JLPEACH FITNESS

HOME WORKOUT GUIDE

A comprehensive home workout guide for anyone wanting to build muscle at home, get active or just want to learn how to put a workout together with limited equipment.

Start Your Journey Today

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WELCOME!

This home workout guide is for anyone wanting to build muscle at home, get active or just want to learn how to put a workout together with limited equipment. (Let's face the reality of it. That's the majority of us who can't get to the gym!) This is suitable for any goal whether it be weight loss, muscle building or even maintenance.

You don't need a selection of weights that you get at the gym. You just need some dumbbells, preferable in varied weights that can challenge you for the long haul.

In this guide I'm going to show you how to put a workout plan together for your fitness goals with science based methods and coaching strategies to take it to another level. You will also have a workout guide for the week which will have 4 x 30-40 minutes with exercise videos and all the exercise information you need. I will also tip you off on other exercise alternatives too! The lists and benefits are endless!

The beauty of this guide is the ever green information contained in it. Like my clients, you can use this for a solid 6-12 weeks. Its important not to have too much variation in your workout regimen and follow one you can commit and enjoy. This will ensure progress and results.

LET'S DO IT!

PUTTING A WORKOUT PLAN TOGETHER

The first thing you need to figure out is how much time you have free in order to put your frequency of workouts together. So let's say you have an hour free each day – this wouldn't mean training EVERYDAY this is because you need to let your body recover in-between your sessions because this is where the true magic happens in terms of your muscle development. Find out how much time you can commit (without sacrificing too much) and think about how long your recovery typically takes you.

For an example: My client Zara wanted to build her glutes at home and had 45 mins free 4 times per week. Her session would then look something like this:

SESSION 1: GLUTES
SESSTION 2: UPPER
SESSION 3: GLUTES, LEGS
SESSION 4: UPPER, CORE

This ensures that all muscles are hit whilst prioritising glutes to coincide with your fitness goals.

Putting your exercises together
Now that you've worked out how much free time you can commit to your sessions and how many sessions you can spread out through the week you have to select exercises and ensure we are hitting all muscle groups at all angles. This doesn't mean you need to heavily isolate one to two muscles during a workout session such as doing lots of glute medius kickbacks or rainbow kicks to target your glute med (side glutes). You can work them just as hard with them working as a stabilising muscle in a glute exercise such as reverse lunges which would also hit the glute max! The glute medius is used in this exercise to help with stabilisation. So there is no need to over do your exercise selection and do lots of exercises in one go!

WORKING MULTIPLE MUSCLES

Few exercises truly isolate only one muscle group. For example, the biceps curl is one of the most common exercises to strengthen the biceps in the front of your upper arm. However, several other muscles also help your body flex at the elbow including brachialis, which is beneath your biceps, and brachioradialis, which is a large muscle in your forearm. Other stabilizer muscles need to brace your shoulder and core so you can efficiently lift the weight.

When designing your program, you may find some exercises fit into more than one category. In general, the more joints that bend in an exercise, the more muscle groups you're using.

If you want to take the stress and pressure out of putting one together come and join me and 1000s of other women who have transformed their lives and their bodies, built their confidence and built developed some amazing gains.

WHAT TO PAIR TOGETHER?

There's no right way to group your muscles together. You may want to experiment with a few different pairings until you find one that works best for you. If you're training for general fitness, you can follow a program that balances all the different muscle groups. If you're training for a sport, you may benefit from emphasizing certain muscle groups frequently used in your sport.

Many people find it helpful to pair muscle groups that are close together. For instance, you may want to pair your shoulders and arms together since many exercises, such as rows, use both body parts.

The primary benefit of splitting different muscle groups onto different days is your ability to give each muscle more rest. For example, if you're training on a weekly schedule and have one leg day per week, your legs have seven days to recover between sessions.

Of course, you're here for developing your glutes so we will put together a routine that will prioritise this muscle.

