse lung off a box with weight

Many of the exercises can be increased in difficulty or dropped back down to a progression if you aren't quite ready to make it more difficult. To increase difficulty you can add elevation, weight or resistance! I also have added video examples of progressions becoming more difficult for video reference. Any exercise that involves abduction

of the legs (pulling away from the body; glute bridge, hip thrust, kneeling abductions and squats) feel free to use bands in this guide, even if it does not say to. This is another variation to increase difficulty.

10. There is no picture showing warm-up exercises?

Correct, each warm-up is almost identical, give and take. This would have taken up a lot of document space making the guides unreasonably long. If you refer to the warm-up exercises once you receive your guide, look at the videos for reminders and proper demonstration.

11. I can't perform the exercise progression shown in the display picture. Can I modify the exercise?

Absolutely! The guide is meant to progress at your own pace. If an exercise is too hard, you can most definitely modify it by taking down weight, resistance or elevation. A perfect example is hip thrusts. You can perform regular hip thrusts with weight on your hips and a resistance band, use just weight or just a resistance band, place your feet on a box, or just do a fundamental glute bridge. The amount of options and freedom you can have for this guide are limitless. You can use it and never hit a plateau.

12. Do I have to have resistance bands?

No! You do not; however, resistance bands are amazing for more glute activation and growth. They are also relatively cheap! You can get them off amazon for less than \$15.00 I use sport2people or the @mbslingshot

13. Do I need to take supplements?

No! You do not need supplements to see results. Supplements just aid in the process and give your body some extra help! PLEASE be cognitive of the products you buy and consume. There are many companies out there that are popular but have harmful ingredients. I like to stick to all natural companies that don't have red40 or artificial sweeteners in them. I use @tryabouttime (www.tryabouttime.com) for all my supplements. My staples are L-glutamine (for gut health) and Aux Pre-Workout. I also will have their whey isolate for smoothies and protein oats. My code "Hannah" can be used if you are interested in these products! Again, they are not NEEDED but they can help.

14. How long should I be working out?

You don't need to spend hours in the gym to see results. Get in, be intense and get out! If you are in the gym longer than one and a half hours you will exhaust your adrenals. If you are in the gym for one and a half hours because you are taking too many rest breaks, stop that. Fight for yourself and give it your all. Quality over quantity!

15. What's the benefit of full body circuits?

In my experience, working high intense circuits that incorporate full body within your weekly breakdowns is key! It burns more calories and keeps each body part progressing. HIIT (High intensity Interval Training) is also the fastest way to allow your body to be able to tap into your fat stores and start burning fat. You will also burn more calories throughout the day because of the EPOC (Excess Post Oxygen Consumption) effect. Your body consumes more oxygen post workout in efforts to get your body back to homeostasis because of the higher stress you placed upon your cardiovascular system.

I would love to be a part of your journey! Please send me progress pictures, your victories, and TAG me in your photos so I can see them. You can also use these #hashtags so I can follow your journey too:

#BowerPower #WorthTheWeights #HBFamBam #BodyByBower

Be ready to create an amazing community to support one another in their journeys!

LET'S DO THIS FAM! <3

Week 1: your goal is to beat the amount of reps each time around. No stopping.

Week 1, Day 1

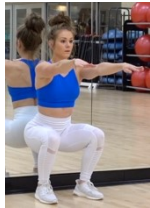
Warm Up:

- 10 minutes of walking – low intensity (~3 mph)
- 10x alligator chops
- 20x standing toe touches

Circuits:

Each exercise performed for 30 seconds with 30 seconds of rest in between each exercise

