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WALLACE FITNESS
Waterford Fitness Centre

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**2020 IDEA BOX
HOME WORKOUT PROGRAM**

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2020 IDEA BOX Home Workout Program

Program Introduction

This program is made up of 2 training phases lasting 5 weeks each. Phase 1 will consist of a 4 day Upper Body, Abs, Lower Body, Cardio split. Phase 2 will consist of a 4 day Push, Pull, Legs and Cardio Split. For each exercise follow the exercise diagrams carefully. As we are not using heavy weights for this program your technique will be even more important in order to get the most out of the workouts. For the cardio days you can perform the High Intensity Interval Training sessions on roads near your home, your back garden or the beach (staying within the government recommended distance restrictions). If you can't train one of the days don't worry just adjust your weekly training sessions accordingly. Please use your exercise diagrams sheet that came with this program as you go.

Phase 1

Day 1:	Upper Body
Day 2:	Rest
Day 3:	Abs
Day 4:	Rest
Day 5:	Lower Body
Day 6:	Rest
Day 7:	Cardio

Upper Body Day			
Exercise	Sets	Reps	Comment
Warm up: Burpees	3	15/15/15	
Pushups from Knees	3	30/25/20	
Tricep Dip (See Note 1)	3	15/12/10	
Pull ups Narrow grip (See Note 2)	2	10/10	
Lateral Raises (See Note 3)	3	15/12/12	
Front Raises (See Note 3)	3	12/12/12	
Dive Bomber Pushups	2	10/10	
Jog on the spot or Outside	1		4 Minutes



Abs Day			
Exercise	Sets	Reps	Comment
Warm Up: Burpees	3	15/15/15	
Bicycle Crunch	3		20 Seconds each set.
Plank	3		30 Seconds hold each set.
Russian Twists	2	15/15	
Leg Raises	3	12/10/10	
In & Outs	2	15/15	
Fifer Scissors	2		12 seconds each set
Jog on the spot or Outside			6 Minutes

Lower Body Day			
Exercise	Sets	Reps	Comment
Leg Stretches (Exercise Diagrams)			
Bodyweight Squats	3	12/12/12	
Squat Jump	3	10/10/10	
Lunges	3	12/12/12 each leg	
Russian Leg Curl	3	10/10/10	
Glute Bridges	4	15/15/15/15	
Straight Leg Calf Raise	4	25/25/25/25	
Run 2 Kilometres	1		5 Minutes

Cardio Day (HIIT Training)

Exercise
Leg Stretches (Exercise Diagrams)
Warm up: 3 Minute fast walk
20 Second Sprint
3 Minute Jog
20 Second Sprint
1 Minute Walk
20 Second Sprint
3 Minute Jog
20 Second Sprint
3 Minute Walk
20 Second Sprint
Warm Down: Walk 3 Minutes
Leg Stretches (Exercise Diagrams)



Phase 2

Day 1:	Push
Day 2:	Rest
Day 3:	Pull
Day 4:	Rest
Day 5:	Legs
Day 6:	Rest
Day 7:	Cardio

Push Day			
Exercise	Sets	Reps	Comment
Burpees	3	10/10/10	
Standard Pushups	5	15/15/15/15/15	
Pike Pushups	4	15/15/15/15	
Dive Bomber Pushups	3	15/15/15	
Lateral Raises (Note 3)	3	15/15/15	
Front Raises (Note 3)	3	12/12/12	
Diamond Pushups	4	10/10/8/6	
Dips	4	15/15/15/15	
Bent Over Lat Raises	4	15/15/15/15	
Jog on the spot or Outside			6 Minutes

Pull Day			
Exercise	Sets	Reps	Comment
Burpees	3	10/10/10	
Single arm bent over rows (Note 3)	5	15/15/15/12/12	
Pullups Wide Grip (Note 2)	3	To failure each set	See Note 2
Superman	4	15/15/15/15	
Bicep Hammer Curls (Note 3)	4	15/12/12/12	
Pull ups Narrow Grip (Note 2)	3	To failure each set	
Deadlift (Note 3)	4	10/10/10/10	
Bicep Curls (Note 3)	4	10/10/10/10	
Jog on the spot or Outside			6 Minutes



