



Contact for any queries: 9892866356 and contact@fittq.com

“Getting fit is 99% Motivation & 1% Action.”

Home Workout Plan for four weeks

Start with a warmup:

- Perform total body warmup for 5-10 mins prior to workout & total body stretch for 5-10mins after completion of workout specially to that body part which you have trained on that day & on the day you have trained leg or lower body try to stretch more as it will help you in removing muscle soreness.
- Rest 1-2 mins b/w sets or maybe slightly more so that your strength comes back to perform the next set sharper.

Focus on Strength training and not on cardio:

- Focus on strength training i.e. resistance training it will help you to achieve better results than doing traditional cardio, actually doing lot of cardio leads to muscle loss so keep it as I mentioned on the routine.
- If females do weight training or strength training or bodyweight training they have a fear that they will look like a man or male but that is not true & not possible as women have higher levels of estrogen hormones in their body & lower levels of testosterone hormones(which is a primarily male hormone) due to this reason they look feminine & performing strength helps them to get stronger, leaner & much more curvier.
- As you are new to the routine D.O.M.S is going to happen & it will stay for about 10-12 days. D.O.M.S stands for Delayed Onset Muscle Soreness it's very common & happen to any individual who is new to working out or haven't worked out in a while, you gonna feel super sore for initial 10 days (try to stretch, eat right & take bath twice a day if possible as it will help in reducing soreness) its very common as our body is adapting to the new stress we are giving to it, so don't get tensed over it. After 10 days soreness tends to reduce & our body gets adapted to the workout routine, so please be patient with it. Hope this helps.
- Use good shoes for workout & perform the exercises with right technique, Have full body massage once a week for recovery,relaxation & better performance during workouts.
- Rest 1-2 mins b/w sets or maybe slightly more so that your strength comes back to perform the next set sharper.
- Slightly increase Reps on each set to make it challenging



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Day 1 (Monday) :- Total body

Warmup with 2 sets of 10 Incline Pushups, 2 sets of 8-10 squats

- 1) Pushups on floor 4 sets as many as possible with good technique

<https://www.youtube.com/watch?v=IODxDxX7oi4>

- 2) Incline Pushups 4 sets 10-15 reps

<https://www.youtube.com/watch?v=bXsbK9UPu3c>

- 3) Body rows with door pullup bar 4 sets 8-10 reps

<https://www.youtube.com/watch?v=4cnXBP1bUSU>

- 4) Dumbell Walking Lunges 4 sets 20 reps (10 rep each leg) (increase weight in each set)

<https://www.youtube.com/watch?v=YYWhkctnP2o>

- 5) Bodyweight Jump Squat 4 sets 8-12 reps

<https://www.youtube.com/watch?v=XOT02qWRy9U>

- 6) Dumbell Bodyweight Squats 4 Sets 15-20 reps (increase weight in each rep)

https://www.youtube.com/watch?v=v_c67Omje48

Cardio:- 5 sets of fake jump rope 100-150 jumps(hops)



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Day2 (Tuesday) :- Core & Cardio

1) Situps on floor 3-4 sets till failure with good form

<https://www.youtube.com/watch?v=jDwoBqPH0jk>

2) V-Ups 4 sets 10-12 reps

<https://www.youtube.com/watch?v=iP2fjvG0g3w>

3) Side Plank 3 sets each side as long as you can hold

<https://www.youtube.com/watch?v=NXr4Fw8q60o>

4) Leg Hold on floor 4 sets 45-60 sec hold

<https://www.youtube.com/watch?v=SJK4eWkrHTo>

5) Superman hold 3 sets 20-40 sec

<https://www.youtube.com/watch?v=z6PJMT2y8GQ>

6) Elbow Plank 2 sets till failure

Cardio:- H.i.i.T (3 round) complete within 15 mins

https://www.youtube.com/watch?v=VUpMT_JJb7o&t=2s (just 3 rounds)



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Day3 (Wednesday) :-

Warmup with 2 sets of 10 Incline Pushups, 2 sets of 8-10 squats

- 1) Body rows with door pullup bar 3 sets till failure reps

<https://www.youtube.com/watch?v=4cnXBP1bUSU>

- 2) Pushups on floor 3 sets as many as possible

<https://www.youtube.com/watch?v=IODxDxX7oi4>

- 3) Hindu Pushups 3 sets 8-10 reps

<https://www.youtube.com/watch?v=LqvkWOp1VX0>

- 4) Elbows to knees 3 sets 10-15 reps in total

https://www.youtube.com/watch?v=_lzjaBLTFhU

- 5) Stepping Lunge 3 sets 12-15 rep per leg (use stairs , find which level is challenging for you for example 2 stairs or 3 or 4 stairs at a time for lunge) complete one side first before moving to second

