



Kickstarter Home Workout Plan

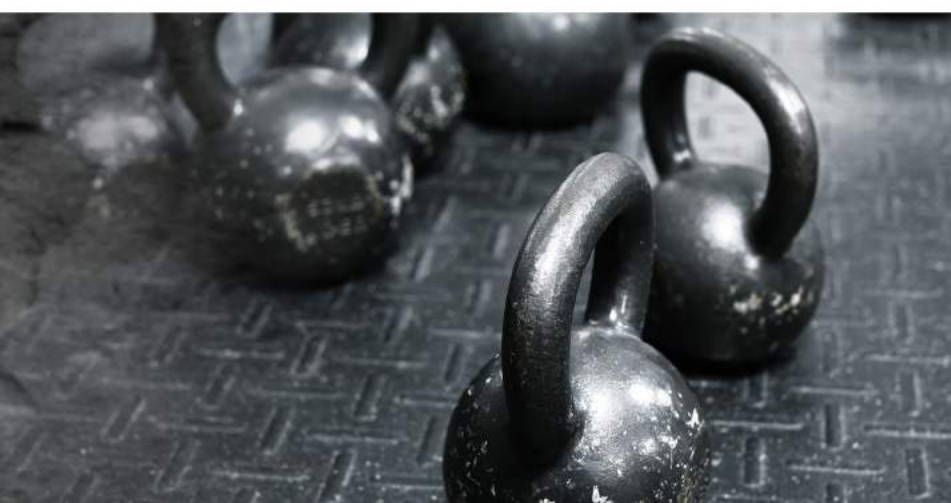
Kickstarter Home Workout Plan

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Disclaimer

Before starting any physical activity program please consult your GP. Undertaking any physical activity comes with risk. SFT will not be held responsible for any injuries that may occur as part of this plan. Please use caution.



Kickstarter Home Workout Plan

About SFT

Welcome to your 4 Kickstarter Home Workout Plan.

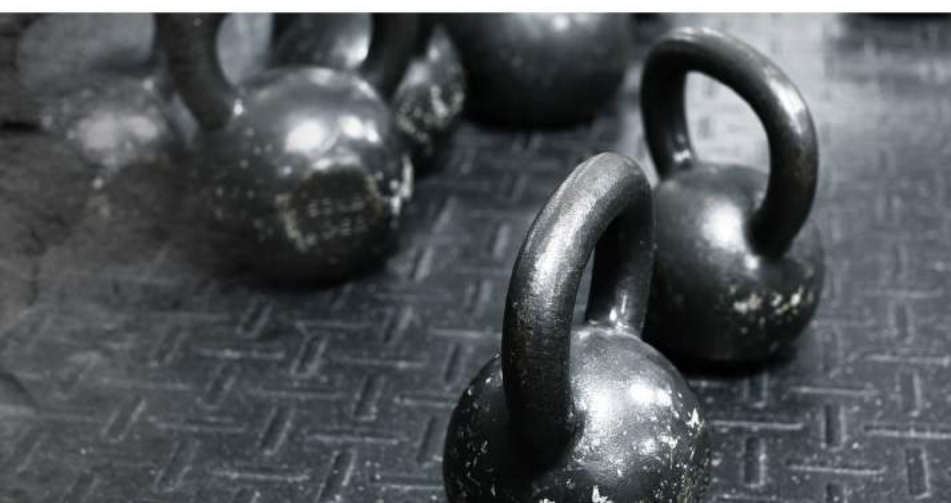
The idea behind this plan is to help kickstart your health and fitness journey.

This is not a transformation plan. This is the **START** of your journey.

The team at Silk Fitness Therapy are dedicated to helping as many people as they can achieve their health and fitness goals.

To find out more about we can do to help you out head over to:

www.silkfitnesstherapy.com



Kickstarter Home Workout Plan

I've got the plan, now what else do I need?

- 1 Time:** You'll need around 30-45mins to complete the workout.
- 2 Commitment:** It's down to you to get the workouts done. We're giving you the tools, you've got to use them.
- 3 Equipment:** To make these home workouts as effective as possible, there is some kit you'll need. Luckily, the kit you need is relatively inexpensive.

Resistance Band: [click here](#)

Hip Circle: [click here](#)

Something To **Track Your Steps:** this could be your phone, watch, pedometer... etc

SFT has no affiliation to the companies supplying the above products however we use them ourselves at the gym and can recommend them for quality and price.



Kickstarter Home Workout Plan

"Jee, That's Pretty Neat"

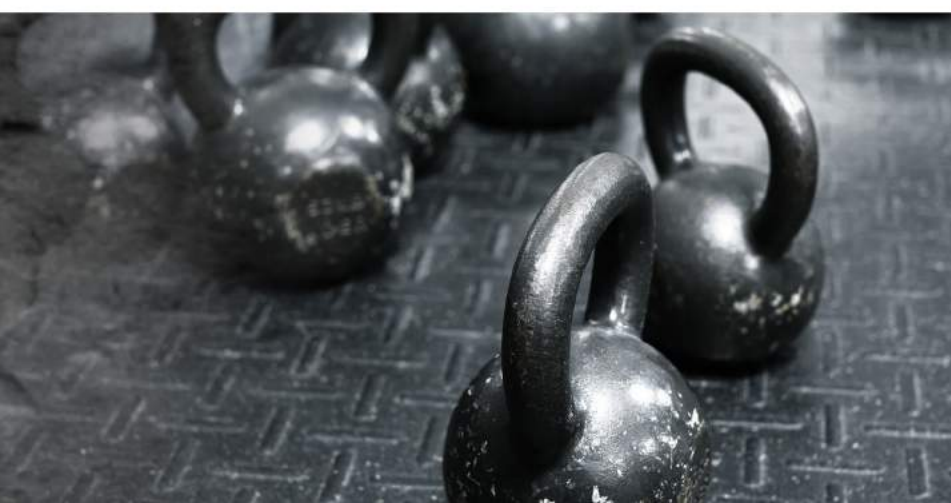
Another way of improving your overall fitness, and increasing your calorie expenditure is by upping your NEAT.