Leg Day			
Exercise	Sets	Reps	Comment
Leg Stretches (Exercise Diagrams)			
Bodyweight Squats	4	12/12/10/10	
Lunges weighted (Note 3)	3	15/12/12 each leg	
Straight leg deadlift (Note 3)	4	12/12/12/12	
Squat Jumps	3	10/10/10	
Shrimp Squat	3	10/10/10	
Glute Bridge	4	15/15/15/15	
Run 3 Kilometres	1		7 Minutes
Leg Stretches (Exercise Diagrams)			

Cardio Day (HIIT Training)

Exercise
Leg Stretches (Exercise Diagrams)
Warm up: 3 Minute fast walk
25 Second Sprint
3 Minute Jog
25 Second Sprint
2 Minute Walk
25 Second Sprint
3 Minute Jog
25 Second Sprint
3 Minute Walk
25 Second Sprint
3 Minute Jog
25 Second Sprint
Warm Down: Walk 3 Minutes
Leg Stretches (Exercise Diagrams)



Notes

1. For Tricep Dips use a bench, chair or the end of a bed or something similar around the house.
2. For Narrow and Wide grip pull ups use a pull up bar if you have one. If not use a tree branch in your garden. Failing that replace wide grip pull ups with more single arm bent over rows and replace narrow grip pull ups with weighted bicep curls using the guidelines set out in Note 3 if you do not have access to weights.

*For beginners pull ups can be very difficult so please use a chair to begin with and simply lift yourself off the chair and slowly back to the floor for each rep.

3. Any exercises with (Note 3) beside them above means you should use weights for those exercises if at all possible. No need to worry if you don't have a set of weights, you can fill up a 2 litre milk bottle or water bottle with water or stones to achieve whatever weight you feel you can lift for that particular exercise. Of course you could purchase a set of weights over the internet or in Argos for a relatively cheap price if you feel you would use them.

BEST OF LUCK!

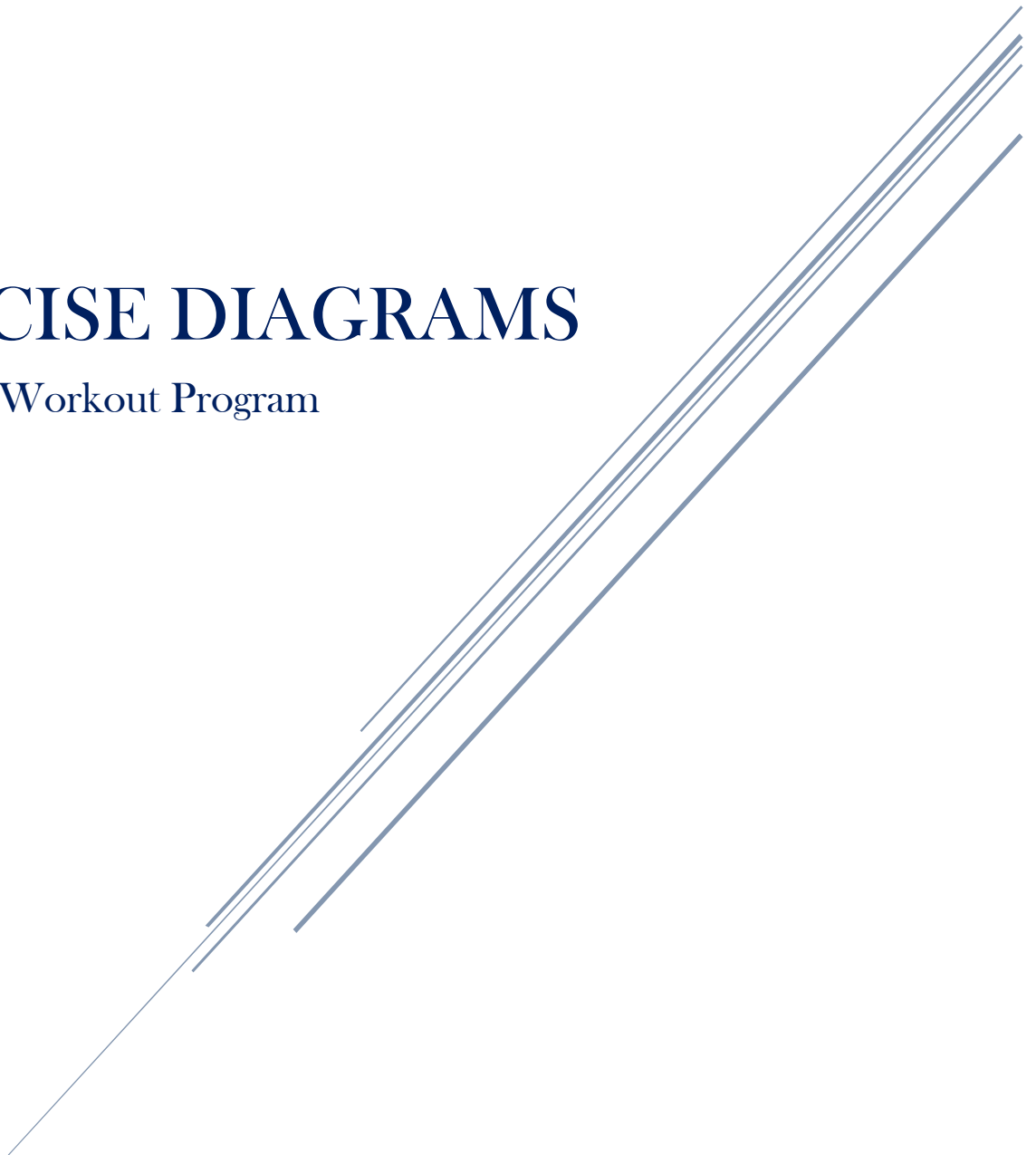
If you have any queries relating to this program please do not hesitate to get in contact with me on 087-9237616 or by email at Cormac@WallaceFitness.ie.