A1: 1 Minute Wall Sit



A2: Jumping Jacks



A3: Walking Lunges

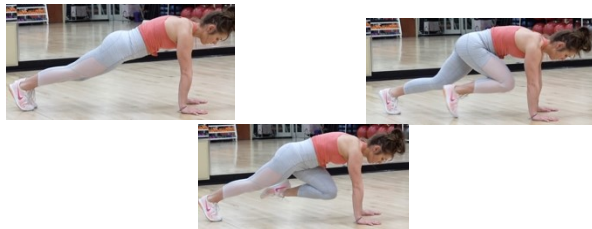


A4: Glute Bridge Hold



Repeat Circuit A 3x

B1: Mt. Climbers



B2: Squat to Shoulder Press



B3: Plank Hold



Repeat Circuit B 3x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 1, Day 2

Warm Up:

- Walk 10 minutes on the treadmill at 3 mph
- 10x alligator chops
- 20x standing toe touches

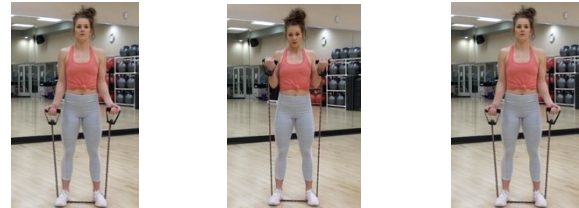
Circuits:

Circuit A: 30 seconds on, 30 seconds of rest

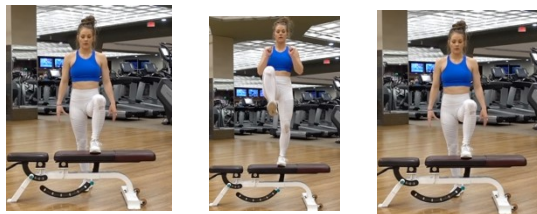
A1: Medicine Ball Slam



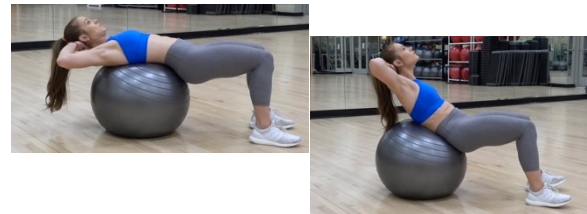
A2: Resistance Band Bicep Curl



A3: Bench Step Ups



A4: Stability Ball Crunch



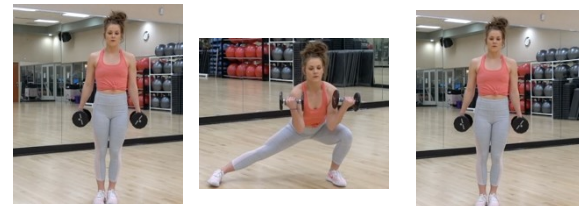
Repeat Circuit A 3x

Circuit B: 45 Seconds on, 45 seconds of rest

B1: Mt. Climbers on Bench



B2: Side Lunge to Bicep Curl



B3: Lunge Hold Each Leg for 30 Seconds



B4: Resistance Band Pulse Pulls



Repeat Circuit B 3x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 1, Day 3

Warm Up:

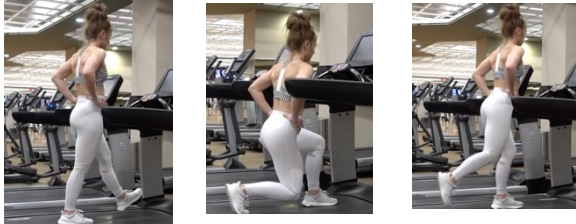
- Walk 5 minutes on the treadmill at 3 mph with an elevation of at least 5

Circuit:

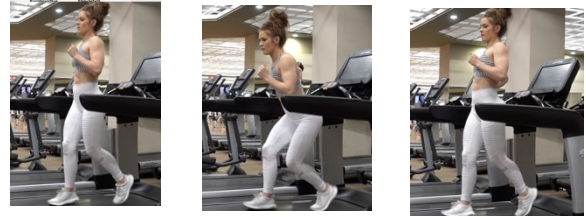
A little more intensity today. Work through it. Get after it!