In order to put a glute session together:

When putting a glute workout together you need vertical plan exercises. For these the weights move vertically; this can be squats, dead lifts or lung variations. Next, one type of horizontal exercise like hip thrust, kas bridges. Not forgetting hip abduction such as glute medius kickbacks, cable side kicks, and finally hip external rotation such as fire hydrants and clams.

In order to put an upper body session together we need to ensure that (like the above we need to hit all muscle groups). This may involve using compound and isolation exercises to ensure you're hitting all the muscles in your upper body.

You just need to ensure that if you do one muscle group on one day make sure you're giving it enough rest prior to your next session. This is why we spread our workouts together if you can get 4 workouts in through the week.

TIPS FOR YOUR HOME WORKOUTS:

It's not just about having extra weights at home to pump up that volume to progressively overload. There are so many other principles of progressive overload which isn't spoken about. And I'm here to tell you about it!

It can also be applied to every aspect of your training scheme. Here are some other ways to work on progressive overload at home:

INCREASE THE RESISTANCE 1

This probably the most obvious way to increase the demands on your placing on your muscles. If you have 10 dumbbells and are squatting this easily then it's time to increase the weight. You can do this adding a resistance band to increase the resistance. You'll probably notice that when you increase the weight/resistance your respires are going to fall to some degree. That's okay, that means its working and soon enough you'll be performing all your sets easily and be able to move up in resistance again!

2 INCREASE THE REPS

You don't necessarily need to add to weight, alternatively as you get stronger you can simply do more reps which is another means of increasing PO. Never stop a movement when you reach your arbitrary rep council. Keep going until you can't complete any more on your own with good form. Exercise science indicates that to maximise your muscle building efforts at which you end your set should be in the 8 to 12 rep range. Which is why you'll see me exceed this to 15-20 on some high rep exercises. Then you get to this point, you should be increasing the resistance to help gain muscle size along with hitting those rep targets. This could also include training to failure.

INCREASE THE VOLUME 3

Volume is simply increasing the amount of sets. By adding more sets and resistance you're making progressively greater demands on your body.

INCREASE THE TRAINING FREQUENCY 4

Like volume, increasing the frequency with which you train a muscle group can increase the overload. And, like volume, you can get too much of a good thing. This technique works particularly well when targeting a lagging or weak body part. The traditional approach to training a muscle group is once over the course of the training split, but training it more frequently may help bring it up, especially when used as a short-term strategy. Which is why we are only a message away to either increase how many sessions a week you do or the length of time on your sessions.

5 DECREASE THE REST TIME BETWEEN SETS

Reducing rest between sets ultimately allows you to do the same amount of work in less time. This mechanism allows your body to be come more metabolically efficient with regard to anaerobic exercise (weight lighting).

INCREASE THE VOLUME 6

Volume is simply increasing the amount of sets. By adding more sets and resistance you're making progressively greater demands on your body.

ISOMETRIC HOLD AND ECCENTRICITY 7

Don't let the long words confuse you! This is simply a squeeze (isometric) and eccentric (stretch). An example of this, I'll use a squat again. When you get to the lowest point of your squat hold it for a rep (eccentric) and when you get back up squeeze your glutes (isometric squeeze). These are really good if you have bridges or squat negatives on your plan! There are two parts to every exercise: concentric [contraction of the muscle] and eccentric [lengthening of the muscle].. You become stronger in the concentric movement when you challenge the eccentric movement. For example, if your goal is to do a pull-up, start with a negative pull-up, slowly lowering yourself (the eccentric part of the movement) from above the bar. Eventually, you will progress to a full pull-up. Fun fact: The eccentric part of an exercise is likely to make your sore!

DIFFERENT TYPES OF SUPERSETS:

A superset is performing a set of two different exercises back-to-back with little rest in between. These can help boost the aerobic intensity of your weight-lifting and reduce the time you need for each workout.
When it comes to maximizing fitness gains from your workout routine, you have many programming options to get the most out of your time in the gym.