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Physical Fitness Centre

EXERCISE DIAGRAMS

2020 Home Workout Program



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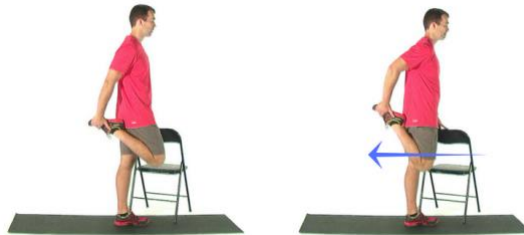
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Leg Stretches

Standing Quad Stretch



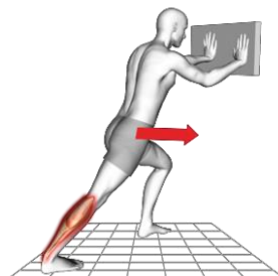
Hamstring Sweep



Side lunge stretch



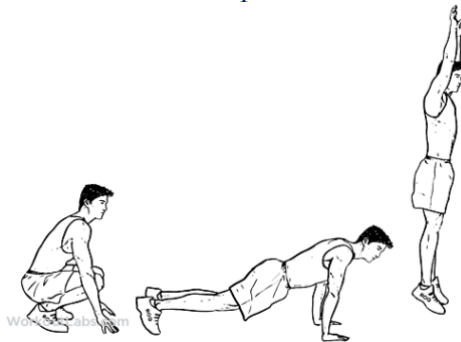
Lunging calf stretch



Standing bent over calf stretch



Burpees

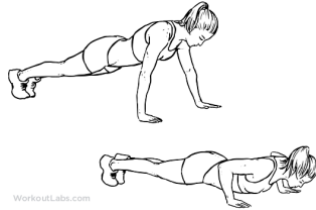


Pushups from knees





Standard Pushups



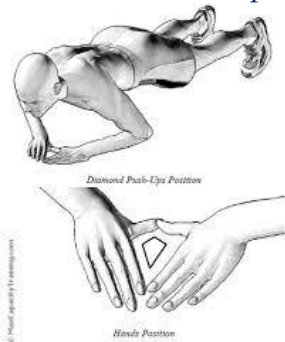
Pike Pushups



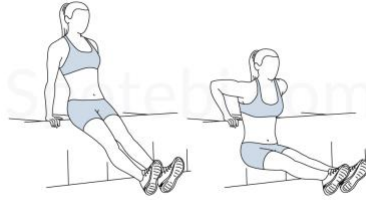
Dive Bomber Pushups



Diamond Pushups



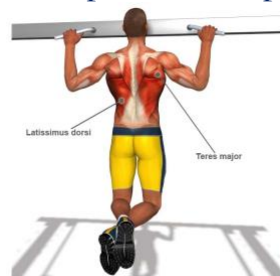
Tricep Dip



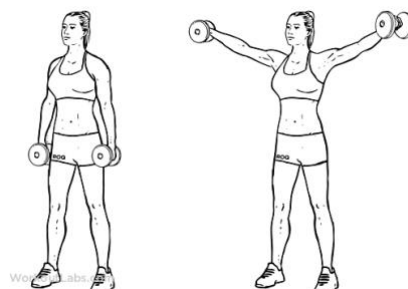
Pull Ups Narrow Grip



Pull Ups Wide Grip



Lateral Raises

