

HOME *Workout*

**WORK OUT AT HOME WITH EASE,
CLARITY, AND RESULTS**

—
A PROGRAM CREATED FOR ANYONE SEEKING
A PRACTICAL AND EFFICIENT WAY TO WORKOUT FROM
THE COMFORT OF THEIR OWN HOME.

INTRODUCTION

WELCOME TO THE HOME WORKOUT PROGRAM

This program was created with you in mind—with a focus on providing a practical and effective solution for working out in the comfort of your own home. With a clear and well-structured plan, you'll have access to weekly workouts, organized into 5 days, all designed to help you build strength, gain lean muscle, and lose fat.

The exercises were designed to use mainly your own body weight, making the program both accessible and adaptable.

To maximize your results and add variety to your workouts, we recommend incorporating a few accessories that are simple, compact, and cost-effective.



RECOMMENDED ACCESSORIES

To boost your workouts and make them even more effective, here's a list of accessories you can use throughout the program:

1. Mini Bands (small resistance bands)

Why use them? Affordable and versatile, mini bands are perfect for muscle activation and strengthening your glutes, legs, and arms.



2. Adjustable Dumbbells or Free Weights

Why use them? They provide extra resistance for strength exercises like floor presses, squats, and rows. Start with weights ranging from 2 to 5 kg (about 4 to 11 lbs).



3. Kettlebell

Why use it?
Versatile and great for dynamic movements like swings and squats.



4. Exercise Mat or Yoga Mat

Why use it? Provides comfort during floor exercises like crunches and stretches.



5. Why use it?

Perfect for high-intensity cardio, it's affordable and takes up very little space.



ONDE ENCONTRAR

6. Ab Wheel

Why use it? Highly effective for strengthening your core with advanced exercises.



ONDE ENCONTRAR

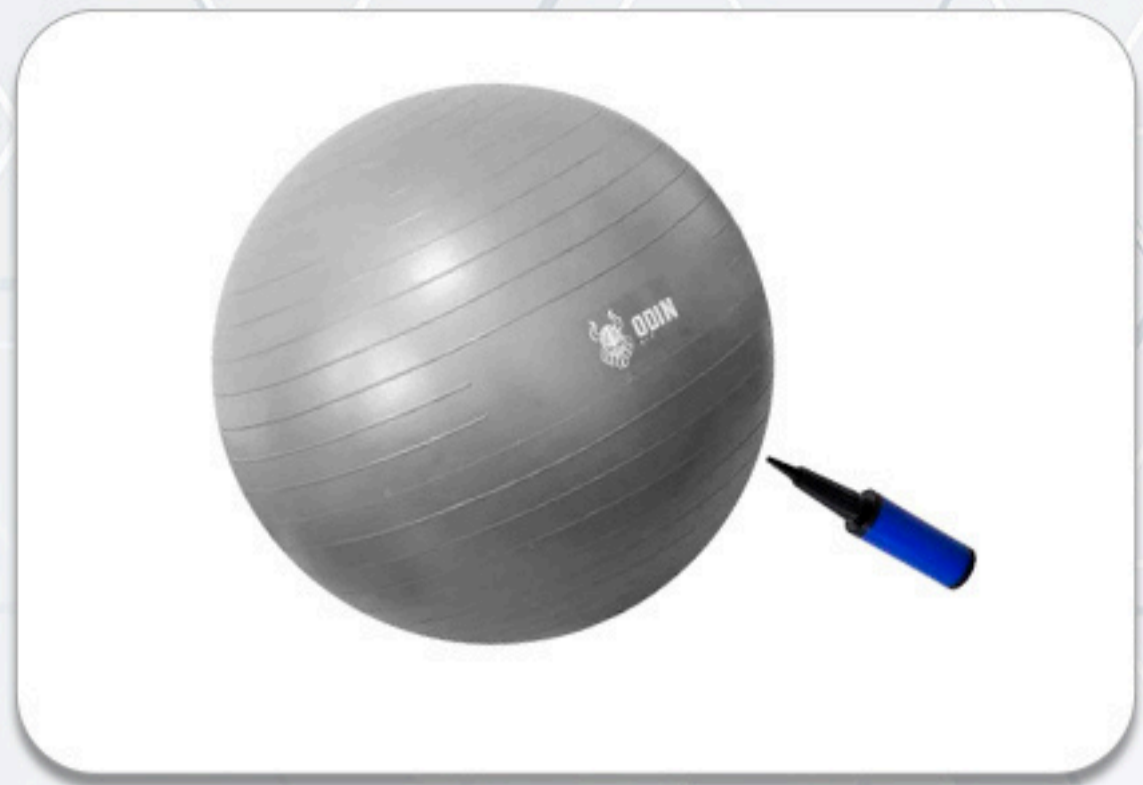
7. Step or Sturdy Bench

Why use it? Great for step-ups, unilateral exercises, and plyometrics. You can also use a stable chair as a substitute.



8. Medicine Ball or Swiss Ball (Stability Ball)

Why use them? The Swiss ball helps with stability, while the medicine ball adds resistance to your movements.



9. Doorway Pull-Up Bar

Why use it? Allows you to perform pulling exercises like pull-ups and their variations.



10. Ankle Weights

Why use them? Ideal for intensifying your leg and glute workouts in a simple way, adding variety to your exercises.



With these accessories, you can create an even more complete and effective workout routine, making it easier to reach your goals.

Choose the items that best suit your needs and available space!

ALTERNATIVE EQUIPMENT

Following the list of recommended equipment in the program, we've put together a list of practical alternatives you can easily find at home:

1. Mini Bands (Small Resistance Bands)

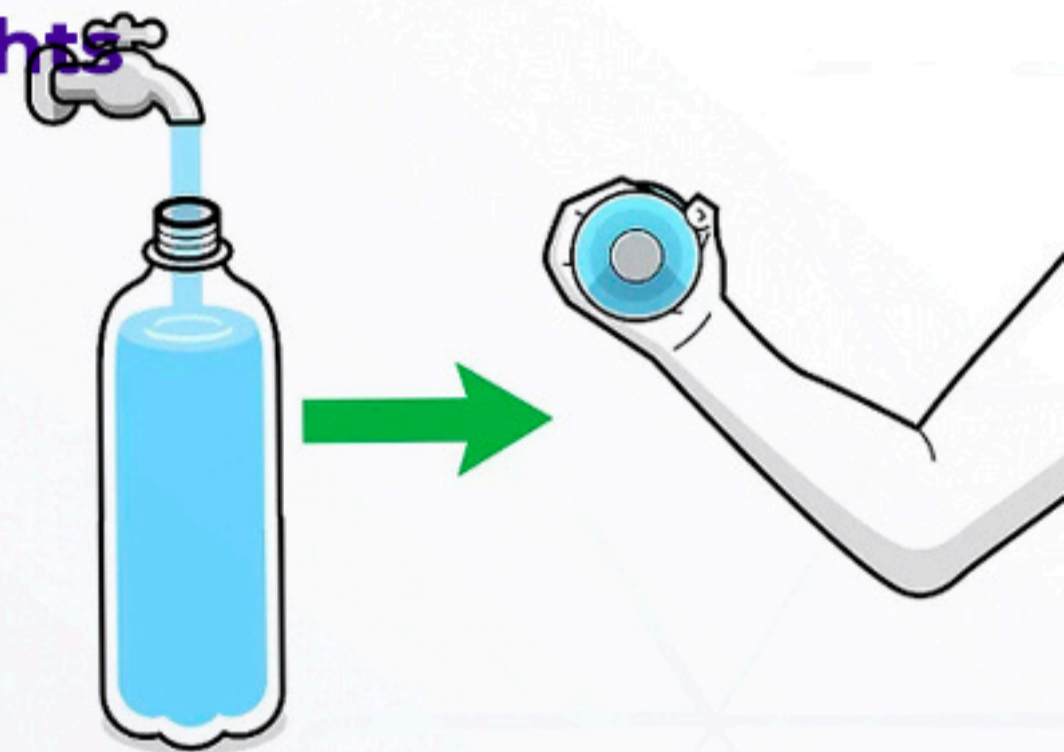
Alternative:

- Sturdy pantyhose or tights (folded to add firmness).

2. Adjustable Dumbbells or Free Weights

Alternative:

- Plastic bottles filled with water, sand, or beans (use different sizes to adjust the weight).
- Canned food (as weights)



3. Kettlebell

Alternative:

- 5-liter water jugs (with a handle for easier grip)
- Small bags filled with heavy objects (such as books or bags of rice)



4. Exercise Mat or Yoga Mat

Alternative:

- Folded bath towels for
- extra comfort.



5. Jump Rope

Alternative:

- Perform the motion without a rope,
- simulating the movement with your arms.



6. Ab Wheel

Alternative:

- A cloth or towel sliding on the floor (to simulate the movement)
- Sturdy jar lids (for smooth surfaces)



7. Step Platform or Sturdy Bench

Alternative:

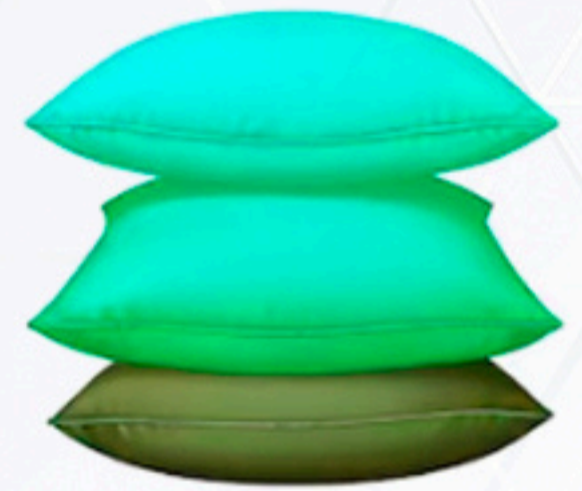
- Stable chairs (make sure they don't slip)
- Steps or stairs at home



8. Medicine Ball

Alternative:

- Firm cushions (to increase instability)
- Large plastic balls filled with sand or water



9. Doorway Pull-Up Bar

Alternative:

- Broomstick secured between stable furniture
- Perform pulling exercise variations on the floor, such as rows with improvised dumbbells