Circuit A (Treadmill): 40 seconds on, 40 seconds of walking

A1: Walking Lunges



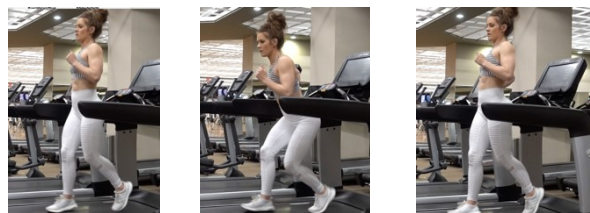
A2: Backwards Run – 4 mph



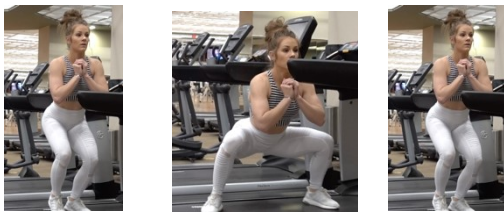
A3: R Lateral Squat Walks



A4: Backwards Run – 4 mph



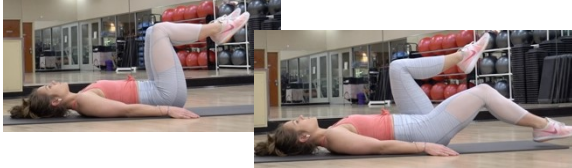
A5: L Lateral Squat Walks



Repeat Circuit A 4x

Circuit B (Abs): As many reps as possible (AMRAP), 30 seconds of rest in between

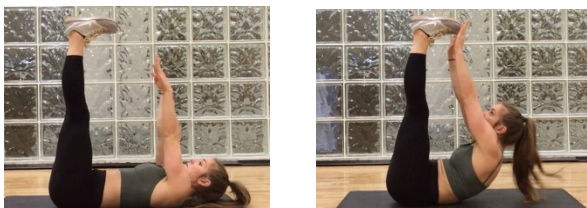
B1: Marching



B2: Glute Bridge



B3: Toe Touches



Repeat Circuit B 1x

Cooldown:

- Stretching

Week 2, Day 1

Warm Up:

- Walk ½ mile – low intensity (~3.5 mph)
- 10x alligator chops
- 20x standing toe touches

Circuit:

Circuit A: 35 seconds on, 30 seconds of rest

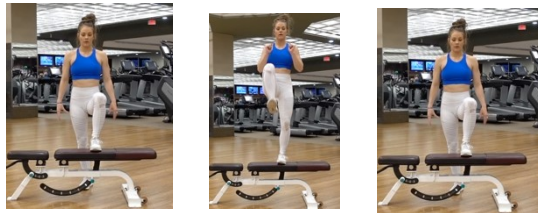
A1: Medicine Ball Slam



A2: Push Ups (modify to knee pushups if needed)



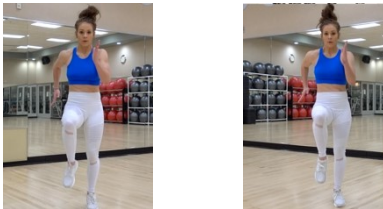
A3: Bench/Box Step Ups



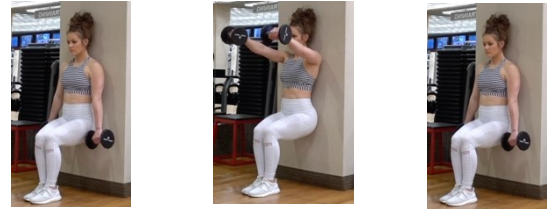
A4: Lying Leg Lifts



A5: High Knees



A6: Wall Sit with Front Delt Raise



Repeat Circuit A 3x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 2, Day 2

Warm Up:

- Walk 1.5 miles – low intensity (~3.5 mph)
- 10x alligator chops
- 20x standing toe touches

Circuits:

Circuit A: 35 seconds on, 30 seconds of rest

A1: Burpee to Vertical Jump



A2: Glute Bridge with Resistance Bicep Curl



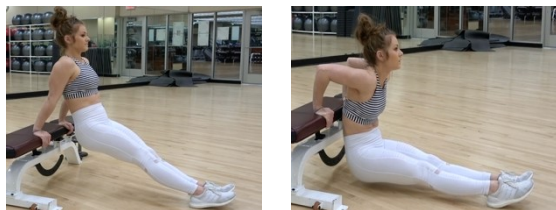
A3: Lunge Pulses (20 seconds each leg)



A4: Mt. Climbers



A5: Bench Dips



A6: Side Plank Holds (20 seconds each side)



Repeat Circuit A 3x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 2, Day 3

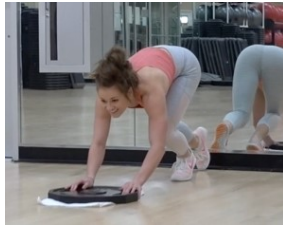
Warm Up:

- Jog ½ mile – low intensity (~5 mph)
- 10x alligator chops
- 20x standing toe touches

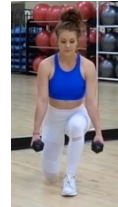
Circuits:

Circuit A: 35 seconds on, 30 seconds of rest

A1: 45 Pound Towel Push



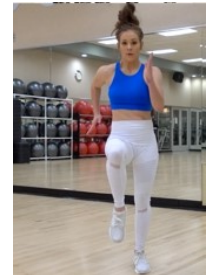
A2: Walking Lunges



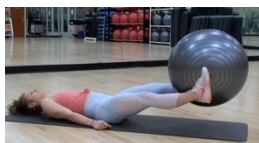
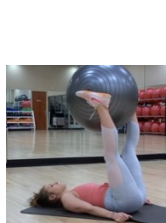
A3: Dumbbell Delt Raises (alternating front/lateral)



A4: High Knees



A5: Stability Ball Leg Lifts



A6: Upright Rows



Repeat Circuit A 3x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 3, Day 1

Warm Up:

- Run $\frac{3}{4}$ mile
- 10x alligator chops
- 20x standing toe touches
- 20x gate swings

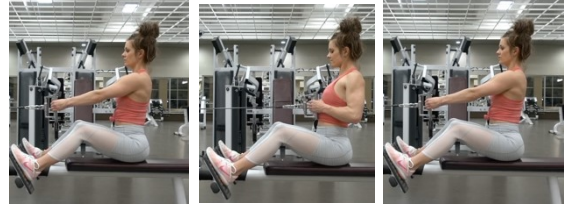
Circuit:

Circuit A: 40 seconds on, 30 seconds of rest

A1: Lateral Medicine Ball Slams



A2: Seated Row



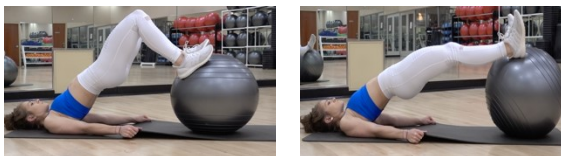
A3: Burpee to Vertical Jump



A4: Push Ups with Mt. Climbers



A5: Stability Ball Hamstring Curls



A6: TRX Bicep Curls



A7: Resistance Band Toe Walks



Repeat Circuit A 3x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 3, Day 2

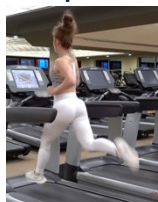
Warm Up:

- 10x alligator chops, 20x standing toe touches, 20x gate swings

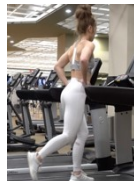
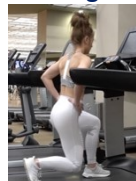
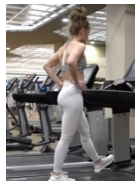
Circuit:

Circuit A: Outside, indoor field, or treadmill (perform exercise 30 yards down and back or 60 yards one way)