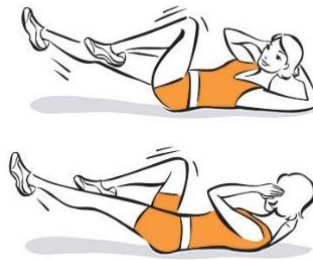




Front Raises



Bicycle Crunch



Plank



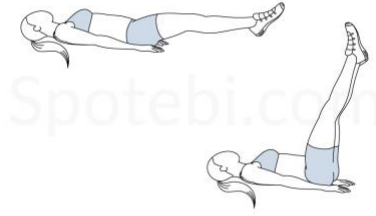
WorkoutLabs.com

Russian Twists





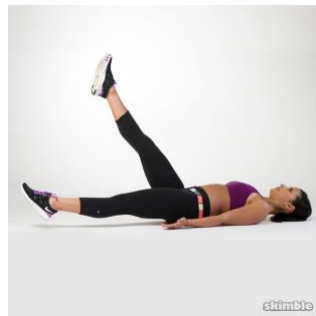
Leg Raises



In & Outs



Fifer Scissors



Bodyweight Squats



Squat Jumps



Shrimp Squats



Lunges



Russian Leg Curl (Use something heavy to hold feet in place)



Glute Bridges

1



Straight Leg Calf Raise



Fig. 1

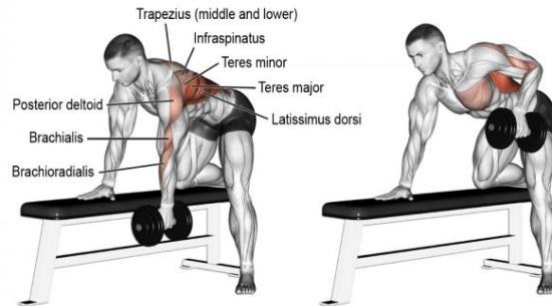


Fig. 2

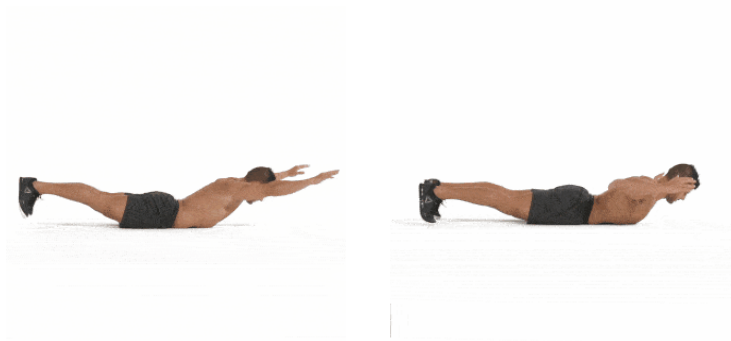
Bent Over Lat Raises



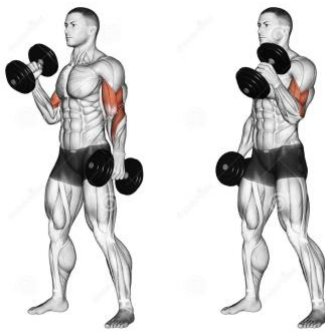
Single arm bent over rows



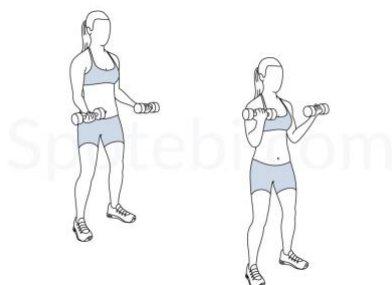
Superman



Bicep Hammer Curls

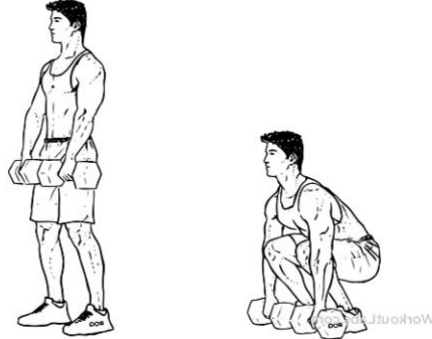


Bicep Curls





Deadlifts with (Dumbbells)



Straight leg deadlifts (Dumbbells)





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