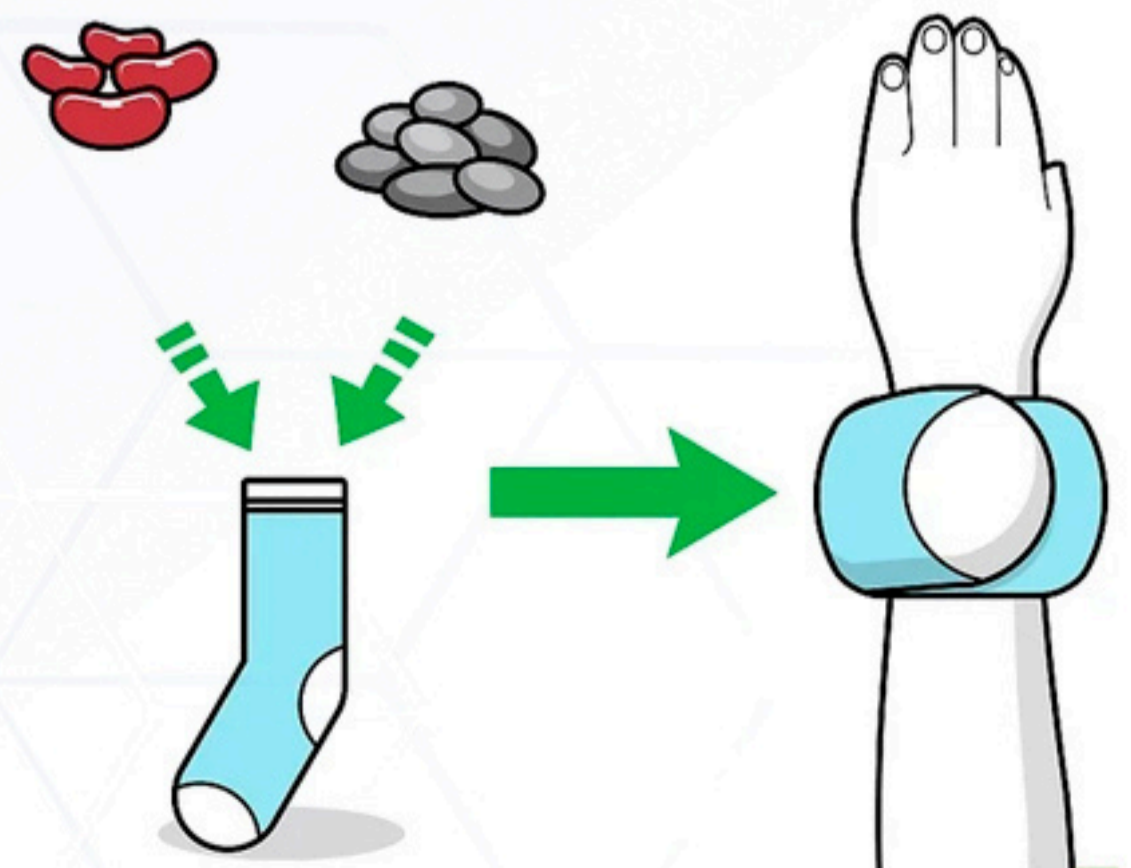


10. Ankle Weights

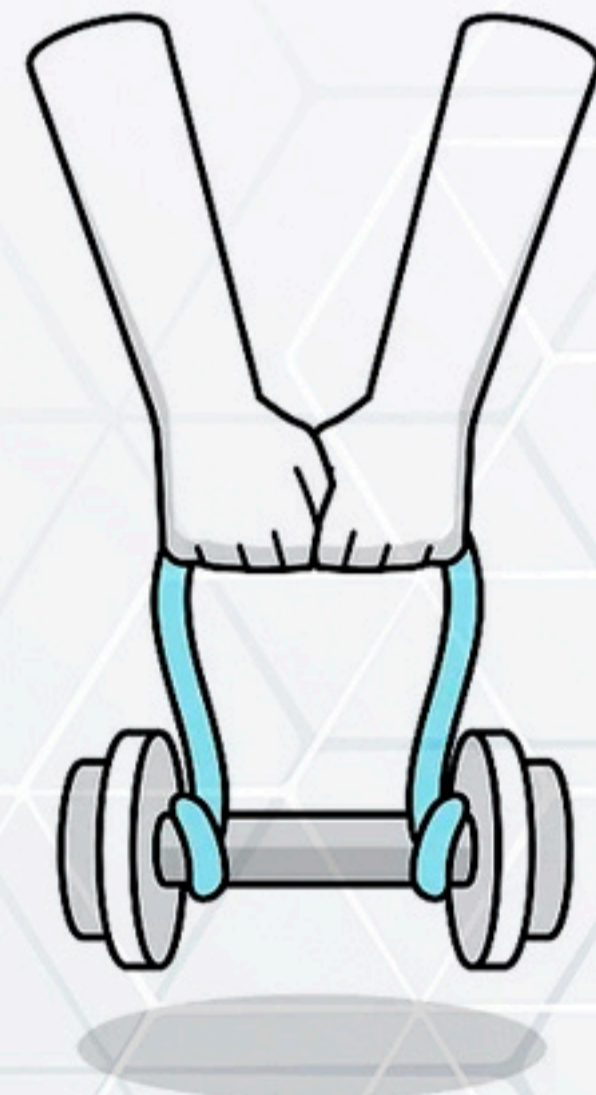
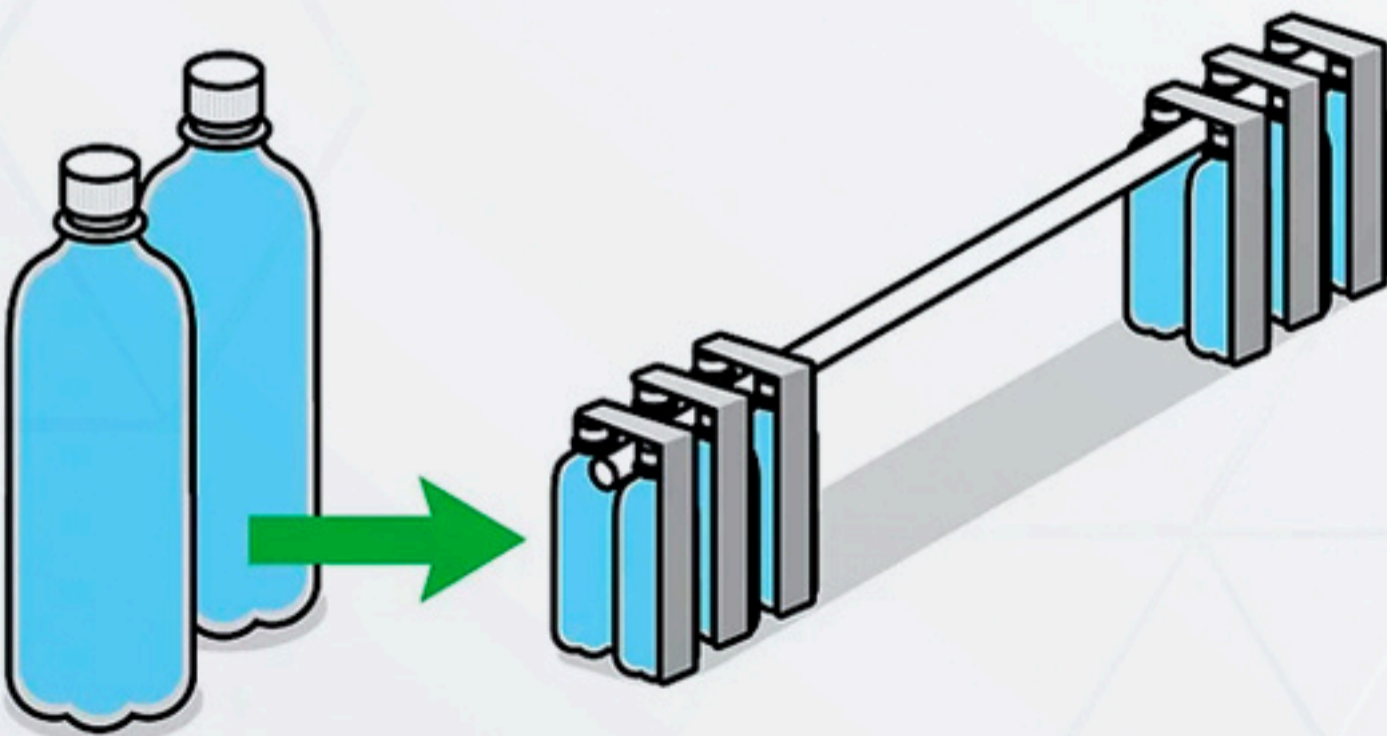
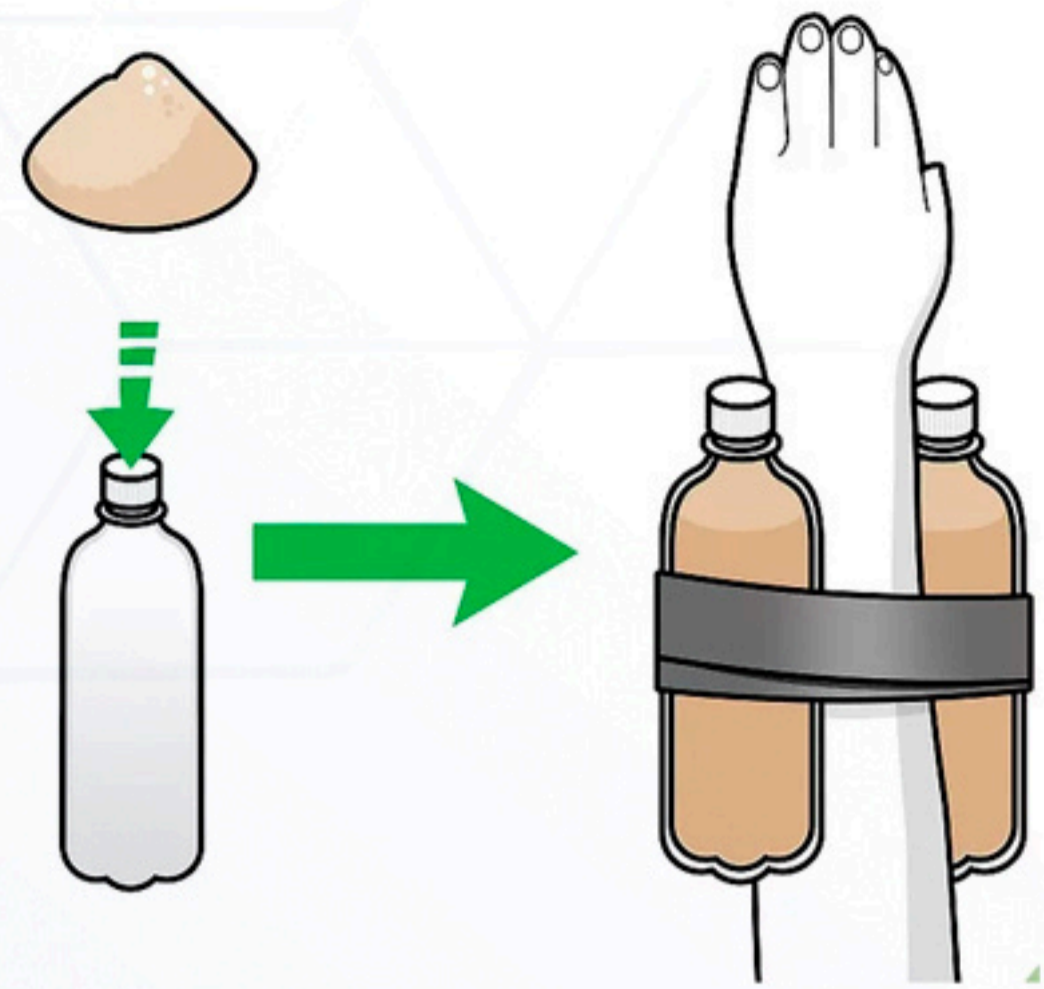
Alternative:

- Use socks to make wrist weights.

Fill a clean sock with beans or small stones. Sew or glue the open end of the sock to close it. Finally, sew or use Velcro to join the two ends together.



OTHER ALTERNATIVES



These adaptations ensure that you can follow the program even without the specific equipment, while maintaining efficiency and the expected results.

STRUCTURE

A

TRAINING PLAN 01

This program was designed to target different muscle groups and abilities over the course of 5 days a week. Each day has a main focus, ensuring variety and balance:

Day 1:

Upper Body

(Chest, Back, and Arms)

Day 2:

Lower Body

(Legs and Glutes)

Day 3:

Core and Stability

(Abdominals and Deep Muscles)

Day 4:

Full Body

(Functional Training and Cardio)

Day 5:

Strength and Endurance

(Combined Movements)



Upper Body

(Chest, Back, and Arms)

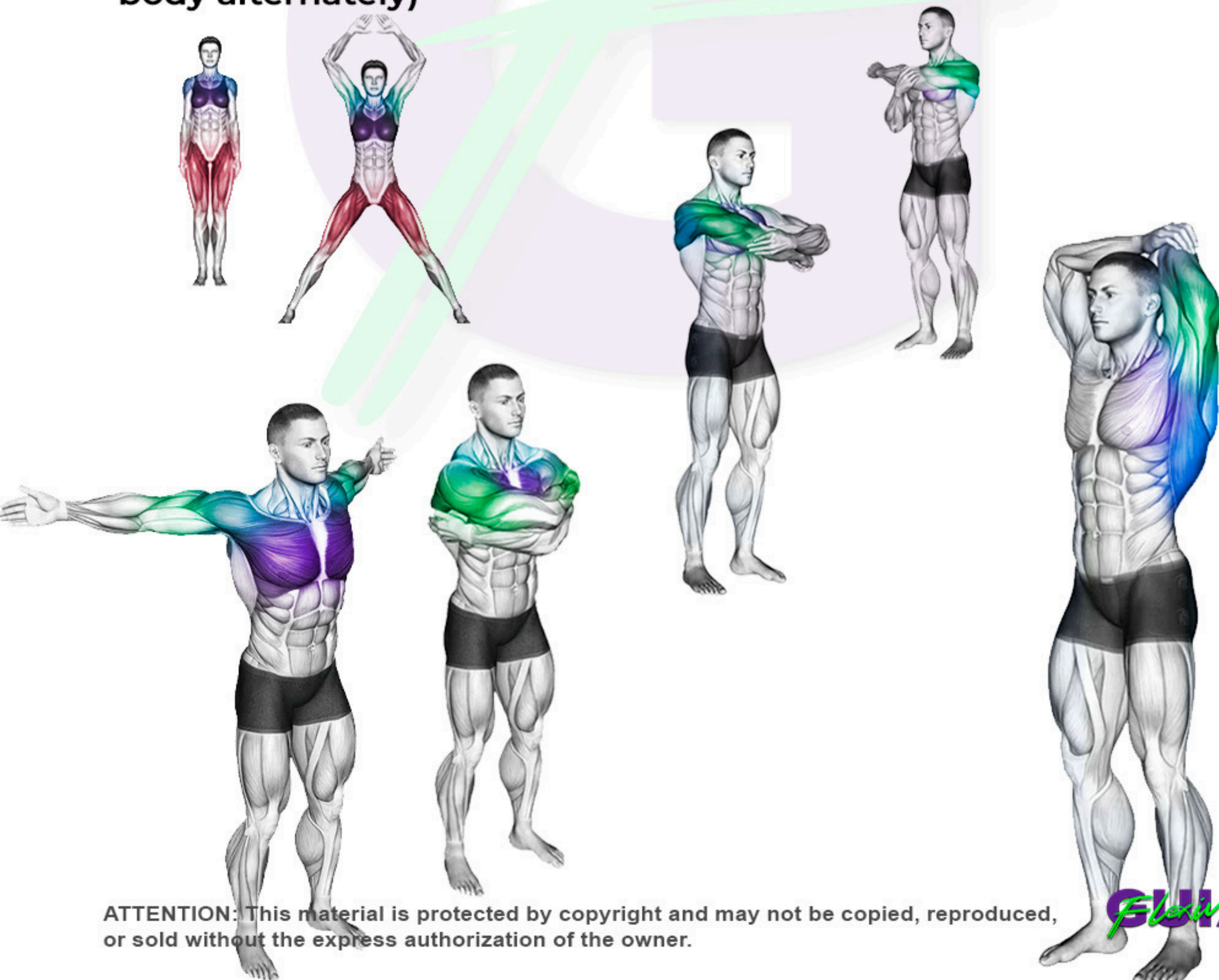
DAY 1

Accessories Used

- Adjustable Dumbbells or Free Weights (for floor press and rows).
- Mini Bands (for extra resistance in arm exercises).
- Barra para Porta (para exercícios de puxada, como pull-ups).