N.E.A.T stands for Non-Exercise Activity Thermogenesis

This is the energy we expend on a daily basis for everything we do that is not sleeping, eating or working out (planned exercise) ie. walking, fidgeting, cleaning etc.

Tips To Up Your NEAT

- 1 Walk more (there will be a step goal as part of the program).
- 2 Take the stairs instead of the lift.
- 3 When going to the shops, park as far away as possible.
- 4 Limit your time seated. Work in an office? Try and stand every hour.
- 5 Walk more! (Have I already said that?)



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Training Basics

To understand this program and get the best out of it, it's important that I teach you how to read the damn thing hey?

Sets: This is the number of times you'll perform the same exercise.

ie. Squats: **3** x 10 would mean that you'll do 10 squats, **3 times**.

Reps: The number of times you'll perform the movement/exercise.

ie. Squats 3 x **10**, you'd squat **10 times**, rest then repeat that twice more.

Tempo: This is how long it'll take to perform each rep. Each number in the tempo layout refers to a different segment of the lift.

ie. Squats: 3 x 10 (**3010 tempo**) would mean:

3: The first number always refers to the **lowering** phase (eccentric) of the movement.

So you'd squat down for a count of 3 seconds

0: The second number is the time spent at the **bottom** of a movement.

A 0 would mean there is no pause and you'd come straight back up from the bottom of a squat.

1: The third number refers to the **lifting** part of the movement (concentric).

In the squat this is the time you'd take going from the bottom to the top. In this case for 1 second.

0: The last number refers to the **top** part of the movement which is in most cases the easiest part of the lift.

So in the squat this would be when you're stood up straight.

Super Sets: In this program we will be performing super sets, which is where we pair two exercises together.

For example: **A1** Squats: 3 x 10 **A2** Press Ups: 3 x 10

You'll perform 10 squats, then straight into 10 press ups. You then rest before repeating twice.



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The Warm Up

It's important to perform an effective warm up prior to undertaking any physical activity. This ensures your body is full prepared for the stresses a workout can bring, and to help reduce the risk of injury.

At Silk Fitness Therapy we like to use the **RAMP** warm up method with our members.

Raise your heart rate and core temperature

Activate the muscles we will be using

Mobilise the key joints

Potentiate

In short "switch on" your central nervous system (CNS) & build up the intensity before the workout begins.

1 Raise: A1 Stance Jacks, A2 High Knees, A3 Star Jumps
30secs of each, performed at a moderate intensity

2 Activate: A1 Glute Bridge, A2 Plank, A3 Side Plank
A1: 2x10, A2: 20secs, A3: 20secs each side

3 Mobilise: A1 Figure 4 Leg Drop, A2 Leg Swings, A3 Y-W-T's, A4 Arm Circles
A1: 10 each side, A2: 10 each side, A3: 10secs each, A4: 10 each direction

4 Potentiate: A1: Star Jumps - 3 x 5, A2: Squat Jumps - 3 x 5
Superset A1: 3x5, A2: 3x5, performed at high intensity



Kickstarter Home Workout Plan

Schedule

Monday & Thursday: **Whole Body Workout 1**

Tuesday & Friday: **Whole Body Workout 2**

Wednesday, Saturday & Sunday: **Rest**

+10,000 Steps Every Day

Whole Body Workout 1

Exercise	Sets	Reps	Rest	Tempo	YouTube Link
A1: Split Squats	3	10-12	0 Seconds	3210	Watch Here
A2: Band Rows	3	10-12	60 Seconds	2011	Watch Here
B1: Good Mornings	3	10-12	0 Seconds	3110	Watch Here
B2: Shoulder Press	3	10-12	60 Seconds	3110	Watch Here
C1: Squats	3	12-15	0 Seconds	2210	Watch Here
C2: Band Pull Aparts	3	12-15	60 Seconds	2012	Watch Here
D1: Hammer Curls	3	12-15	0 Seconds	3110	Watch Here
D2: Tricep Extensions	3	12-15	60 Seconds	2210	Watch Here

Whole Body Workout 2

Exercise	Sets	Reps	Rest	Tempo	YouTube Link
A1: Romanian Deadlifts	3	10-12	0 Seconds	3210	Watch Here
A2: Press Ups	3	10-12	60 Seconds	2110	Watch Here
B1: Alternating Lunges	3	10-12	0 Seconds	3010	Watch Here
B2: Bent Over 1 Arm Rows	3	10-12	60 Seconds	2012	Watch Here
C1: Banded Hip Thrust	3	12-15	0 Seconds	2010	Watch Here
C2: Blackburns	3	12-15	60 Seconds	2011	Watch Here
D1: Palms Up Curls	3	12-15	0 Seconds	2010	Watch Here
D2: Tricep Dips	3	12-15	60 Seconds	2110	Watch Here



Thanks for downloading. Get in touch for more info or follow the team online.



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