In this context, you've probably heard about supersets in weight training.

This section breaks down everything you need to know about supersets, including what they are, how to perform them, and the benefits and risks of this programming method.

WHAT IS A SUPERSET?

Traditional resistance-training programming has you perform all assigned sets of the first exercise before moving on to the second exercise.

With supersets, you perform the first set of the second exercise right after completing the first set of the first exercise, before doing the second set of the first exercise.

The total number of sets is often the same with both methodologies; however, the amount of rest is reduced because you're performing the sets back-to-back before taking the typical rest between weightlifting sets.

This results in an overall shorter workout time and increased aerobic intensity from the short rest period.

TYPES OF SUPERSETS

There are several types of supersets that you can use, depending on your goals.

1 PUSH-PULL SUPERSETS

Push-pull supersets involve performing two exercises that use opposing muscle groups.

Examples include:

- bench press followed by barbell rows
- quadricep extension followed by hamstring curls
- barbell overhead press followed by pullups

Push-pull supersets are great for reducing your total workout time when performing resistance training for muscle growth.

Because you're using opposing muscle groups, your strength on the second exercise will be less diminished from the first exercise despite a short rest period.

By the time you start your second set, the muscles used in the first exercise should have had enough recovery time between your rest periods and the time spent on the second exercise set.

Recent research supports the use of supersets for enhanced training efficiency and reduced training time. However, more rest may be required after the training session before the next training session due to the increased metabolic demand of the supersets.

Overall, push-pull supersets are the most commonly studied superset protocol.

2 UPPER-LOWER SUPERSETS

The second type of superset is performing an upper body exercise followed by a lower body exercise or vice versa.

With this method, you can use large muscle groups in the lower body and get the upper body training in the same time frame.

Upper-lower supersets are a good way to reap aerobic benefits alongside strength training, particularly when rest periods are very short.

Additionally, if your goal is to perform a full-body workout in one session, upper-lower supersets are a good choice.

PRE-EXHAUSTION COMPOUND-ISOLATION SETS 3

Compound or cluster sets

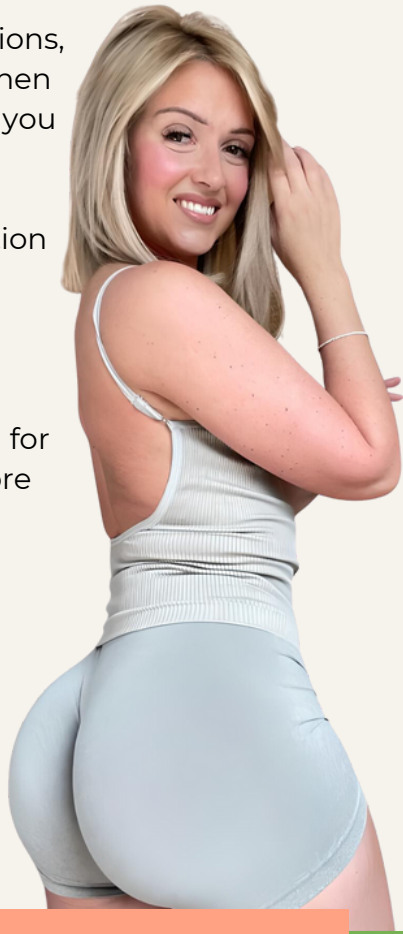
Cluster sets are the most advanced type of superset and involve performing a high resistance compound exercise in multiple mini-sets instead of one longer set.

For example, a cluster set may include doing a mini-set of 3–4 repetitions, resting for 30 seconds, doing another mini-set followed by rest, and then repeating this pattern a third time. When the cluster set is complete, you have completed the same volume of repetitions as you would in a traditional set. But with the added rest time, you'll theoretically have more power. For example, instead of lifting at 75% of your one-repetition maximum (1RM), you may be lifting at 90%.