Warm-up

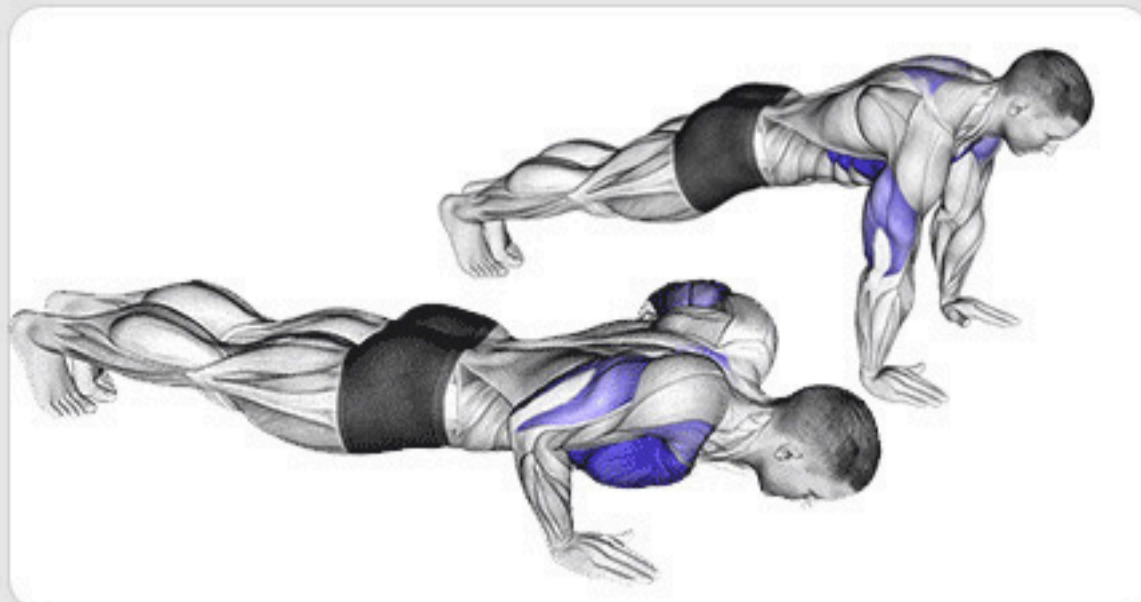
- 2 minutes of jumping jacks
- 1 minute of shoulder mobility (circular movements forward and backward)
- 1 minute of dynamic stretching (arms crossing in front of the body alternately)



