

# **Red's Training 4 Week Beginner Home Workout**

By: Troy Redman

Instagram: @REDS\_TRAINING

This 4 Week Home Workout is designed to help individuals, who fall into the beginner to intermediate experience range, stay in-shape and healthy from home.

Workouts should be every other day for 3 to 4 weeks. If exercises become easy feel free to increase repetitions or duration.

In addition, exercises that are grouped together (with no space separating them) are to be done without resting, until all are completed (a.k.a SUPER SET).

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Day 1: Upper Body				
Exercise	Sets	Reps	Rest	Note
Incline Push ups	3	8 to 10	30 to 45 sec	Hands on bench
Plank knee drives	3	15	30 to 45 sec	15 reps each side
Push ups	3	8 to 10	30 to 45 sec	
Lying jackknives	3	15	30 to 45 sec	
Bench dips	3	8 to 10	30 to 45 sec	
Torso twists	3	15	30 to 45 sec	15 reps each side

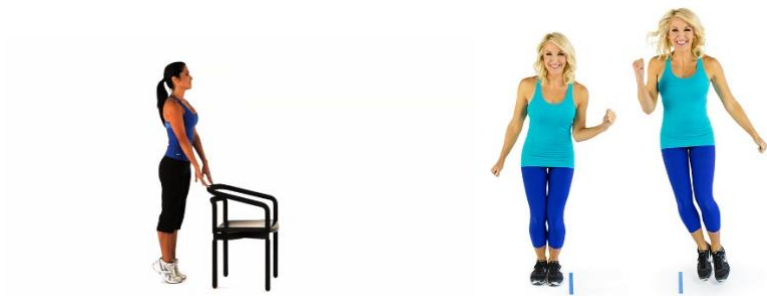


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Day 2: Lower body				
Exercise	Sets	Reps	Rest	Note
Air Squats	4	8 to 10	30 to 45 sec	Squat to 90 degrees or lower
Alternating Lunges	4	8 to 10	30 to 45 sec	8 to 10 reps each leg
Baby squats	4	15	30 to 45 sec	Squat low and pulsate at bottom
Squat Jacks	4	10	30 to 45 sec	
Calf Raises	4	8 to 10	30 to 45 sec	Standing with hands on wall
Lateral hops	4	20 sec	30 to 45 sec	Hop side to side for 20 sec



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Day 3: Cardio and Core				
Exercise	Sets	Reps	Rest	Note
Walk/Jog	1	30 min		Walk for 2 min, jog for 2 min. do this for 30 min
Torso twists	4	20	30 to 45 sec	20 reps each side
Plank	4	30 sec	30 to 45 sec	
Reverse crunches	4	15	30 to 45 sec	Bring knees to chest