A1: Sprint



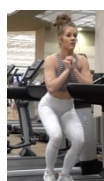
A2: Walking Lunges



A3: Sprint



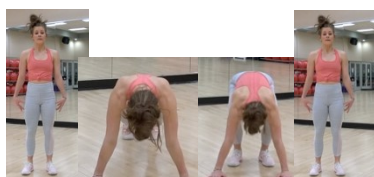
A4: Lateral Squat Walks



Repeat Circuit A 3x

Circuit B: Standing, 5x reps each exercise

B1: Burpees



B2: Squat Jumps



B3: Push Ups



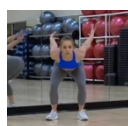
Repeat Circuit B 5x; rest for 30-45 seconds between each set

Circuit C: 10x reps each exercise, run 10 yards in between in exercise

C1: Stability Ball Crunches



C2: Frog Jumps



C3: Side Plank Dips Each Side



C4: Arch Lift



Repeat Circuit C 2x

Cooldown:

- Stretch – watch video for reference

Week 3, Day 3

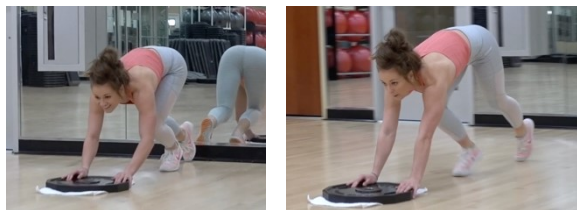
Warm Up:

- Run $\frac{3}{4}$ mile
- 20x gate swings
- 20x alligator chops
- 10x standing toe touches

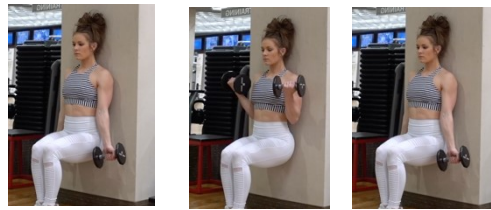
Circuits:

Circuit A: 40 seconds on, 30 seconds of rest

A1: 45 Pound Towel Push



A2: Wall Sit with Bicep Curl



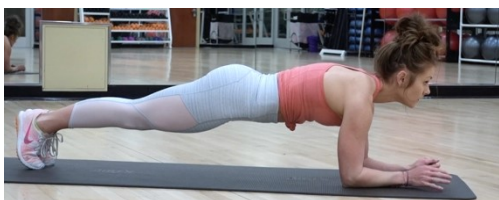
A3: Reverse Lunges (off 6' box is optional)



A4: Jumping Jacks with Resistance



A5: Plank Hold



A6: Squat to Shoulder Press



A7: Side Plank Crunches



A8: Mt. Climber Twists



Repeat Circuit A 2x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 3, Day 4

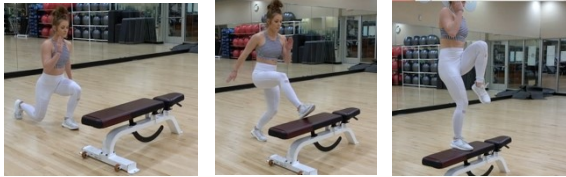
Warm Up:

- Run $\frac{3}{4}$ mile
- 20x gate swings
- 20x alligator chops
- 10x standing toe touches

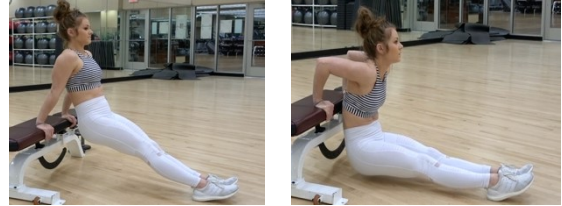
Circuits:

Circuit A: 40 seconds on, 30 seconds of rest

A1: Lunge to Bench Step Up



A2: Bench Dips



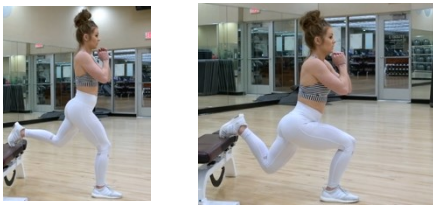
A3: Bench Fence Hops



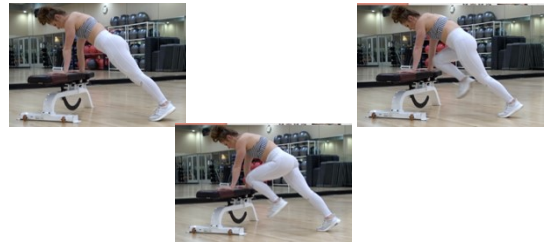
A4: Elbow Plank Push Ups



A5: Split Squat (20 seconds each leg)



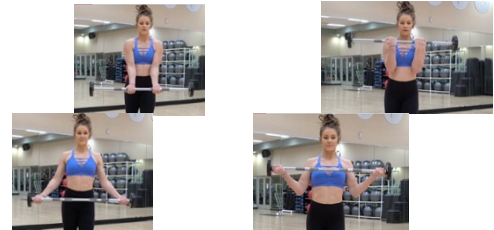
A6: Bench Mt. Climbers



A7: Resistance Band Walks



A8: Bicep Curls (narrow and wide arms 30 secs each)



Repeat Circuit A 2x

Cooldown:

- Stability Ball Sit and Swivel
- Elbow Planks on Stability Ball – 3x, 15 seconds each
- Light Stretching

Week 4, Day 1

Warm Up:

- Run 1 mile
- 30x gate swings
- 20x alligator chops
- 20x standing toe touches

Workout: Legs

A1: Squats

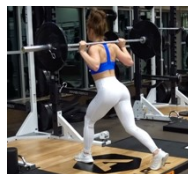


A2: Reverse Lunge

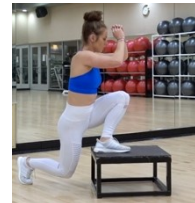


Reps: 1x 20, 15, 12, 10, 8, 5, 16

B1: Lunge Pulses

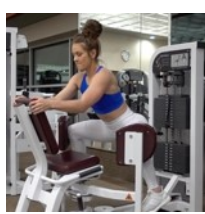
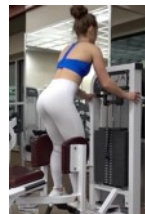


B2: Reverse Curtsy Lunge



Reps: 1x 20, 15, 12, 10, 8, 5, 16

C1: All 6 Way Abductions



Reps: 2x 20 each way. Minimal Rest

D1: Cable Kick Backs



D2: Cable Hamstring Curls



Reps: 3x 15

Cooldown:

- Stretch – watch video for reference

Week 4, Day 2

Warm Up:

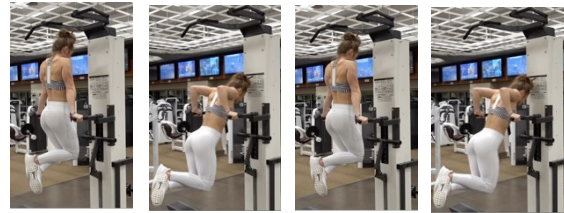
- Run 1 mile
- 30x gate swings
- 20x alligator chops
- 20x standing toe touches

Workout: Upper Body

A1: Assisted Pullups (or without assistance)

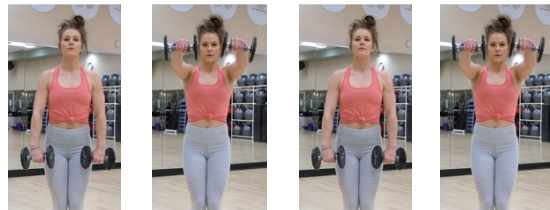


A2: Dips (bench is alternative)