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Fluxia

UPPER BODY



PUSH-UP

SETS

3

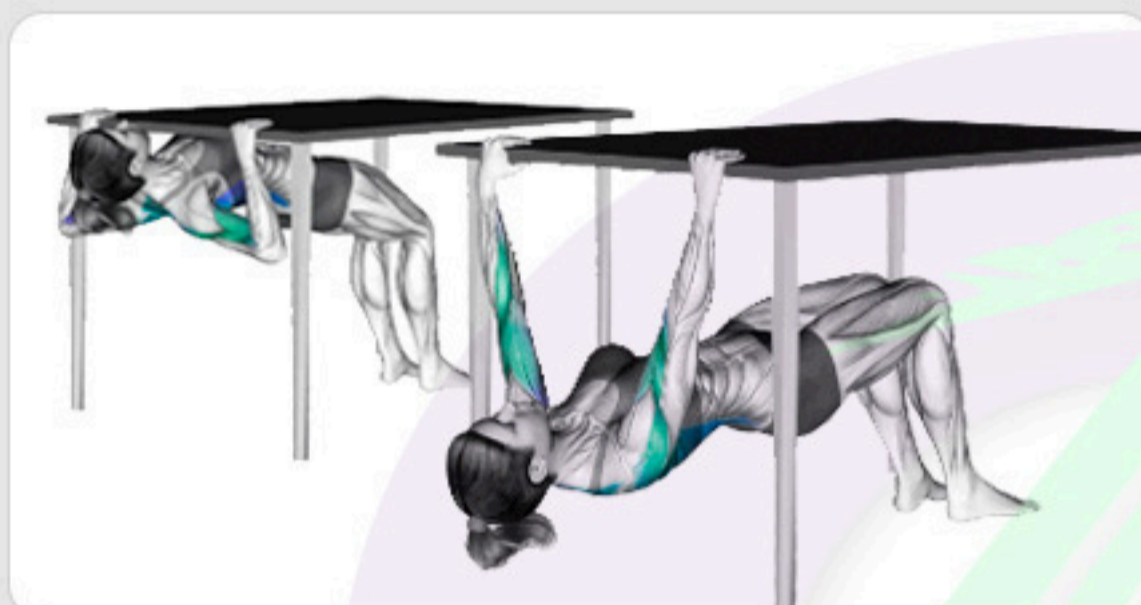
REPS

12-15

INTERVALOS 1 min

TRADITIONAL VARIATION OR WITH KNEES ON THE FLOOR

UPPER BODY



INVERTED ROW

SETS

3

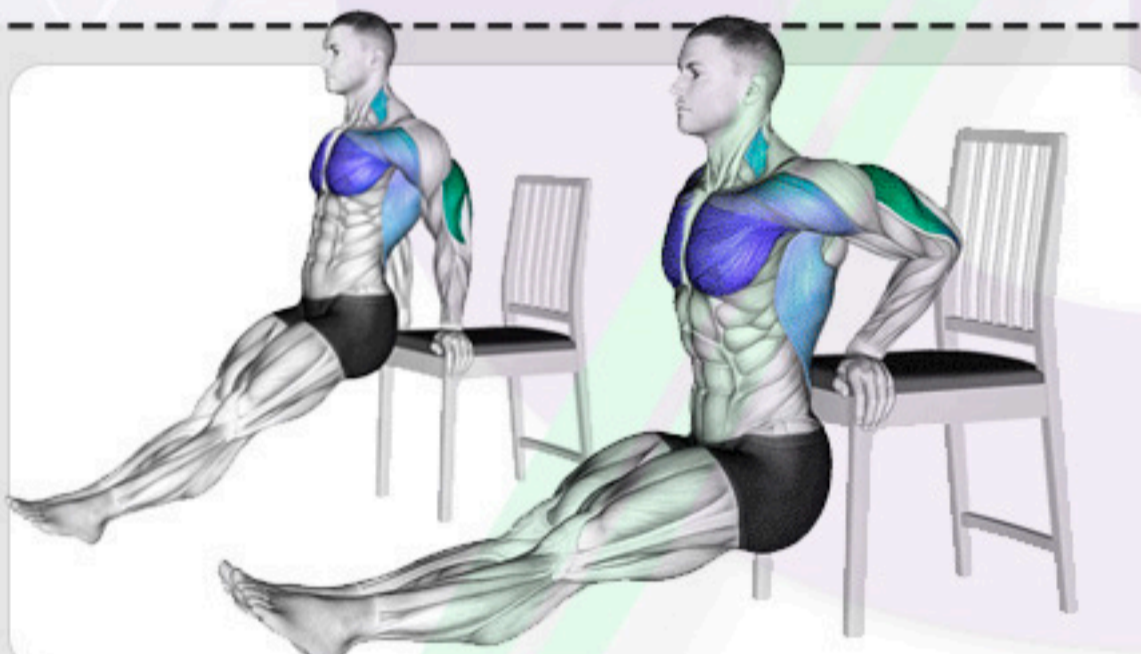
REPS

12-15

INTERVALOS 1 min

USING A DOORWAY PULL-UP BAR OR A STABLE TABLE

UPPER BODY



BENCH DIPS

SETS

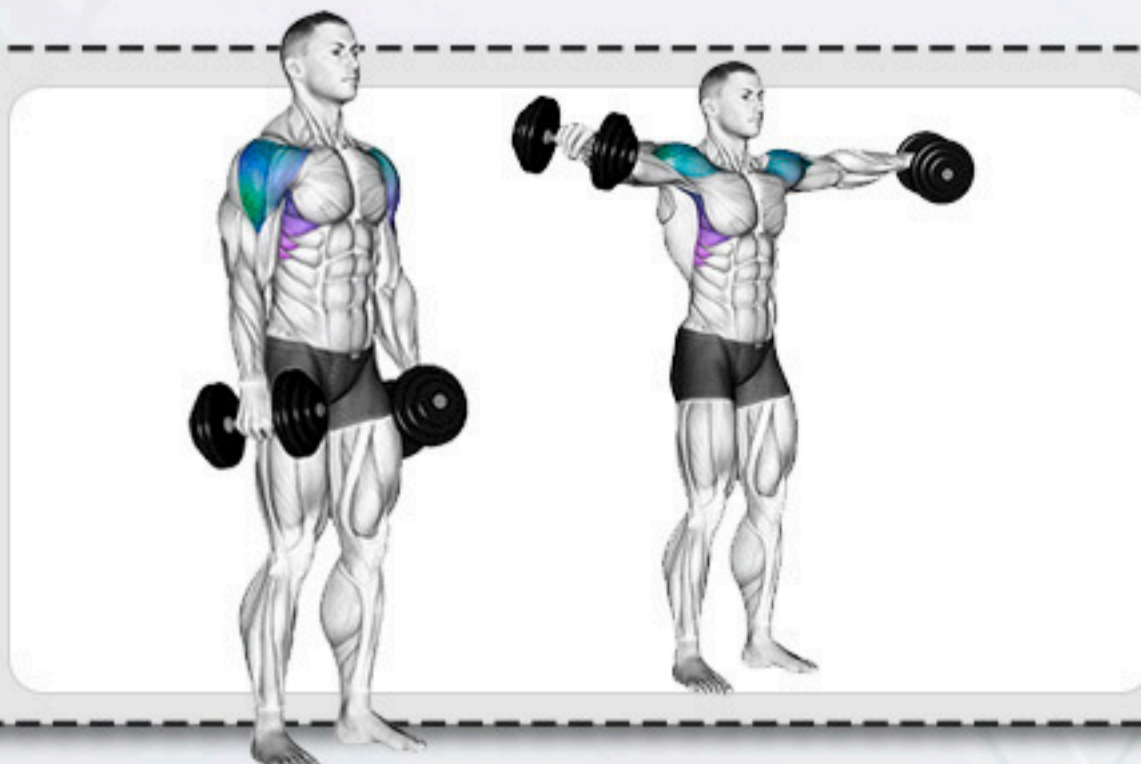
3

REPS

12-15

INTERVALOS 1 min

UPPER BODY



LATERAL RAISE

SETS

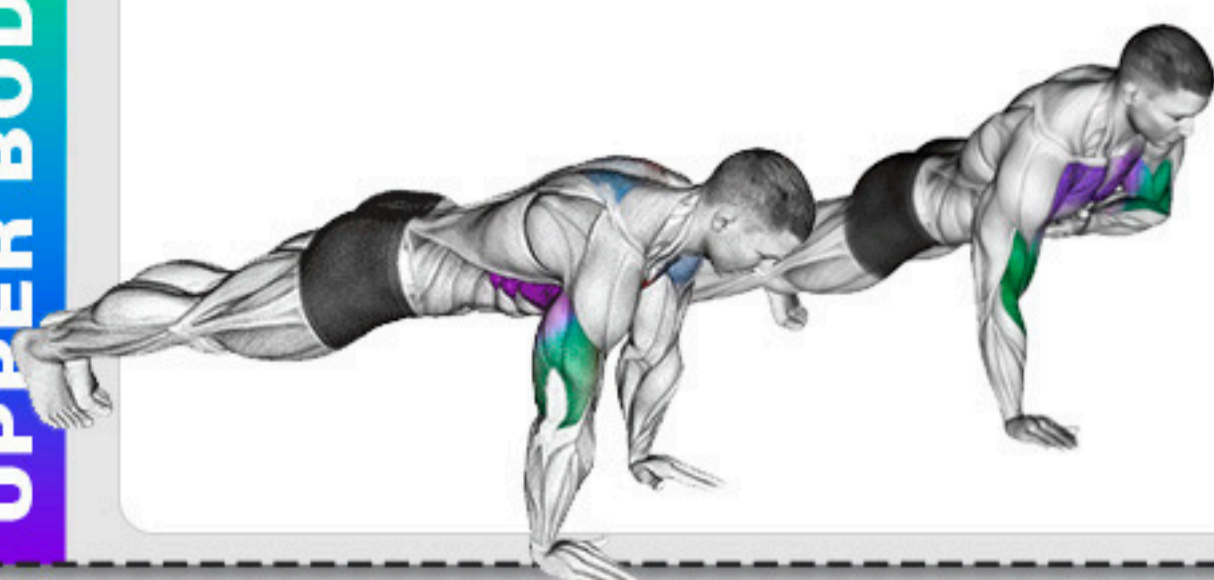
3

REPS

12-15

INTERVALOS 1 min

WITH DUMBBELLS OR WATER BOTTLES



HIGH PLANK

SETS

3

REPS each side

10

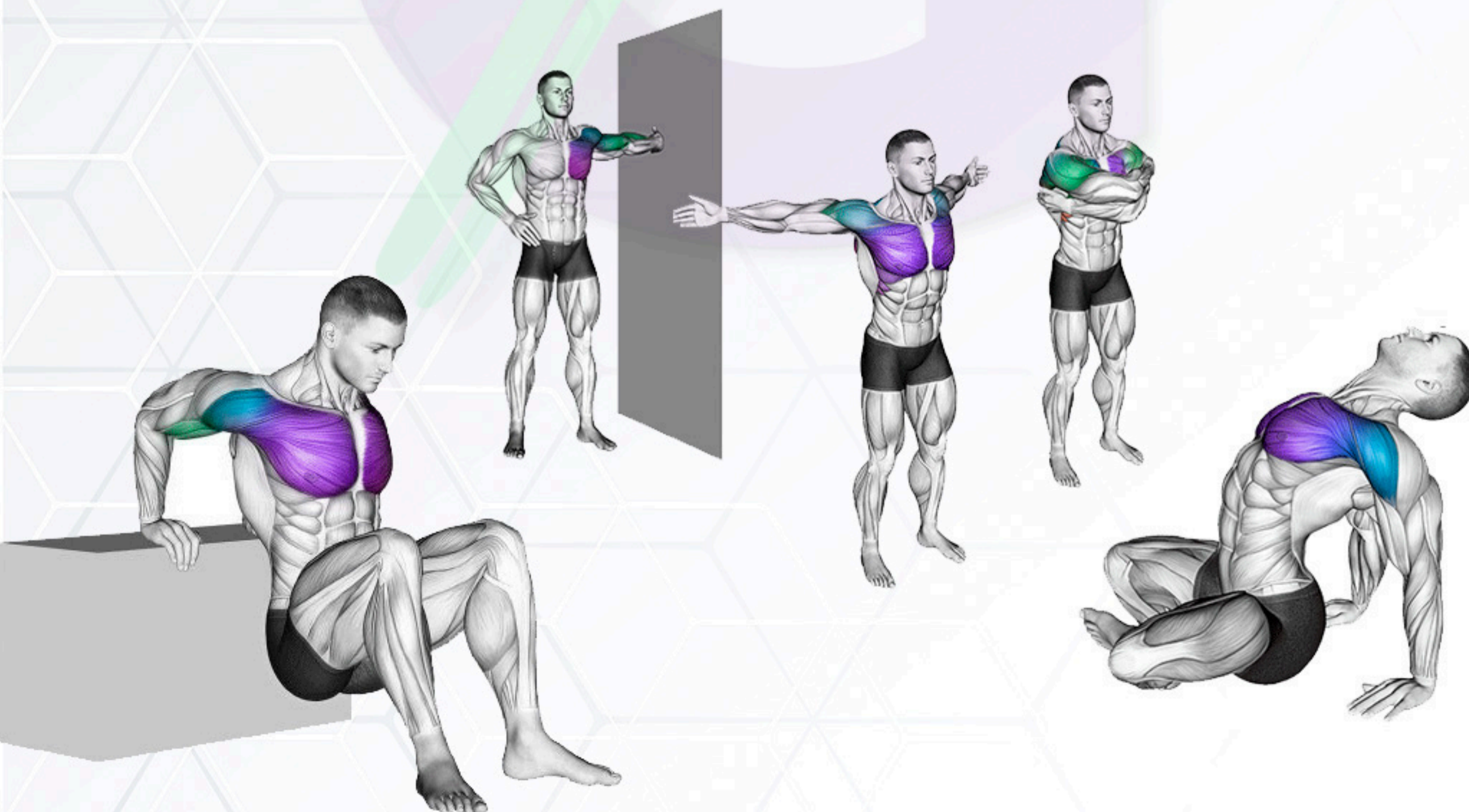


INTERVALOS

WITH SHOULDER TAP

Cool Down

- 30 seconds chest stretch (hands behind your back, gently pulling your arms backward)
- 30 seconds back stretch (round your spine and reach your arms forward)
- 30 seconds triceps stretch (hand behind your head, pushing your elbow with the other hand)



Lower Body

(Legs And Glutes)

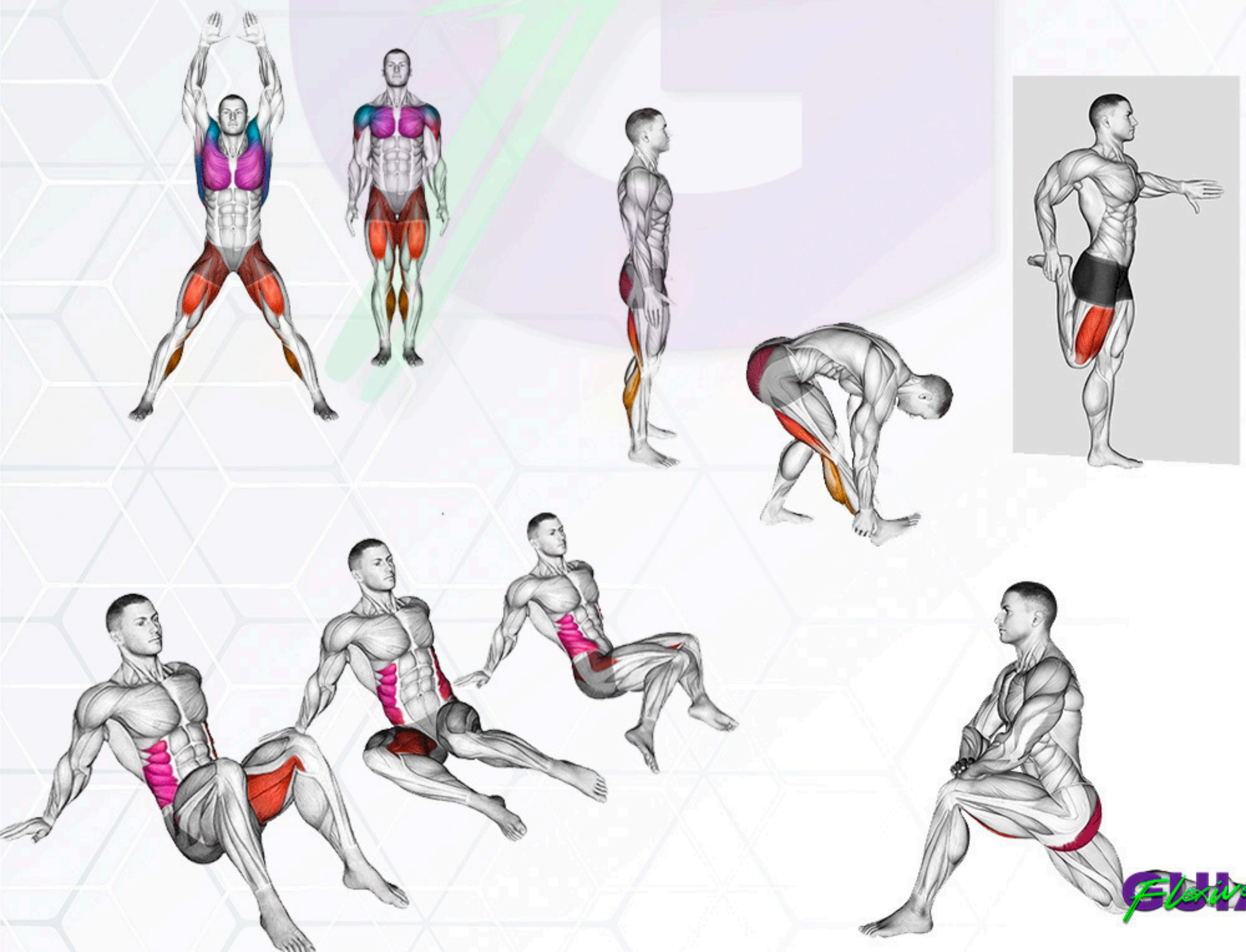
DAY 2

Accessories Used

- Mini Bands (for glute and leg activation in exercises like squats)
- Kettlebell or Free Weight (for sumo deadlift and lunges)
- Step or Sturdy Bench (optional, for leg elevation variations)

Warm-up

- 2 minutes of jumping jacks
- 1 minute of hip mobility (circular movements to each side)
- 1 minute of dynamic leg stretches (alternating knee raises to chest)