This makes cluster sets a challenging and effective way to achieve progressive overload without burning out. Some research suggests cluster sets may help power and velocity maintenance when training for sport, as they allow you to work closer to your maximal output for more reps. Other recent research has shown relatively little benefit from cluster sets compared with traditional programming.

As a general rule, only perform cluster sets under supervision from a qualified strength and conditioning coach. This is something I can implement into our coaching strategy when you come along to JLPeach.

SIGN UP HERE



THE BOTTOM LINE

If you want to speed up your workout results either performance wise or aesthetically - progressive overload is a must. Give any of the above a try to make your workout plan challenge you each week! Before you know it you'll be PR-ing like a boss.

You can thank me for the sore muscles later ;)

REMEMBER: YOUR WORKOUTS MUST INCLUDE 3 PRINCIPLES

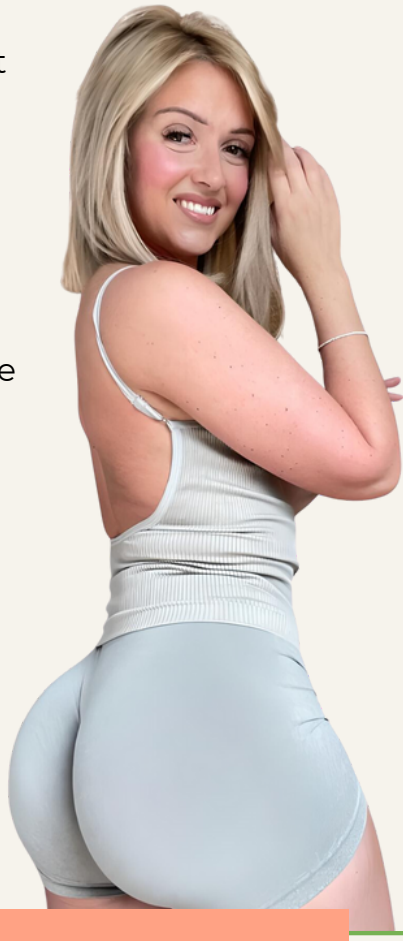
MECHANICAL TENSION 1

Mechanical tension has been very accurately described as the cornerstone of muscle growth.

Mechanical tension is created when your muscles contract to lift a weight, causing your muscle fibres to strain.

This tension signals your body to initiate processes that lead to muscle growth, making it a crucial factor in any successful strength training routine.

Research has shown high levels of mechanical tension, like those seen with high intensity resistance training, are closely associated with muscle hypertrophy - the increase in muscle size.



2 METABOLIC STRESS

The second principle of muscle growth is metabolic stress, a phenomenon that plays a critical role in muscle hypertrophy - the increase in muscle cell size.

Metabolic stress occurs when muscles work hard enough to develop a build-up of by-products like lactate and hydrogen ions. This build-up creates a hostile environment within the muscle, triggering an adaptive response that leads to muscle growth.

MUSCLE DAMAGE 3

The third principle of muscle growth is damage, and although counter-intuitive, it's a vital part of the muscle growth process.

During intense exercise, microscopic damage is caused to the muscle fibres, leading to an inflammatory response. This response initiates the repair process, resulting in the growth of muscle tissue.

Exercise induced muscle damage plays a significant role in skeletal muscle hypertrophy.

When a muscle is subjected to high mechanical loads as it is in resistance training, the fibres experience something known as microtrauma.

This microtrauma triggers a series of events within the body, including inflammation and protein synthesis, which ultimately lead to an increase in muscle size.