<https://www.youtube.com/watch?v=l4AA5d5mInQ>

- 6) Wall Sit 3 sets 45-60 sec hold

<https://www.youtube.com/watch?v=y-wV4Venusw>

- 7) Close Stance Squats 2 sets 15-20 reps

<https://www.youtube.com/watch?v=U7Y-bY4bZj0> (w/o dumbbells you can do)



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Day4 (Thursday) :-

Warmup with 2 sets of 10 Incline Pushups, 2 sets of 8-10 squats

- 1) Dumbbell bicep curl 3 sets as many as possible

<https://www.youtube.com/watch?v=ykJmrZ5v0Oo>

- 2) Dumbbell Hammer Curl 3 sets as many as possible

<https://www.youtube.com/watch?v=zC3nLlEvin4>

- 3 Dumbbell Lateral raises 3 sets 10-12 reps

<https://www.youtube.com/watch?v=rxx5KRN8KUE>

- 4) Dumbbell Shoulder Press 3 sets 10-15 reps

<https://www.youtube.com/watch?v=0JfYxMRsUCQ>

- 5) Concentration Curls 3 sets 10-12 reps

<https://www.youtube.com/watch?v=dgvKbfP6ITU>

- 6) Tricep Kickback dumbbell 3 sets 10-12 reps

<https://www.youtube.com/watch?v=6SS6K3lAwZ8>



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Day 5 (Friday) :- Core (rest 45 sec between each set)

1) V-Ups 3 sets till failure reps

<https://www.youtube.com/watch?v=iP2fjvG0g3w>

2) Russian twist 3 sets 15 reps each side 30 in total

<https://www.youtube.com/watch?v=NeAtimSCxsY>

3) Bicycle Crunches 3 sets till failure

<https://www.youtube.com/watch?v=9FGilxCbdz8>

4) Feet Elevated Situps 4 sets 10-15 reps (slow & controlled)

https://www.youtube.com/watch?v=ieH_31pqfVs

5) Reverse Crunches 4 sets 8-12 reps

https://www.youtube.com/watch?v=el_atkcT2_8&t=10s

Cardio:- H.i.i.T (3 round) complete within 15 mins

https://www.youtube.com/watch?v=VUpMT_JJb7o&t=2s (just 3 rounds)



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Day 6 (Saturday):- Total body work

- 1) Dumbell Bodyweight Squats 4 Sets 15-20 reps (increase weight in each rep)

https://www.youtube.com/watch?v=v_c67Omje

- 2) Dumbell Stationary lunges (bodywt only) 4 sets 10-12 reps (each leg)

<https://www.youtube.com/watch?v=QOVaHwm-Q6U>

- 3) Regular Pushups 4 sets 6-10 reps

<https://www.youtube.com/watch?v=IODxDxX7oi4>

- 4) Bench Dips 4 sets 10-20 reps

<https://www.youtube.com/watch?v=c3ZGl4pAwZ4>

- 5) Side Plank Hold 3 set as long as you can hold

<https://www.youtube.com/watch?v=NXr4Fw8g60o&t=2s>

- 6) Body rows with door pullup bar 3 sets till failure reps

<https://www.youtube.com/watch?v=4cnXBP1bUSU>

Sunday:- off : Rest Day

Rest day is very important and do not do any physical task on the rest day. In initial enthusiasm you may tend to workout on all 7 days but that will harm the body than doing any good.



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YOGA se Hoga!

Yoga is not just exercise but a complete lifestyle.

Please practice some yoga poses for stretching the muscles & maximising the range of motion for proper blood flow & better workout, you can do it post workout or any free time you get.

Try following poses like:

1) Vajrasana 2) Bhujangasana 3) Dhanurasana 4) Uttanasana 5) Pashchimottanasana

In the end:

Focus on strength training as mentioned above because it will help you to achieve better fat loss results & boost your metabolism so that you are able to burn calories not just during your workout but during the entire day.

I sincerely request you to take it easy and slowly develop your body. While you are on the course of exercise routine do not neglect the diet part.

In case you have any doubts please feel free to contact me.

Yours Sincerely,

FittQGuru Apurva



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