LOWER BODY



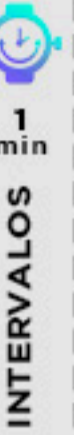
BODYWEIGHT SQUAT

SETS

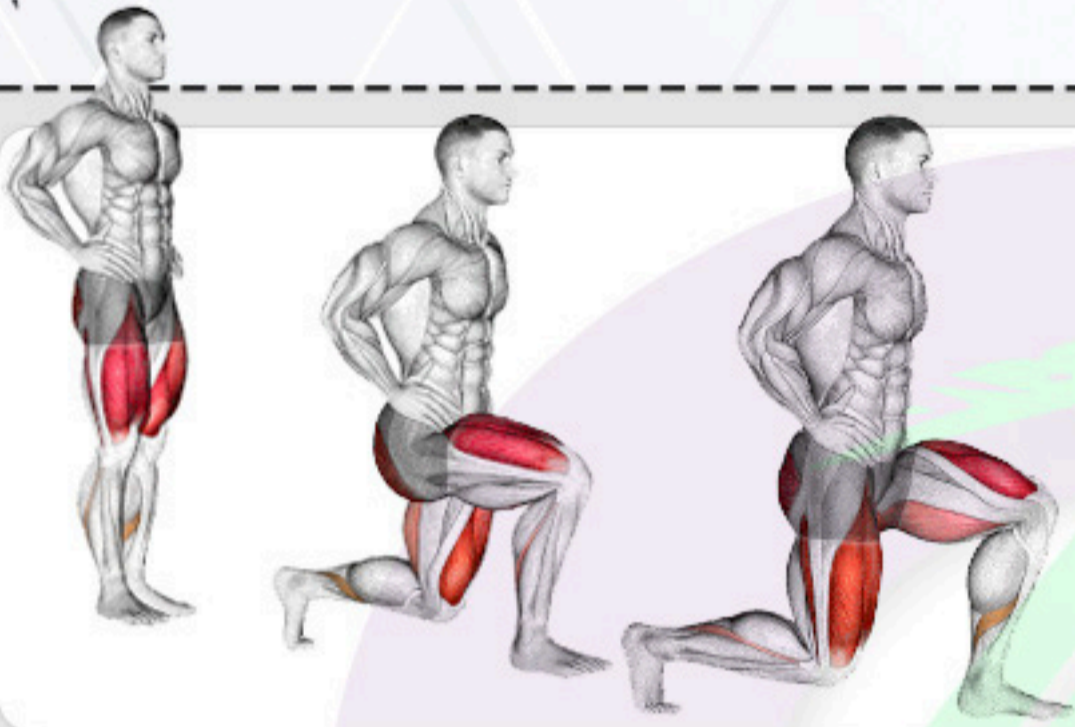
4

REPS

12-15



LOWER BODY



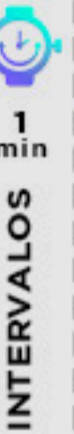
LUNGE

SETS

3

REPS PER LEG

12



LOWER BODY



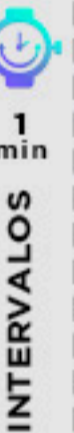
GLUTE BRIDGE

SETS

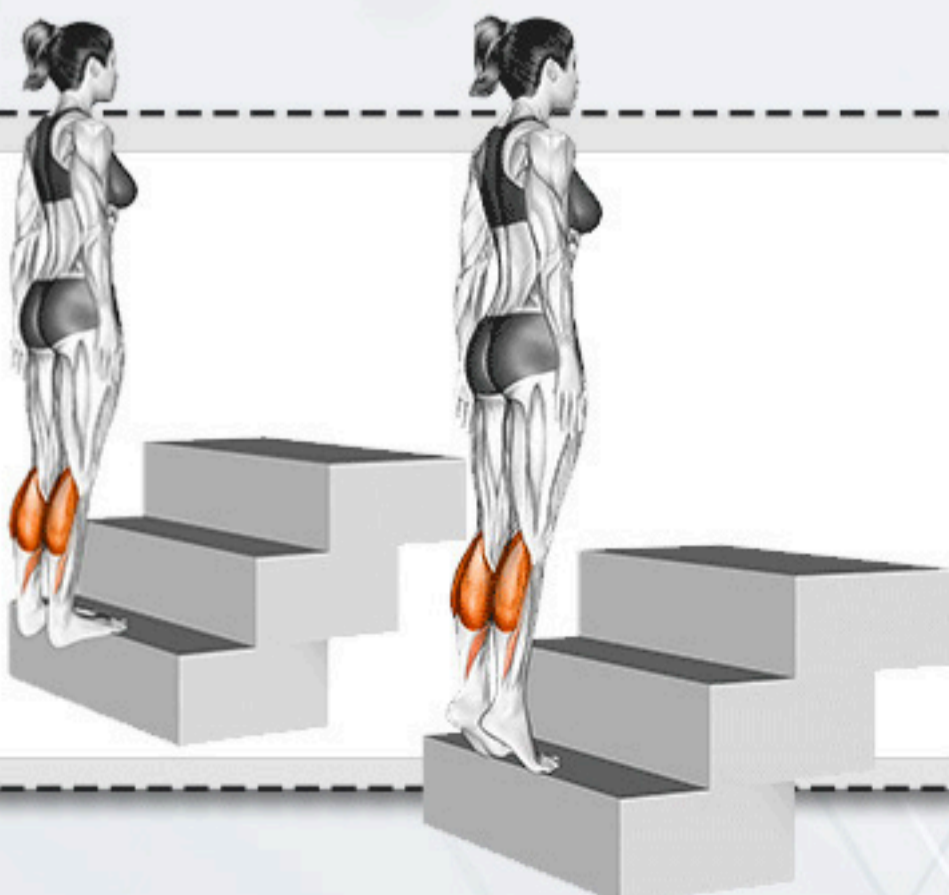
3

REPS

15-20



LOWER BODY



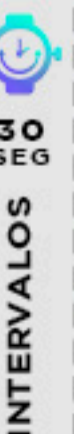
CALVES

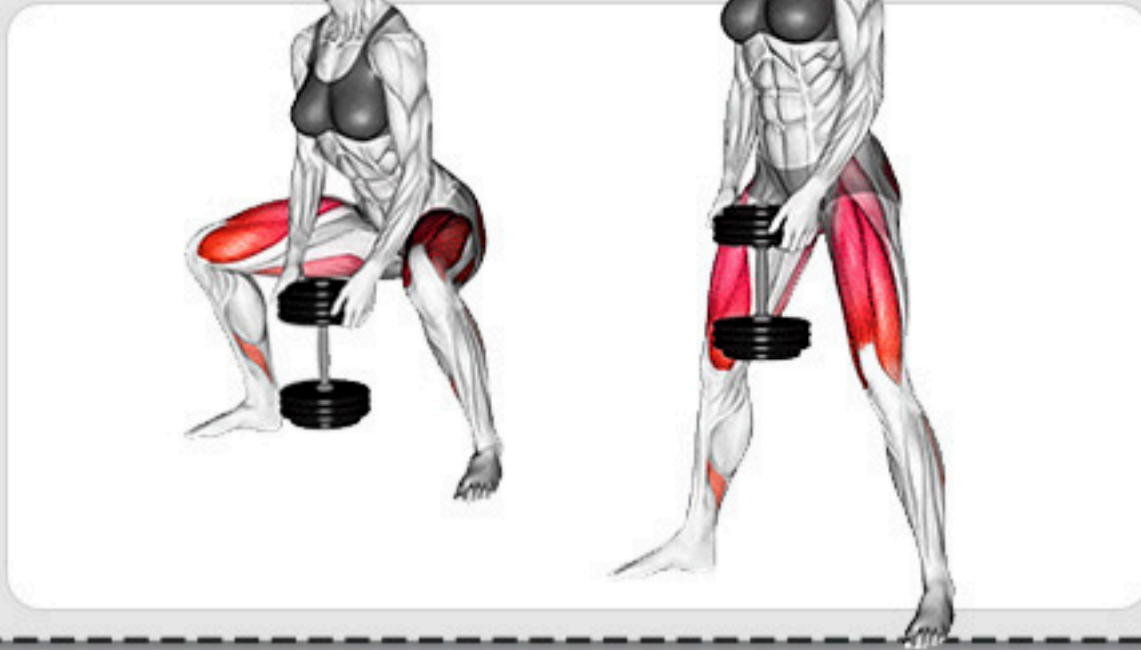
SERIES

3

REPS

20





SUMO DEADLIFT

SETS

3

REPS

12

INTERVALOS

USING A KETTLEBELL OR AN IMPROVISED WEIGHT

Cool Down

- 30 seconds of quadriceps stretch (pull your foot towards your glute, alternating legs)
- 30 seconds of glute stretch (on all fours, push your hips back)
- 30 seconds of calf stretch (leaning position against the wall, alternating legs)



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Core and Stability

(Abdominals and Deep Muscles)

DAY 3

Accessories Used

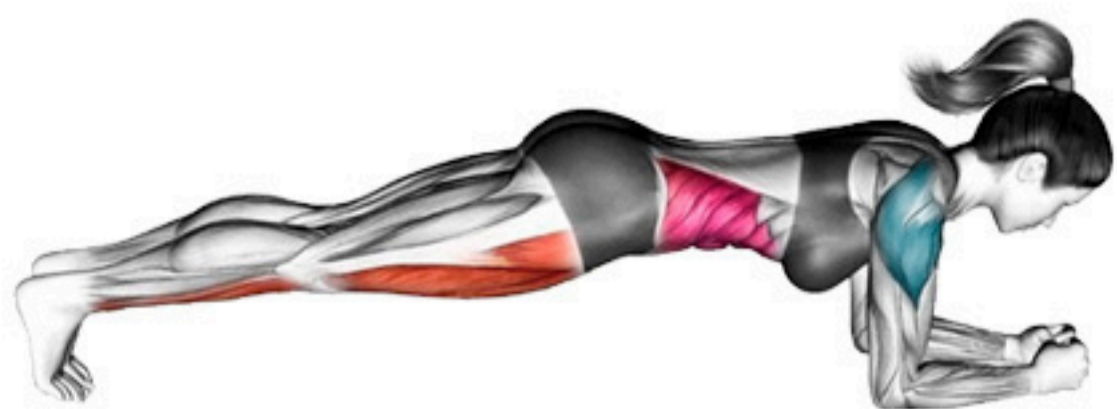
- Mat or Yoga Mat (for comfort during floor exercises).
- Ab Wheel (for advanced core exercises).
- Medicine Ball or Swiss Ball (for instability or extra resistance in exercises like Russian twists).
- Step or Sturdy Bench (for step-ups, single-leg, or plyometric exercises).

Warm-Up

- 2 minutes of jogging in place or jumping jacks
- 1 minute of torso twists (standing, twisting side to side)
- 1 minute of dynamic hip stretch (alternately bringing knees up to the chest)