THE IMPORTANCE OF REST

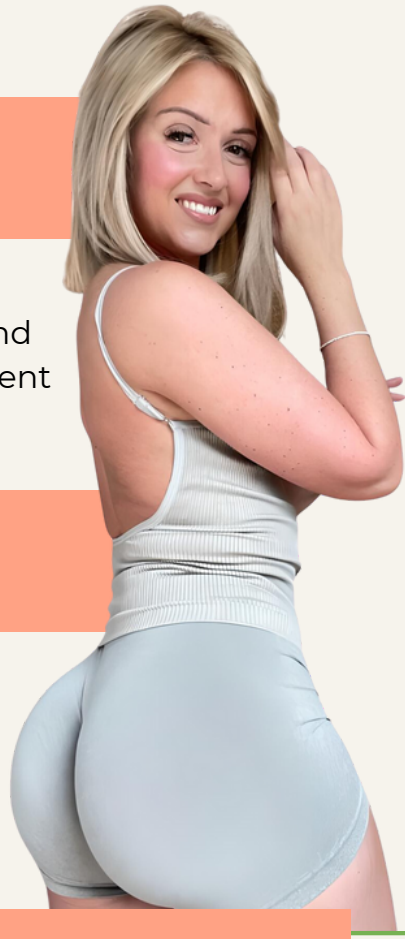
Rest and recovery are essential components of any effective exercise program. They play a crucial role in maximizing the benefits of your workouts and preventing injuries. Here are some key reasons why rest and recovery are important:

1 MUSCLE REPAIR AND GROWTH

- During exercise, especially strength training, micro-tears occur in muscle fibers.
- Rest and recovery allow the body to repair these micro-tears, leading to muscle growth and increased strength.

2 PREVENTION OF OVERTRAINING

- Overtraining occurs when the intensity and/or volume of exercise exceed the body's ability to recover.
- Insufficient rest can lead to fatigue, decreased performance, increased risk of injuries, and other negative effects on physical and mental well-being.



3 HORMONAL BALANCE:

- Adequate rest helps maintain a healthy hormonal balance, including the release of growth hormone and testosterone, which are crucial for muscle development and overall health.

4 ENERGY RESTORATION

- Exercise depletes the body's energy stores, and rest allows these stores to be replenished.
- Adequate rest ensures that the body has enough energy for subsequent workouts and daily activities.

5 INJURY PREVENTION

- Continuous, intense exercise without proper recovery increases the risk of overuse injuries.
- Rest allows the body to heal, reducing the likelihood of injuries caused by stress on joints, tendons, and ligaments.

6 IMMUNE SYSTEM SUPPORT

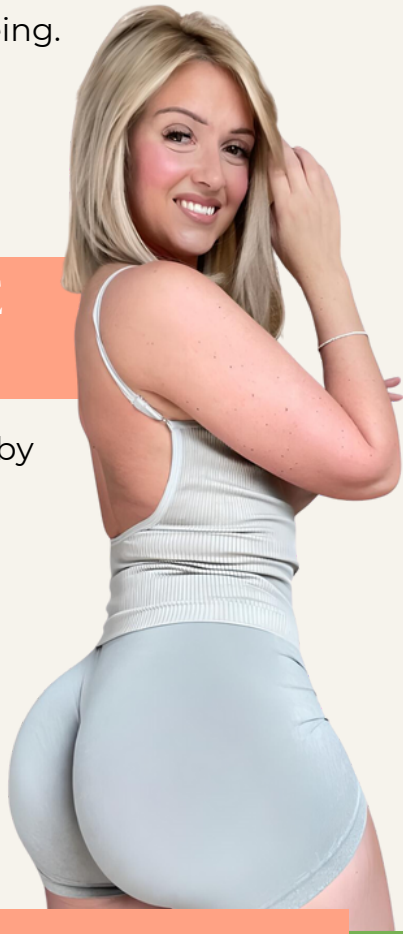
- Strenuous exercise can temporarily suppress the immune system.
- Sufficient rest helps the immune system recover, reducing the risk of illness or infection.

7 MENTAL WELL-BEING

- Rest is crucial for mental recovery and overall well-being.
- Continuous stress on the body can lead to mental fatigue, poor concentration, mood swings, and even symptoms of burnout.