Reps: 4x 6

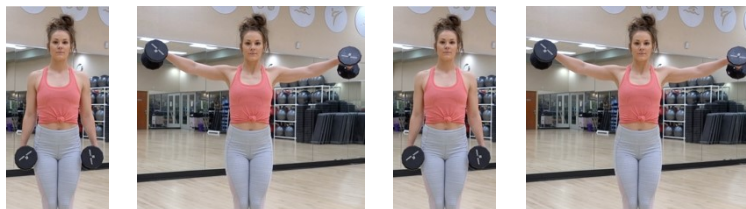
B1: Front Delt Raise



B2: Diagonal Delt Raise

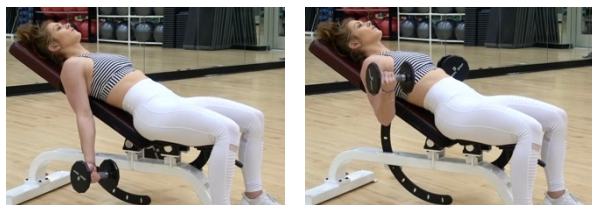


B3: Lateral Delt Raise



Reps: 3x 10 (no rest between variations. Rest ~90 sec when all 3 are complete)

C1: Bicep Curl (incline)



C2: Hammer Curl (incline)



Reps: 3x 10

Cooldown:

- Stretch – watch video for reference

Week 4, Day 3

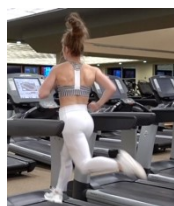
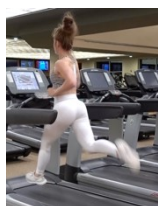
Warm Up:

- Walk on treadmill for 4 minutes - 4 mph
- 30x gate swings
- 20x alligator chops
- 20x standing toe touches

Circuit:

Circuit A: Full body HIIT – Sprint for 30 seconds then perform 15 reps of each exercise

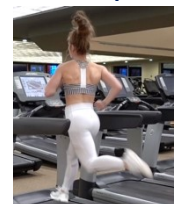
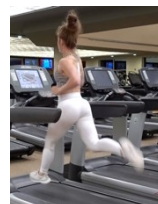
A1: Sprint



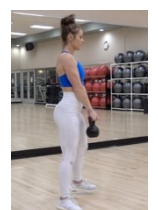
A1: Squat to Bicep Curl



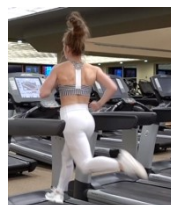
A2: Sprint



A2: Kettle Bell Swing



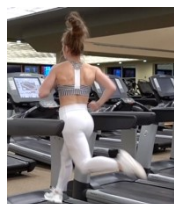
A3: Sprint



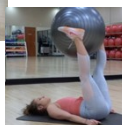
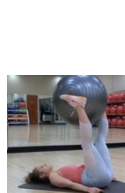
A3: Upright Row



A4: Sprint



A4: Stability Ball Leg Lifts



A5: Side Lunge to Delt Raise



Repeat Circuit A 1x without sprints (minimal rest between exercises)

Circuit B: Abs

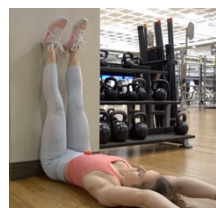
B1: Butt Lifts (50 reps)



B2: Side Plank Dip (15 each side)



B3: Toe Touches Against Wall (50 reps)



B4: Plank Hip Taps – 15 each side



B5: Stability Ball Tuck Ups – 15 reps



B6: Bicycles (50 reps)



Repeat Circuit B 1x (strive for minimal rest between each exercise)

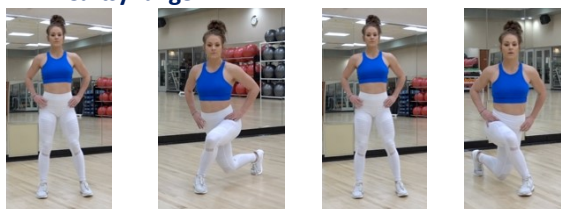
Week 4, Day 4

Warm Up:

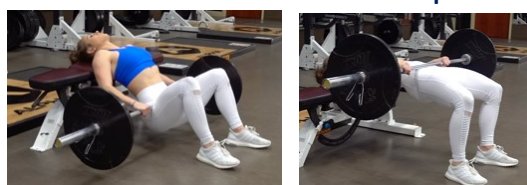
- Run 1 mile
- 30x gate swings
- 20x alligator chops
- 20x standing toe touches

Workout: Legs and Glute Focused

A1: Curtsy Lunge

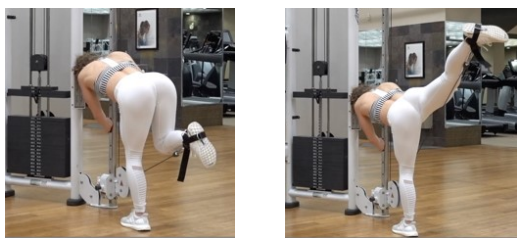


A2: Hip Thrust

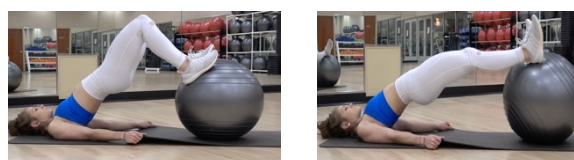


Reps: 1x 15, 10, 8, 5, 16

B1: Cable Kick Backs

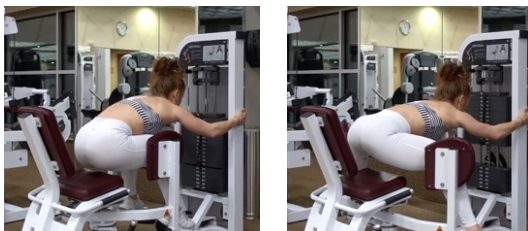


B2: Hamstring Curl – Stability ball



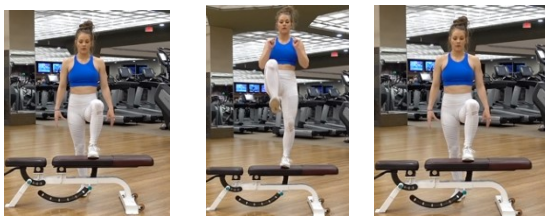
Reps: 4x 12

C1: Abduction Machine

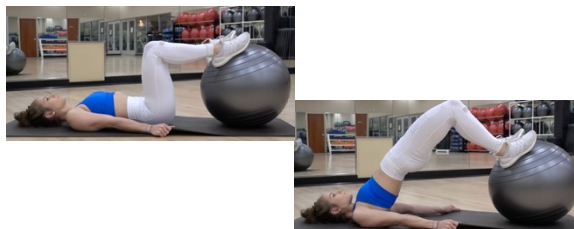


Reps: 2-minute challenge (full range of motion for as long as you can go, pulses the rest of the time)

D1: Bench Step Ups



D2: Glute Bridges (stability ball)



Reps: 4x 10

Cooldown:

- Stretch – watch video for reference

Week 4, Day 5

***HIIT ***

Warm Up:

- Walk 4 minutes on 4 mph to get muscles warm

Workout:

DEADmill, TURN OFF the treadmill

1. Sprint 10 seconds
2. Walk 30 seconds
3. Sprint 10 seconds

*** Repeat this pattern for a total of 16 sprints. This is a total of ONLY 8 minutes. But you will feel it. So, push yourself. Lock away negative thoughts and get it done. ***

While you are sweating immediately go and get the following done:

1. 10x pull ups (assisted if needed)
2. 15x walking lunges
3. 10x delt raises all 3 ways
4. 50x Mt. climbers
5. 10x hanging tuck ups (lying leg lifts work if you cannot do hanging- do 30 reps instead)
6. 30x toe raises (all 3 ways)

Cooldown:

- Stretch – watch video for reference