CRUNCH



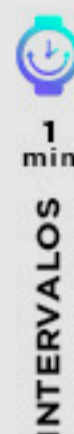
FRONT PLANK

SETS

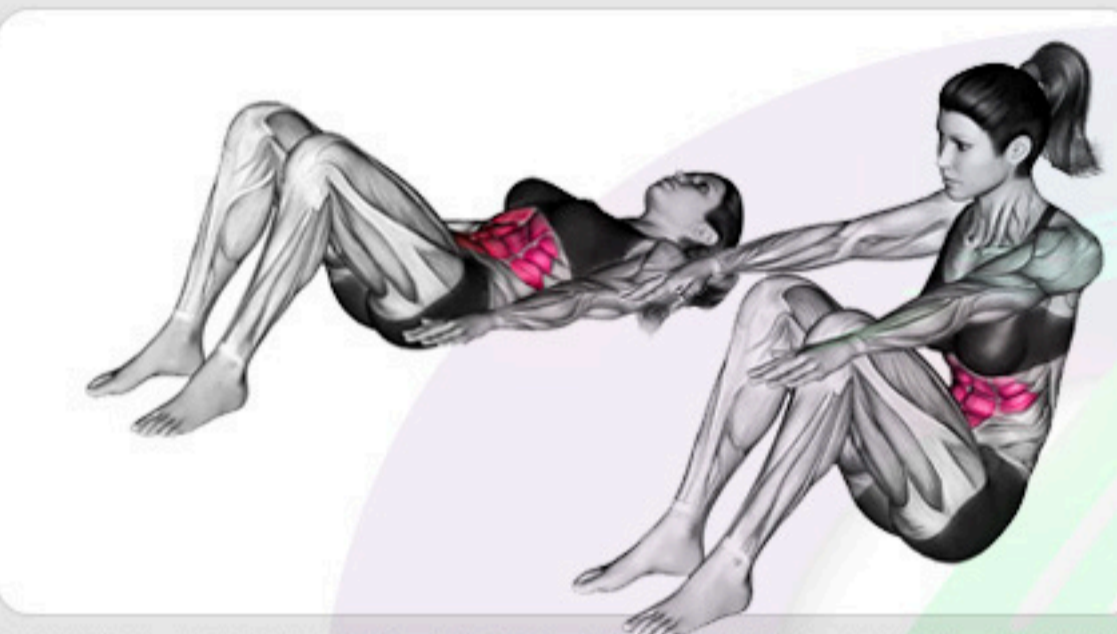
3

DURATION

45s



CRUNCH



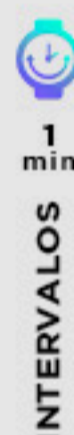
FULL SIT-UPS

SETS

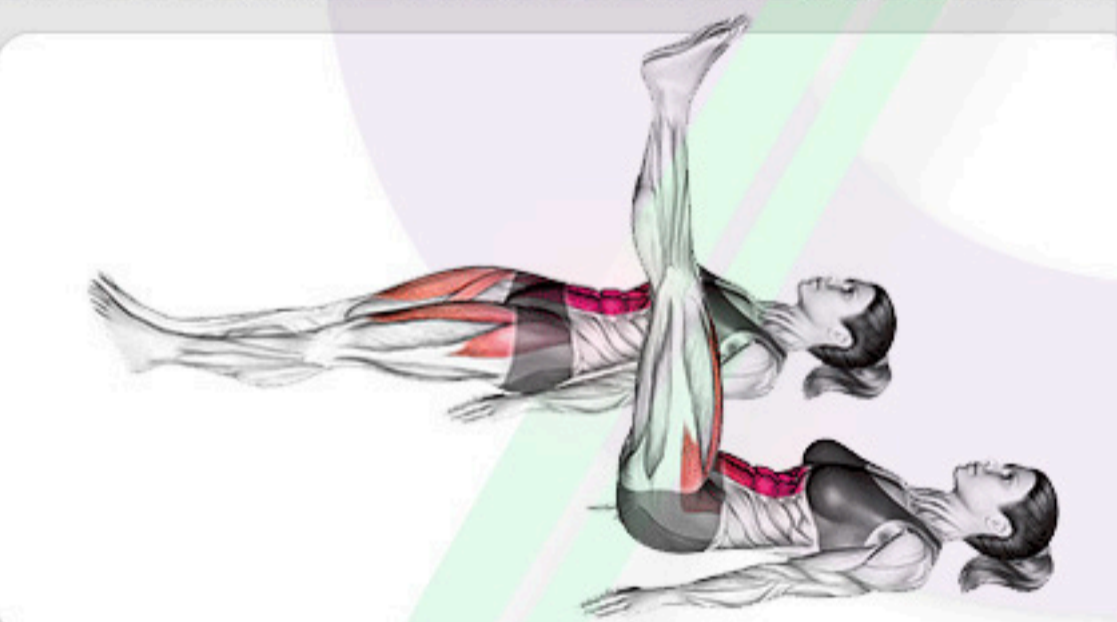
3

REPS

12-15



CRUNCH



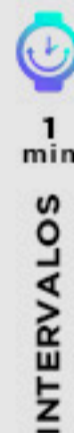
LEG RAISES

SETS

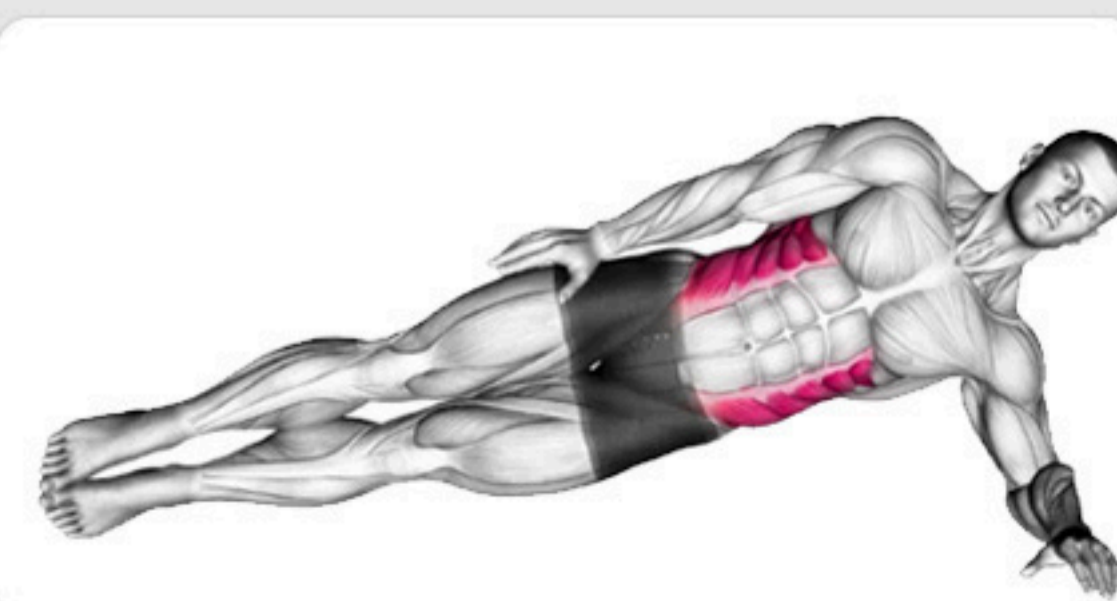
3

REPS

12-15



CRUNCH



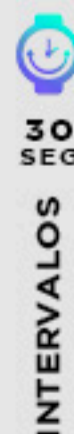
SIDE PLANK

3 EACH SIDE

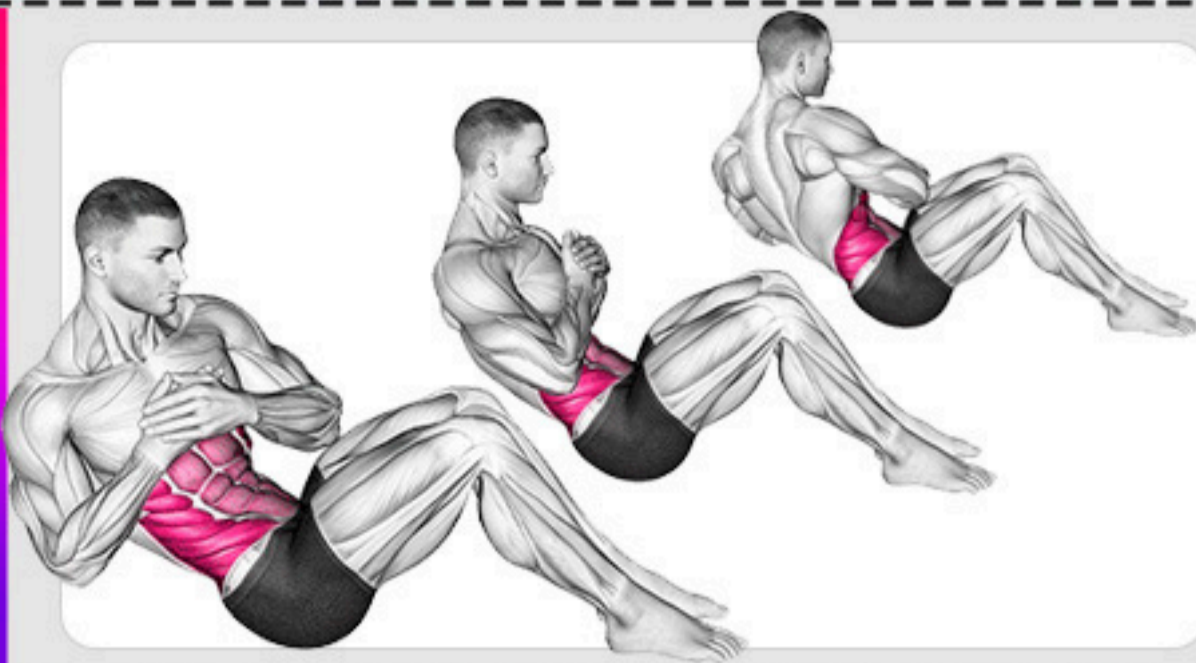
3

DURATION

25s



CRUNCH



RUSSIAN TWIST

SETS

3

REPS PER SIDE

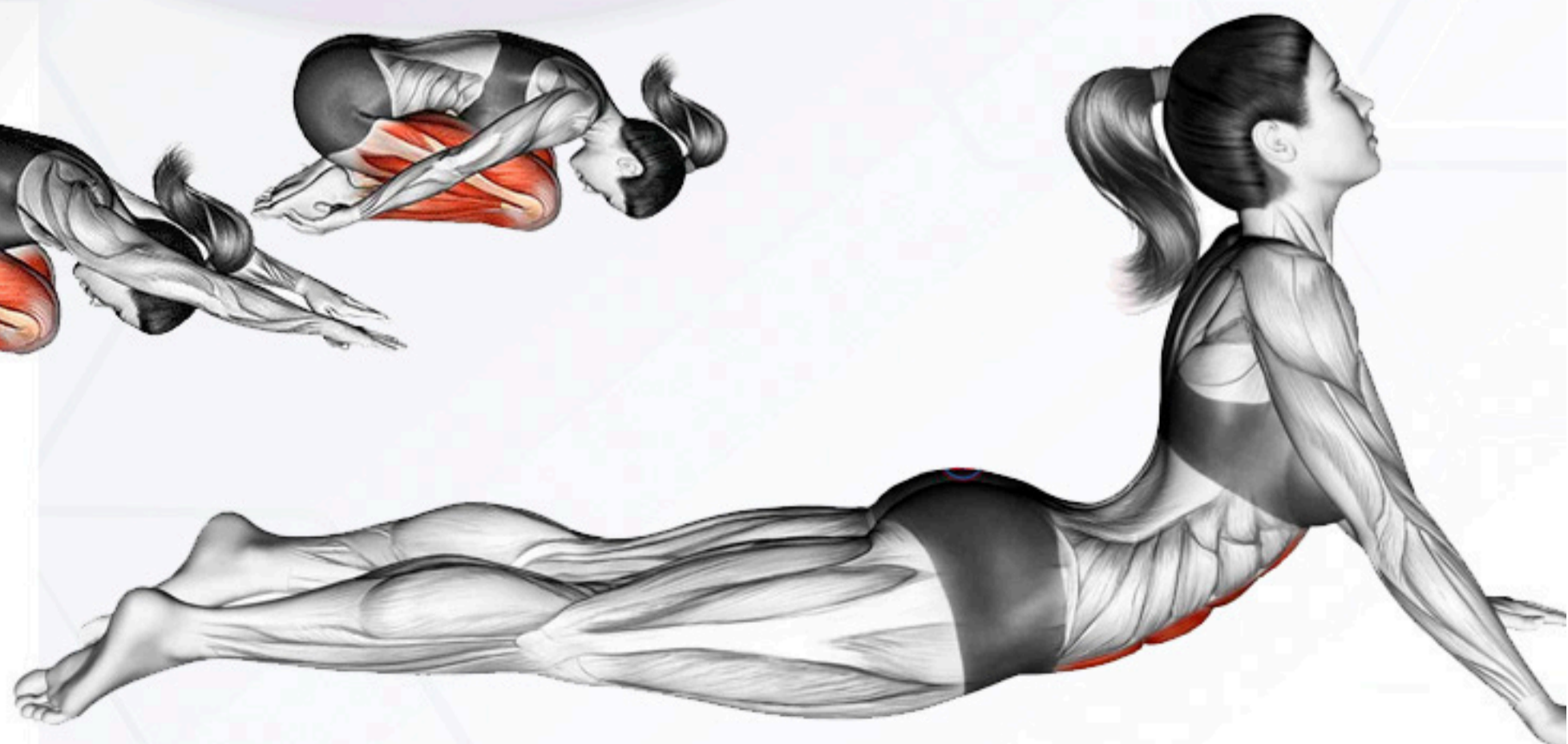
10

INTERVALOS
00:00

WITH OR WITHOUT WEIGHT

Cool Down

- 30 seconds of abdominal stretch (cobra pose, extending the torso upward)
- 30 seconds of oblique stretch (arm over the head, leaning to the side)
- 30 seconds of lower back stretch (child's pose, pushing the hips back while extending the arms forward)



Full Body

(Functional Training and Cardio)