8 ADAPTATION AND PERFORMANCE IMPROVEMENT

- The body needs time to adapt to the stress imposed by exercise.
- Rest allows for adaptation, leading to improved performance over time.



9 QUALITY OF SLEEP

- Regular exercise can positively impact sleep, but overtraining or lack of recovery may have the opposite effect.
- Quality sleep is essential for muscle repair, hormone regulation, and overall recovery.

6 LONG-TERM SUSTAINABILITY

- Integrating rest and recovery into your exercise routine promotes long-term sustainability.
- Balancing activity with adequate recovery helps prevent burnout and allows for a consistent and enjoyable fitness experience.

In summary, rest and recovery are integral parts of any effective and sustainable exercise program. They contribute to muscle repair, injury prevention, hormonal balance, mental well-being, and overall physical health. It's crucial to listen to your body, pay attention to signs of fatigue, and prioritize rest to achieve optimal results from your workouts.

Have a go at this week's full workout! When you have to got to know this workout plan then you can apply the progressive overload methods to make it more challenging along the way to help create an optimal environment for muscle stimulus to occur.

There is also a BONUS glute session at the end!

Ready.

Set.

Go.

SESSION 1

1. RDL 4 x 10-12
   https://vimeo.com/903282166?share=copy

2. B stance goblet squat 3 x 10-12
   https://vimeo.com/manage/videos/903283497

3. DB Hip thrust 4 x 12-15
   https://vimeo.com/903284133?share=copy

4. DB glute bridge 4 x 12-15
   https://vimeo.com/903284377?share=copy

5. Reverse lunge 3 x 8-10
   https://vimeo.com/873251181?share=copy

6. Glute medius clam
   https://vimeo.com/manage/videos/862868748

SESSION 2

1. Kneeling press 4 x 12
https://vimeo.com/862871591?share=copy

2. Bicep curl 8 x 10
https://vimeo.com/862871712?share=copy

3. Seated row 4 x 10-12
https://vimeo.com/862871642?share=copy

4. Lateral raise 4 x 12
https://vimeo.com/626379951?share=copy

5. Single DB row 4 x 12
https://vimeo.com/903285513?share=copy

SESSION 3

1. Bulgarian split squat 3 x 8-10
https://vimeo.com/manage/videos/862871002

2. Kas bridge with iso hold x 12-15
https://vimeo.com/manage/videos/862870899

3. Deficit front split squat
https://vimeo.com/903288285?share=copy

4. B stance rdl 3 x 10-12
https://vimeo.com/manage/videos/862868748

5. Kick back 3 x 15
https://vimeo.com/903288895?share=copy

SESSION 4

1. Standing delt fly 4 x 10-12
https://vimeo.com/manage/videos/629077454

2. Lying Chest press 4 x 10-12
https://vimeo.com/manage/videos/903290532

3. Lateral raise 3 x 12
https://vimeo.com/manage/videos/903291573

4. Single lat pull down 3 x 10-12
https://vimeo.com/manage/videos/862871569

Abs (add this circuit on to the end of 1 of your sessions)
1. Constant tension crunches 1 min
https://vimeo.com/manage/videos/862871569

2. Single leg tucks 1 min
https://vimeo.com/manage/videos/903292300

3. Scissor kicks 1 min

4. Weighted crunches 1 min
https://vimeo.com/manage/videos/903292473

5. Plank (weight optional) 1 min
https://vimeo.com/manage/videos/903293613

Bonus Round for your glutes 4 x 15 each, remember to rest in between when you need!
1. Bridge Negatives
https://vimeo.com/862870241

2. Froggers
https://vimeo.com/manage/videos/903295125

3. Assisted reverse lunge
https://vimeo.com/manage/videos/873251181

4. Single leg hip thrusts
https://vimeo.com/manage/videos/862870840