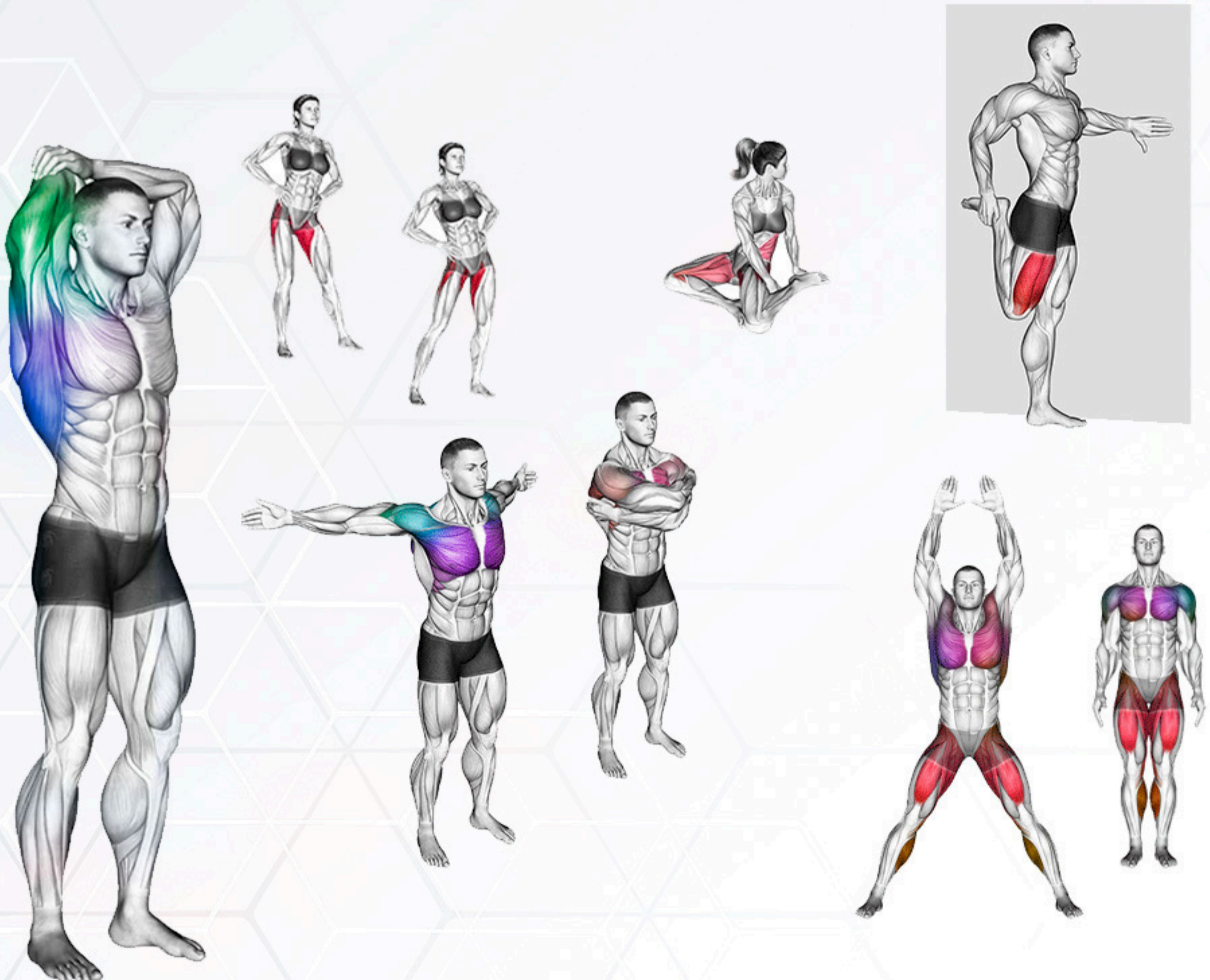
DAY 4

Accessories Used

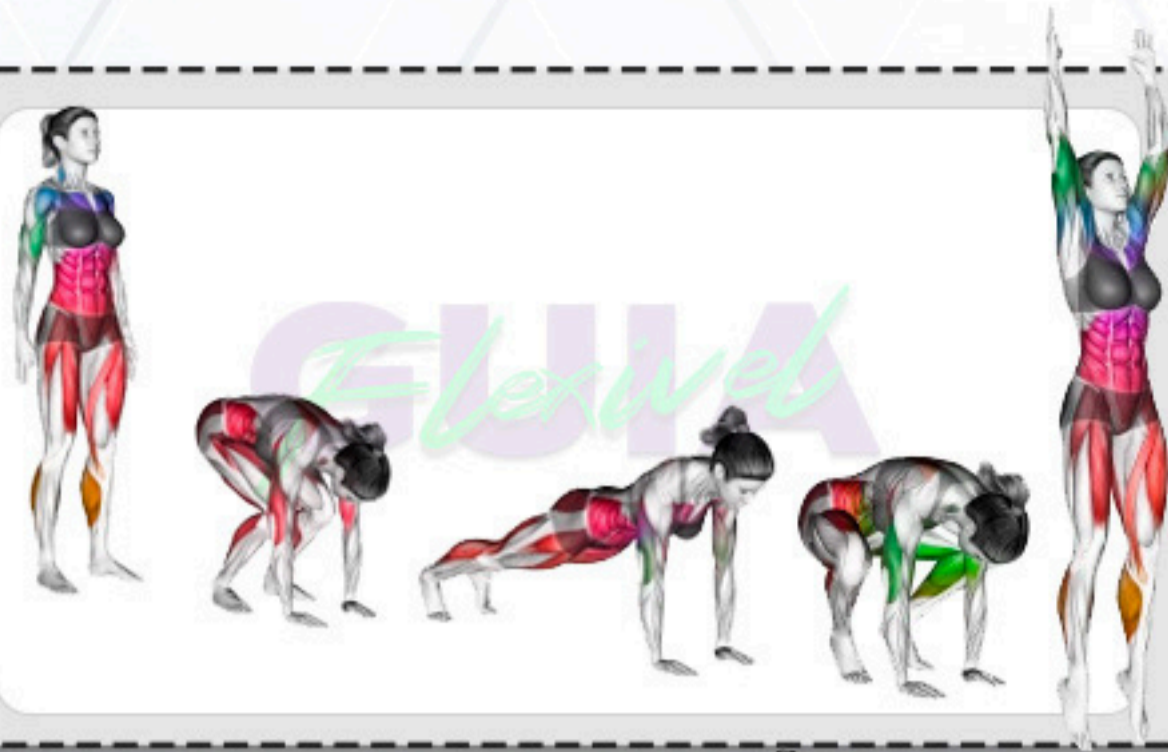
- Kettlebell (for dynamic movements like swings)
- Adjustable dumbbells or free weights (for renegade rows and other combined movements)
- Jump rope (for warm-up or additional cardio)

Warm-up

- 2 minutes of running in place or jumping jacks
- 1 minute of joint mobility (circular movements of arms and hips)
- 1 minute of dynamic stretching for legs and arms (lunges with arm raises)



FULL BODY



BURPEES

SETS

3

REPS

10-12

INTERVALOS 3-3

FULL BODY



JUMP SQUAT

SETS

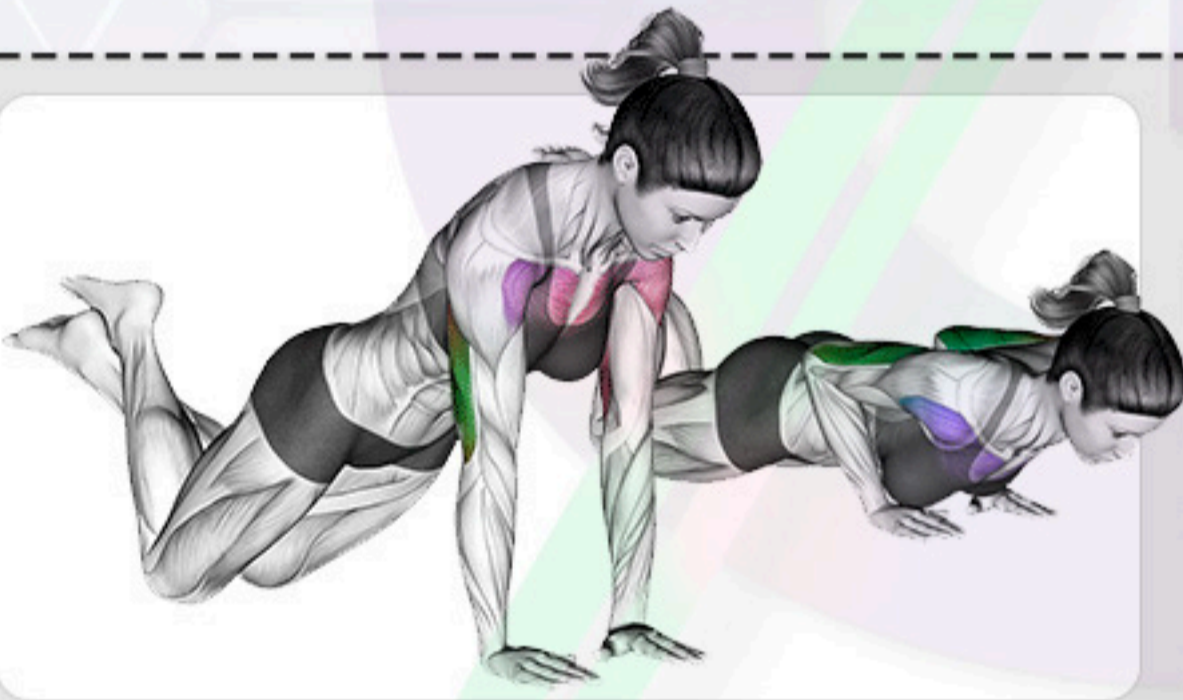
3

REPS

12-15

INTERVALOS 3-3

FULL BODY



KNEE FLEXION

SETS

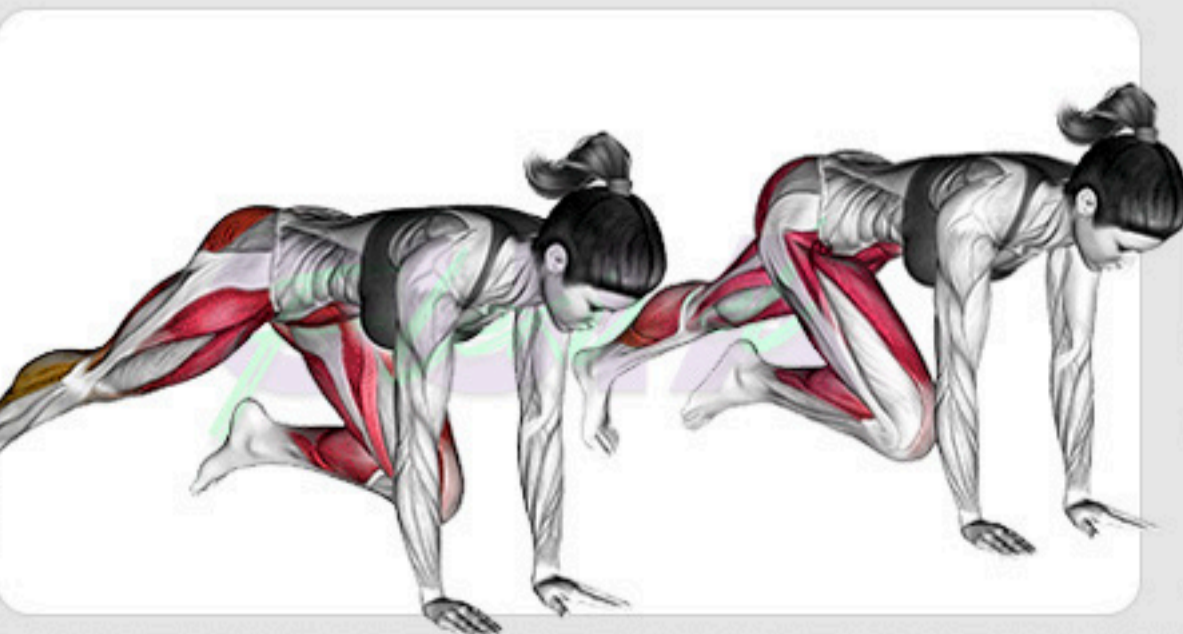
3

REPS

10-12

INTERVALOS 3-3

FULL BODY



MOUNTAIN CLIMBERS

SETS

3

REPS PER SIDE

10

INTERVALOS 3-3

FULL BODY



SWING COM KETTLEBELL

SETS

3

REPS

10

INTERVALOS
00:00

Cool Down

- 30 seconds of full-body stretch (downward dog position, followed by cobra)
- 30 seconds of leg stretch (pulling knee to chest, alternating sides)
- 30 seconds of arm and back stretch (arm across the chest, alternating sides)



Strength and Endurance

(Combined Movements)

DAY 5

Accessories Used

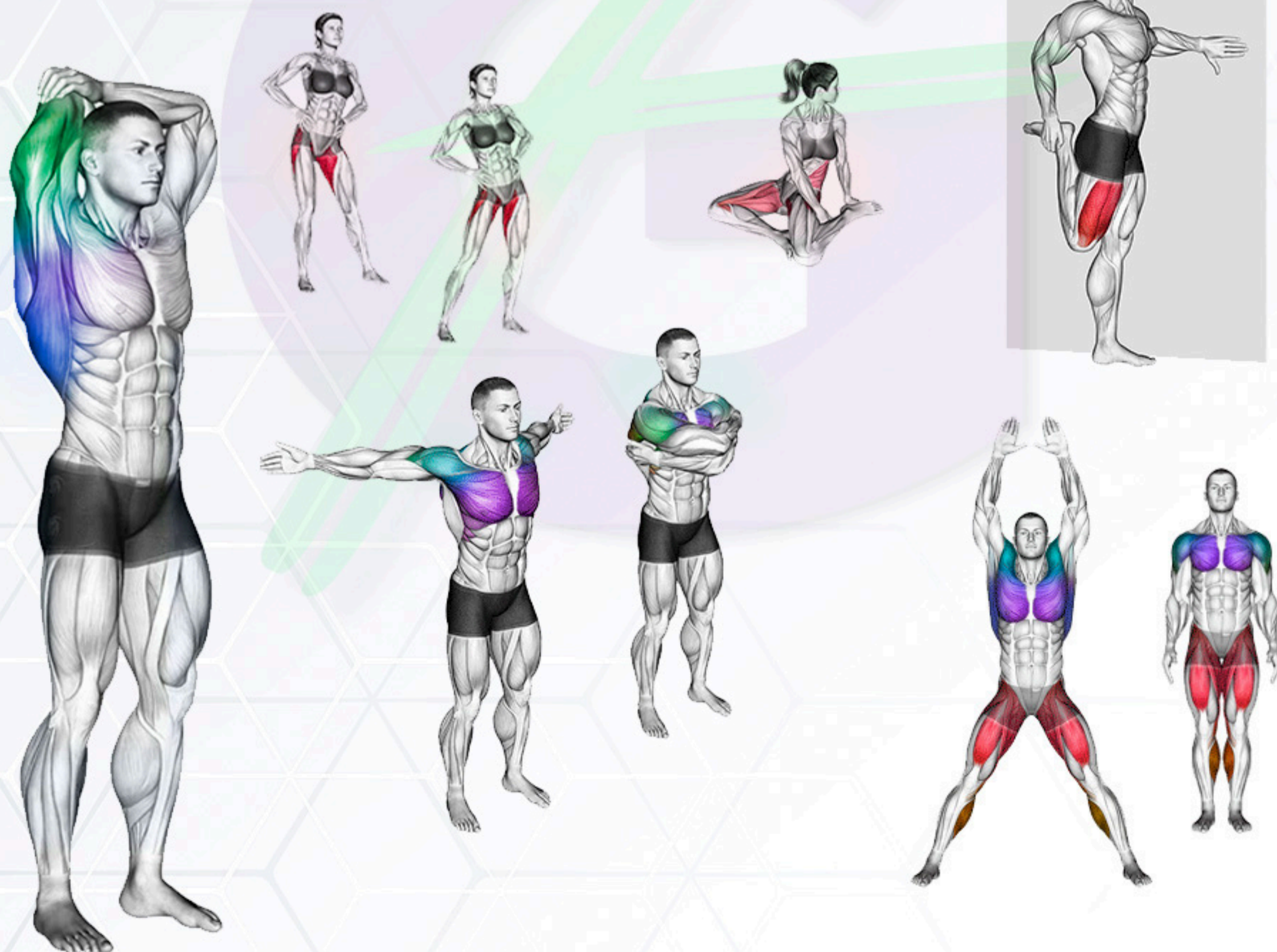
- Adjustable dumbbells or free weights (for movements such as squat to press and lunge with biceps curl)
- Kettlebell (for deadlift with row and functional movements)
- Step or sturdy bench (optional for step-ups)

Warm-up

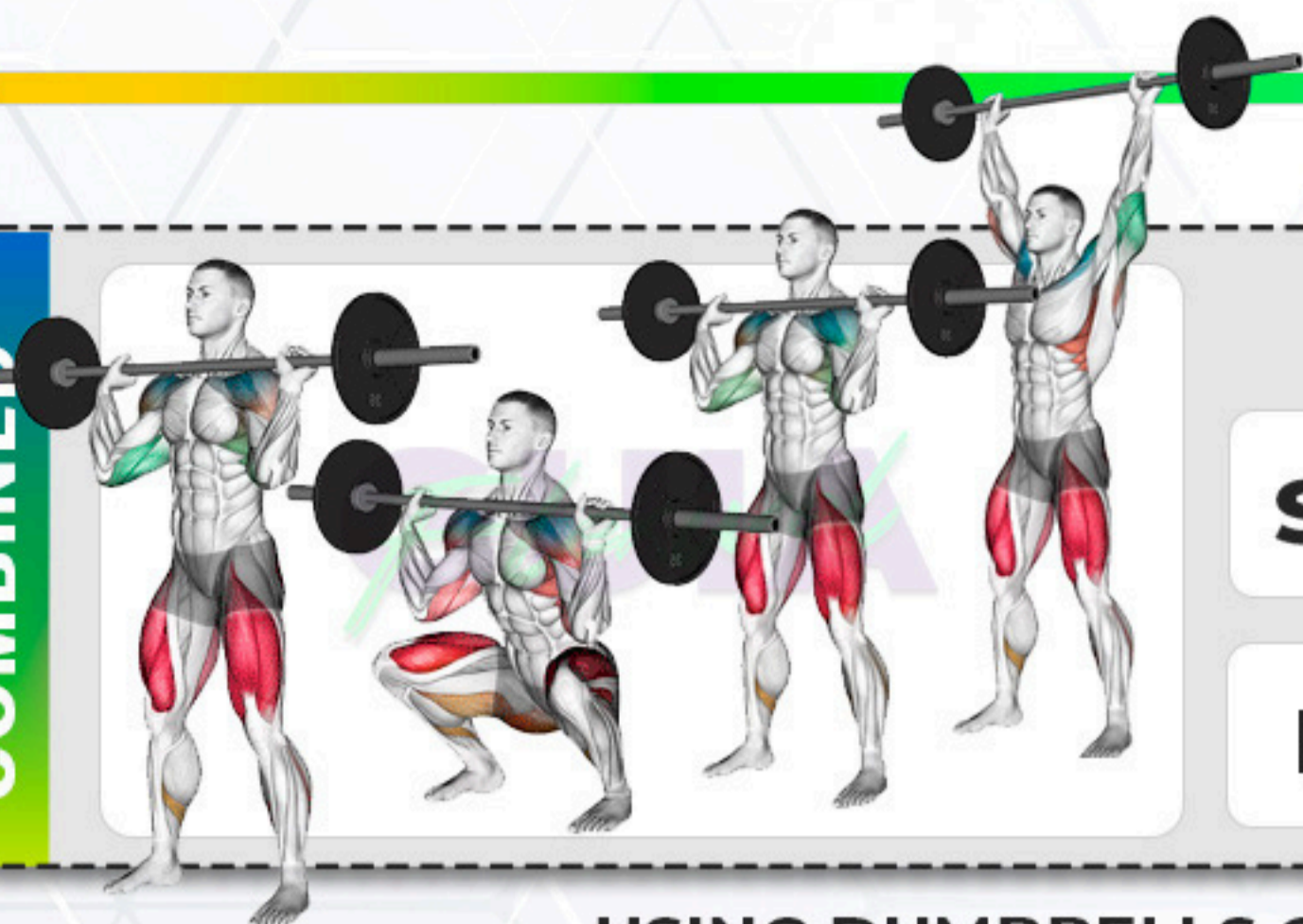
2 minutes of jogging in place or jumping jacks

1 minute of dynamic stretching (lunge movements with arm raises)

1 minute of joint mobility (circular movements of arms and hips)



COMBINED



SQUAT TO PRESS

SETS

3

REPS

12-15

INTERVALOS 3-3

USING DUMBBELLS OR KETTLEBELL

COMBINED



PUSH-UP WITH ROW

SETS

3

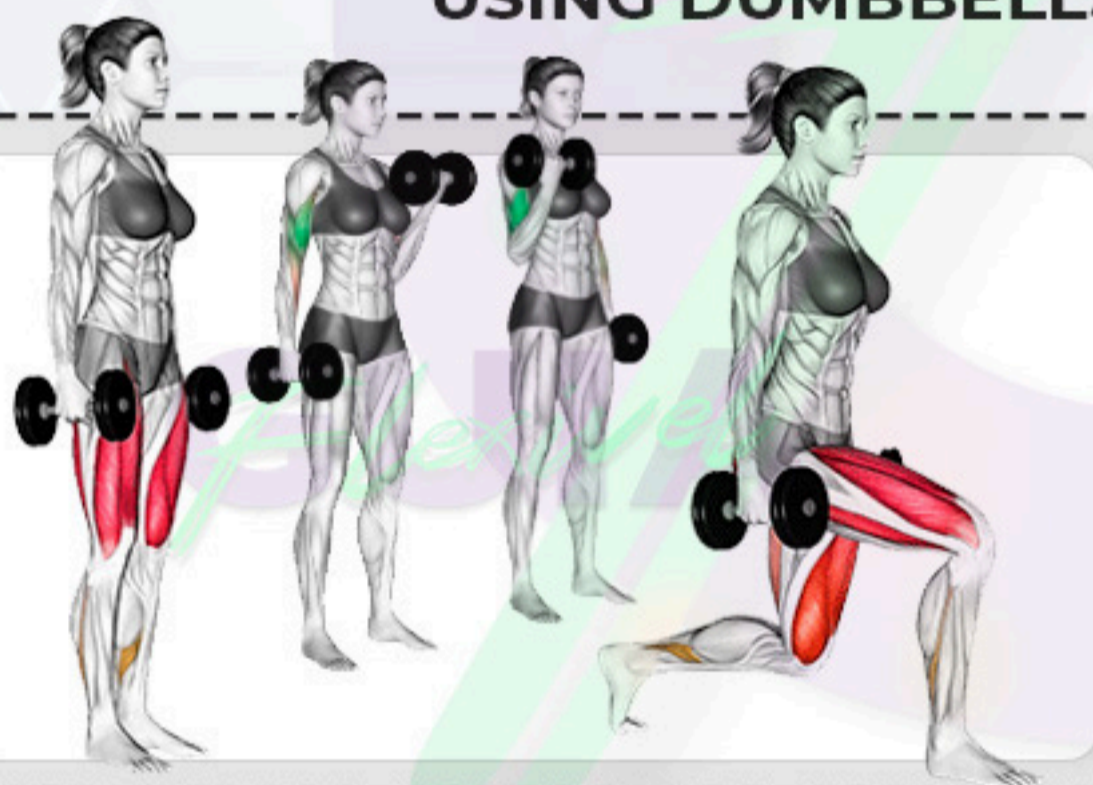
REPS

12-15

INTERVALOS 3-3

USING DUMBBELLS OR FREE WEIGHTS

COMBINED



LUNGE WITH BICEPS CURL

SETS

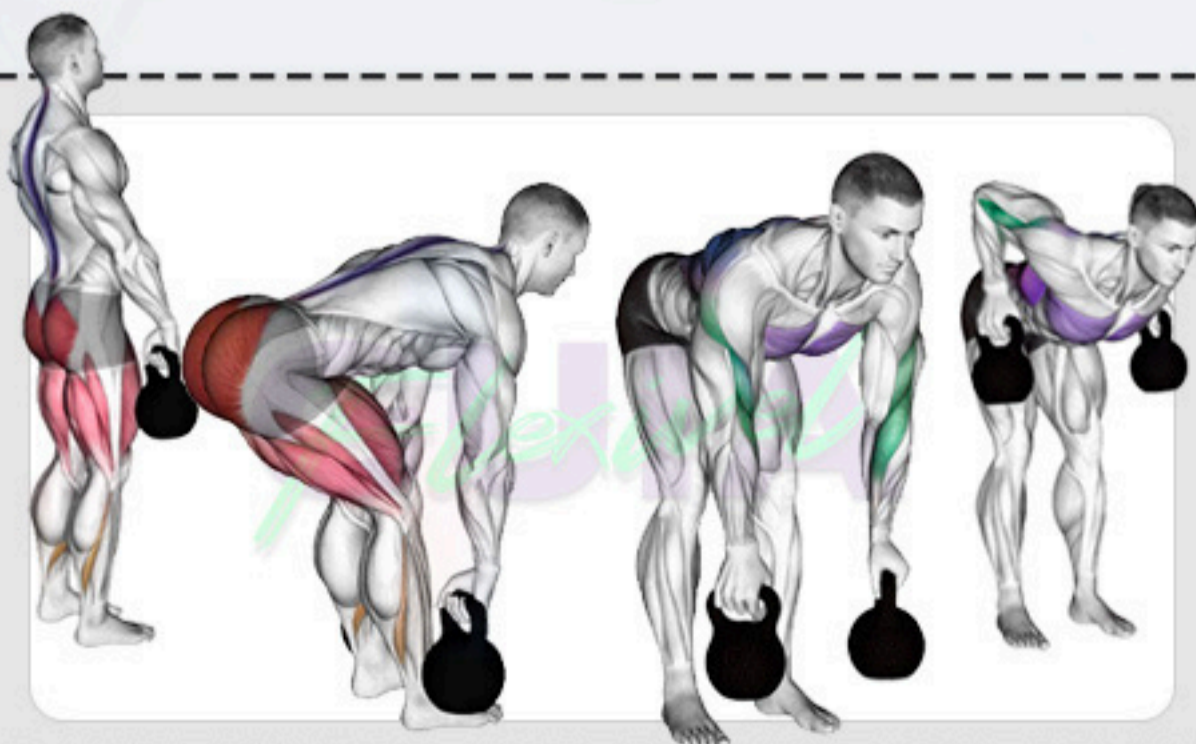
3

REPS

10-12

INTERVALOS 3-3

COMBINED



DEADLIFT WITH ROW

SETS

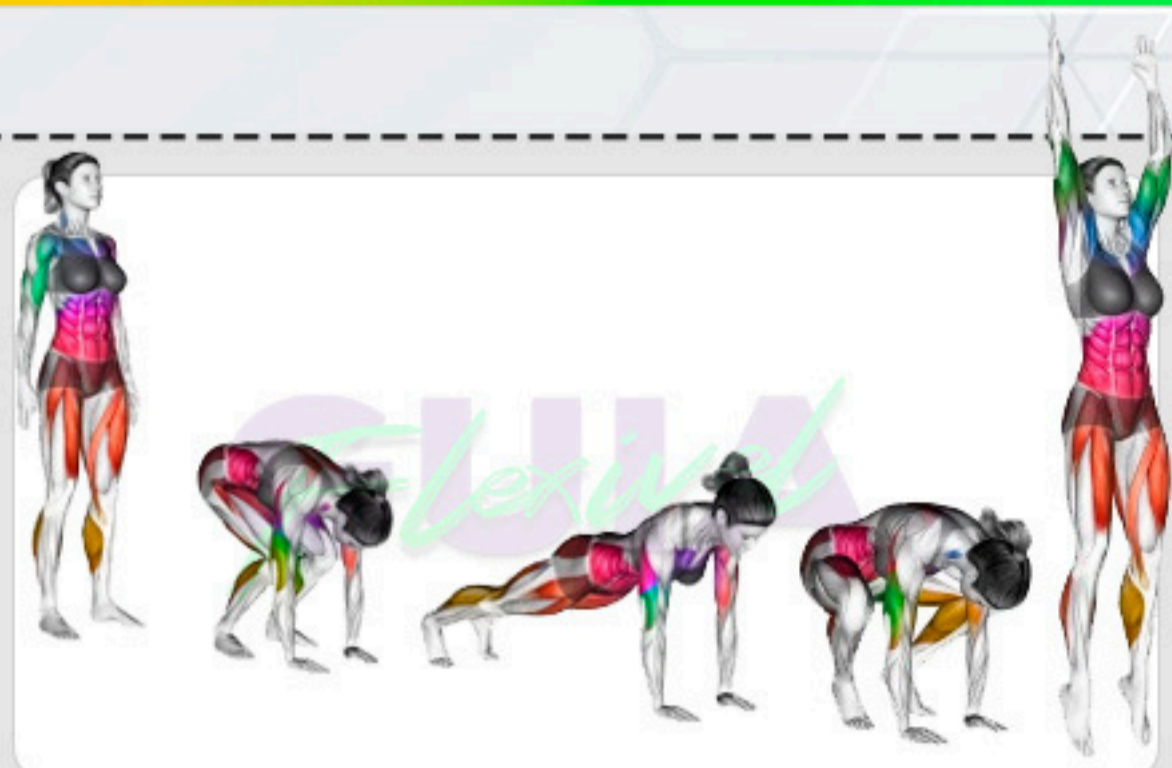
3

REPS

10

INTERVALOS 3-0-3

USING A KETTLEBELL OR DUMBBELLS

**BURPEE WITH EXPLOSIVE JUMP****SETS****3****REPS****10**90
seg

INTERVALOS

Cool Down

- 30 seconds of leg stretch (pulling the knee to the chest, alternating sides)
- 30 seconds of arm and back stretch (crossing the arm over the chest, alternating sides)
- 30 seconds of full body stretch (downward dog position, followed by cobra)

